Field Verr. PY 202 Task Last Updated: PY 10/11/2012 PI Nume: logen, Hurry Pt.D. Project Tild: Contributors to Long-Term Recevery of Bone Strength following Exposure to Microgravity Division Name: HUMAN RESEARCH Program/Discipline	T3* 1 X7	EV 2012		EV 10/11/2012
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Task Description:	The project uses the adult male hindlimb unloaded (HU) animal model with three specific aims and associated experiments. The first aim addresses the observed "discordant recovery dynamic" reported for astronaut data (Lang et al., JBMR 21:1224, 2006) and will characterize bone mass, bone mineral density (BMD), and bone strength relationships after HU and during various periods of recovery. Additional outcome measures include bone biochemistry and gene expression. A major emphasis is to compare detailed dynamics between the animal model and astronaut data. The animal model also permits direct comparison of calculated/estimated bone strengths with measured strengths. The second aim examines multiple mission scenarios and will use HU, recovery for a period, and then a second HU exposure. The third aim will also follow the two-exposure protocol but with resistance exercise added during the recovery period. The cross-cutting area, or element, of the Bioastronautics Critical Path Roadmap (CRP) that this research project addresses is Human Health & Countermeasures (HHC). The specific health risk is the Risk of Accelerated Osteoporosis as identified in the Bioastronautics Roadmap (Risk No. 1, Bone Loss, p. 19 of NASA/SP-2004-6113) and the Human Research Program (HRP) Integrated Research Plan (Risk 14.0). The Gaps addressed, as defined in the HRP-IRP, are: B1 (Is bone strength completely recovered with recovery of BMD) B10 (Time-course of bone degradation during missions) The 2007 NASA Research Announcement (NNJ07ZSA002N) to which the proposal for this project responded included the following specific solicitation wording for Gap B1: "There are preliminary indications that overall bone quality/strength does not recover at the same rate that bone mineral density recovers after spaceflight. It is not known if there is a long term health effect related to this discordant recovery dynamic." (emphasis added} Research proposals are solicited that directly address this relationship. The specific topic solicited is: Novel resear
Rationale for HRP Directed Research	
Research Impact/Earth Benefits:	Results from this project will provide fundamental understanding of the way bone responds to mechanical unloading and how it recovers when mechanical loads are restored. Insights gained should be applicable to the clinically relevant case of aging adults with reduced activity levels, in addition to the effects of long term exposure to microgravity for crew members. Further, many of the same basic mechanisms overlap considerably with the broader health problem of osteoporosis and increased fracture risk in aging humans. It is widely known that bone mineral density (BMD) is not an accurate predictor of fracture incidence despite its wide use as a screening tool for osteoporosis. The findings of the research being conducted in this project will help to better define the relationships between BMD and other important factors, such as bone mineral content (BMC, i.e., bone mass), bone tissue quality, and most importantly bone strength. In addition, the project will identify which anatomic sites in the rat provide the closest correspondence to bone loss and recovery characteristics in humans (astronauts in this case). These results should bolster the utility and robustness of rodent animal models and linking their findings to clinical cases. Finally, the project will generate new and unique data on the effects of resistance exercise in restoring skeletal integrity during recovery from mechanical unloading. This information should be directly applicable to corresponding efforts aimed at using exercise to combat age-related losses from osteoporosis or related pathologies.
Task Progress:	 [Editor's note 10/11/2012: No Task Book report received. Progress section and Bibliography compiled from PI's Annual Technical Report dated June 2012] The results and findings from Year 4 can be summarized in terms of several highlights. The microCT of the proximal tibia metaphysis results for the double-HU study follow similar trends as densitometric results from pQCT. Namely, BV/TV shows an age-related decline for control animals, a significant drop due to the 1st HU, but little effect of the 2nd HU. In contrast, both trabecular thickness and cortical shell thickness show significant decrements due to both the 1st and 2nd HU exposures. At the femoral neck (FN), both total BMC and total VBMD were negatively affected by both HU exposures. For total vBMD, however, values recovered faster after HU exposures. Biomechanical strength of the femoral neck also showed significant reductions due to both HU exposures. Recovery was even faster than vBMD though, particularly for the FN strength under axial loading. Adding exercise during recovery between HU exposures revealed impressive and powerful benefits for the vast majority of variables measured. For in vivo pQCT results, both total BMC and total vBMD showed significantly enhanced recovery with the exercise added. Values not only recovered completely to control levels, but the exercise also engendered an apparent "protective" effect, as the losses for the 2nd HU were milder. At the femoral neck, however, the results were slightly different. Specifically, exercise produced benefits for total BMC only, with no appreciable effect on total vBMD. For total BMC, however, the benefits were much more dramatic, as the exercise produced "super-recovery," which is defined to indicate that mean values actually exceeded control animal values at the end of the exercise+recovery period. As was true at the proximal tibia, both BMC and vBMD exhibited a protective effect was also generated for maximum force for lateral loading 20% higher than age-ma
Bibliography Type:	Description: (Last Updated: 01/11/2021)

Abstracts for Journals and Proceedings	 Shirazi-Fard Y, Morgan DS, Shimkus KL, Boudreaux RD, Gonzalez E, Davis JM, Fluckey J, Bloomfield SA, Hogan HA. "Effects of Exercise During Recovery Between Two Bouts of Simulated Microgravity on Bone and Muscle in Adult Male Rats." 2012 NASA Human Research Program Investigators' Workshop, Houston, TX, February 14-16, 2012. 2012 NASA Human Research Program Investigators' Workshop, Houston, TX, February 14-16, 2012.
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