

REVIEW ARTICLE

Calcineurin inhibition may prevent Alzheimer disease in people with Down syndrome

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Abstract

Virtually all people with Down syndrome will develop Alzheimer disease pathology during their lifetime. As Alzheimer disease is the third leading cause of death and a significant factor in end-of-life complications for adults with Down syndrome, identifying interventions is a medical necessity. Calcineurin, a Ca²⁺/calmodulin-dependent protein phosphatase, has recently been investigated as a possible Alzheimer treatment. This review explores the histories behind Down syndrome and Alzheimer disease, and their intersecting pathologies. This is followed by the role that calcineurin and its U.S. Food and Drug Administration–approved pharmacological inhibitor, tacrolimus, may play in the prevention or treatment of Alzheimer disease. Finally, this review discusses the gap in the literature surrounding the role of calcineurin, its regulators, and calcineurin inhibitors in the context of Down syndrome and comorbid Alzheimer disease. Future studies investigating the role that calcineurin plays in this pathology will be essential in determining the viability of calcineurin inhibitors to treat Alzheimer disease in people with Down syndrome.

KEYWORDS

Alzheimer's disease, calcineurin, Down syndrome, tacrolimus, therapeutics

Highlights

- Calcineurin, a Ca²⁺/calmodulin-dependent protein phosphatase, has become prominent as a possible therapeutic target to treat Alzheimer disease.
- People with Down syndrome develop Alzheimer pathology as they age, requiring novel therapeutics for treatment.
- People with Down syndrome may exhibit contraindications to calcineurin inhibition-based therapy, as they overexpress RCAN1 and DYRK1A, regulators of calcineurin.

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- There is a significant gap in the literature involving the expression of calcineurin, RCAN1 and DYRK1A, in people with Down syndrome and Alzheimer disease, which must be addressed to determine the efficacy and safety of newly developed therapeutics.

1 | BACKGROUND

1.1 | Down syndrome

First characterized in 1866 by John Langdon Down, Down syndrome (DS) stems from a trisomy of the 21st chromosome (Hsa21) and affects 1 of \approx 750 children born in the United States.¹ DS is characterized by intellectual disability, altered brain development, and immunological disorders.^{2–4} Nondisjunction during meiosis is the leading cause of DS, accounting for around 95% of cases. Of interest, however, advances in genetic testing reveal cases of partial trisomy in which only a segment of the triplicated Hsa21 is present in the cell.^{5–8} Exploration into the areas essential for the development of DS has led to the characterization of a Down syndrome critical region (DSCR), a length of 1–8 Mb within Hsa21, of which triplication is essential in generating the DS phenotype.^{9,10}

Complete trisomy of Hsa21 results in elevated expression of several critical developmental and homeostatic genes, including *Amyloid precursor protein (APP)*, *Beta-secretase 2 (BACE2)*, *Dual specificity tyrosine phosphorylation regulated kinase 1A (DYRK1A)*, *Regulator of Calcineurin 1 (RCAN1)*, and *Superoxide Dismutase 1 (SOD1)*.^{11,12} Although the gene dosage effect would imply a 50% elevation of gene expression in DS, many of these genes, including *DYRK1A*, *RCAN1*, and *SOD1*, exhibit RNA expression above typical levels but below the high level that would be predicted.^{13,14} Nonetheless, people with DS are susceptible to a number of adverse health outcomes, including autoimmune disorders, cognitive impairment, hypothyroidism, and obesity.^{15,16} Autoimmunity is a significant factor in DS, as people with DS have consistently increased cytokine expression, altered CD4⁺ T-cell number and activation, and atypical B-cell activation.^{17–19} Stemming from these autoimmune disorders, Type 1 diabetes and chronic systemic inflammatory diseases are common among people with DS.^{20,21}

Resulting from the preceding comorbidities, the life expectancy for someone with DS before 1980 was below 25 years of age.^{22,23} With advancements in modern medicine and, perhaps more importantly, a shift in mental health perspectives that prioritize care, socialization, and activity, people with DS now have an average life expectancy into their 60s.^{23,24} However, increasing age is a risk factor for Alzheimer disease (AD). Furthermore, the overexpression of the precursor protein to amyloid beta ($A\beta$) on Hsa21, results in people with DS developing AD neuropathology by age 40 years.^{25,26} Currently, AD is third among the leading causes of death for adults with DS.^{27,28} However, studies imply that this is a gross underestimation and may account for a much higher percentage than currently reported.²⁷

1.2 | Alzheimer disease

Named after Alois Alzheimer, AD was first characterized in 1906 as a “severe disease process of the cerebral cortex.”²⁹ Clinically, AD presents as a progressive cognitive impairment involving memory loss, poor judgment, a loss of orientation, and personality changes, with a diagnosis requiring two or more of these symptoms.^{30,31} On a cellular level, AD is characterized by $A\beta$ plaques, neurofibrillary tangles (NFTs) containing phosphorylated tau (p-tau), neuronal loss, and elevated neuroinflammation.^{32–34} AD and clinical dementia are also associated with several comorbid pathologies, with pure AD remaining an uncommon occurrence; vascular pathology, amyloid and tau load, Lewy bodies, and hippocampal sclerosis cumulatively account for much of the risk of AD and dementia.^{35,36} Clinical confirmation of neuronal loss (brain atrophy) or the presence of $A\beta$ and tau can be through neuroimaging (magnetic resonance imaging [MRI] imaging or positron emission tomography [PET] scans, respectively).

$A\beta$ has long been studied in AD due to its ubiquity in the disease. In healthy adults, APP protein is cleaved by α -secretase and then cleaved by γ -secretase to form P3 and APP intracellular domain (AICD), which are readily cleared from the cell.³⁷ In amyloidogenic conditions, APP is cleaved by β -secretase, followed by γ -secretase, yielding AICD and $A\beta$.³⁷ $A\beta$ begins as a soluble protein, cleared in the early stages of AD; however, it accumulates with aging, transitioning from soluble proteins to insoluble aggregates, which attract additional $A\beta$ accumulation in a seeding process.^{38,39} This accumulation progresses through the brain in a well-characterized pathway known as Thal phases, beginning in the prefrontal cortex before progressing into the hippocampus, post-cingulate gyrus, medulla oblongata, and, finally, the cerebellum.^{40,41} The presence of $A\beta$ plaques drives microglial activation, inducing neuroinflammation that worsens as plaque formation continues.^{42,43}

Alongside $A\beta$ accumulation, AD also involves the accumulation of NFTs formed from phosphorylated p-tau. Expressed mainly in neuronal axons, tau promotes microtubule assembly.^{44,45} Phosphorylation of tau causes decreased interaction with microtubules, perhaps acting as an inhibitory mechanism, but hyperphosphorylation results in misfolding and tangle aggregation.^{45–48} NFTs operate in a mechanism similar to that of $A\beta$, spreading progressively through the brain, termed Braak staging, and initiating neuroinflammation and neuronal cell death as aggregates prevent axonal trafficking.^{49–51} Together, $A\beta$ plaques and NFTs exert significant pressure on the aging brain, resulting in rampant neuroinflammation, synaptic dysregulation and loss, and neuronal cell death, resulting in the clinical presentation of AD.

1.3 | Alzheimer disease in people with Down syndrome

As mentioned previously, due to the increase in APP production, people with DS develop A β pathology at an early age.^{52,53} Children with DS as young as 3 years can exhibit small diffuse accumulations of A β .⁵⁴ Diffuse A β plaques systematically begin to form in the 20s and 30s of people with DS; the extent of plaques increases exponentially after the 40s, with A β pathology typically progressing into clinically relevant AD diagnoses.^{52,55,56} By age 40 years, most people with DS are classified as Thal Stage 5, with plaques found in the cerebellum and cognitive decline tending to begin in earnest at \approx 53–54 years of age.^{57,58} Compared with the general population, which experiences lower rates of AD pathology and an average age at onset around 70 years, people with DS deal with increased risk and early progression of the disease.

Neuroimaging studies also reveal early progression of A β and tau tangle accumulation in people with DS. As mentioned in Section 1.2, PET scans are commonly used to determine the brain's A β load, tau load, and metabolic activity. A β pathology, determined through Pittsburgh Compound B (PiB) labeling on PET scans, is seen by the age of 40 in people with DS, although sparse accumulation is occasionally seen earlier.⁵⁹ Of interest, A β pathology begins in the striatum before progressing to the prefrontal cortex, suggesting an alternate initiation of amyloidopathy in people with DS compared to sporadic AD cases.^{60,61} Tauopathy, determined through ¹⁸F-AV-1451 tracer PET scans, is similar in cerebral distribution to sporadic AD.⁶² However, in people with DS, the onset of tau tangles is only 2.5–5 years after the onset of A β pathology, much faster than the estimated 5–10 years in sporadic AD.^{63,64} Together, these findings indicate an earlier and faster progression of AD pathology in people with AD, which must be addressed in conjunction with other DS-related comorbidities.

Elevated levels of A β results in neurovascular deposits is known as cerebral amyloid angiopathy (CAA).⁶⁵ CAA is a leading cause of microhemorrhages in AD, elevating neuroinflammation and positively correlating with increased cognitive decline.^{66,67} Although reporting criteria for CAA are varied, recent estimates place the incidence rate at \approx 50%–75% in people with AD.^{68,69} Not surprisingly, given the overproduction of APP, people with DS have a roughly 85% incidence rate of CAA, significantly higher than that of the general population.⁶⁸ General vascular pathologies, including microbleeds and infarcts, are also prevalent in people with DS, with the onset occurring in the early to mid-30s.⁷⁰ Of interest, these early microbleeds and infarcts occur before significant amyloid deposition and CAA development, suggesting a role in the early development of AD rather than late-stage development. Thus, vascular pathologies, including CAA, microbleeds, and infarcts, are increasingly noted as an essential factor in AD progression and the development of clinical dementia; therefore, it is crucial to consider the contributions of vascular disease when discussing AD in people with DS.

Disrupted sleep and poor sleep quality may enhance the risk of and can also be a consequence of progressive AD.^{71,72} Poor sleep quality, caused by sleep disturbances, dysregulated sleep/wake cycles, and obstructive sleep apnea (OSA), increases the risk of cognitive impairment and hinders memory formation.^{73–75} Severe sleep disruptions

RESEARCH IN CONTEXT

- 1. Systematic review:** This article utilized Pubmed to review the literature surrounding the utilization of calcineurin inhibitors as a therapy for Alzheimer disease in people with Down syndrome. Calcineurin inhibitors have gained prominence as a possible therapeutics for Alzheimer disease in the general public. However, people with Down syndrome demonstrate possible contraindications.
- 2. Interpretation:** Our findings reveal a lack of conclusive information on the role calcineurin plays in the development of Alzheimer disease in people with Down syndrome. The expression of calcineurin, calcineurin regulators, and the activity of calcineurin-induced inflammatory pathways is poorly characterized in people with Down syndrome and Alzheimer disease.
- 3. Future directions:** Investigations into the expression of calcineurin, its regulators, and the activation of calcineurin-induced inflammatory pathways in people with Down syndrome are needed to elucidate the role calcineurin inhibitors may play in the treatment of Alzheimer disease in people with Down syndrome.

and OSA are highly prevalent in DS.⁷⁶ Over 50% of children under age 10 with DS show evidence of OSA, and nearly 80% showed abnormal sleep scores, reflecting a lifelong struggle with restful sleep that likely contributes to the prevalence of AD later in life.⁷⁷

There is a need for new treatments and therapies for AD to prevent and combat its progression. For people with DS, this is even more pressing, as recent studies suggest that the current life-limiting factor for people with DS is AD.⁵⁸ Indeed, DS has been considered to be the most common form of genetic AD, and people with DS have mortality rates that coincide with autosomal dominant AD.^{25,58} Currently, several U.S. Food and Drug Administration (FDA)-approved pharmaceuticals, including donepezil and galantamine, and two newer treatments, lecanemab and donanemab, show promise in treating the symptoms and slowing AD progression, respectively.^{78–80} However, some treatments may address the symptoms of the disease and not the etiology (e.g., donepezil). Others may slow progression but have significant side effects, thereby limiting their effectiveness for all patients with AD (lecanemab, donanemab). Therefore, new targets are being explored in search of a therapeutic that can successfully stop or prevent AD progression. Of these targets, calcineurin has shown great promise in its ability to influence AD progression and is worth investigating in depth.

2 | CALCINEURIN

Calcineurin (CN) is a heterodimeric Ca²⁺/calmodulin-dependent protein phosphatase expressed ubiquitously throughout the body and

in neurons and reactive astrocytes.^{81,82} Calcineurin A (CaNA) is the catalytic subunit of the CN heterodimer, containing an N-terminal catalytic domain, which is essential for CN's phosphatase activity.⁸³ In addition, CaNA contains a calcineurin B (CaNB) binding domain, a calmodulin (CaM) binding domain, and an autoinhibitory domain, which restricts the CN active site in the absence of CaM.^{84,85}

CaNB is generally described as a regulatory subunit with four helix-loop-helix EF-hand Ca^{2+} binding domains that sense variable Ca^{2+} concentrations within the cell. The pair of C-terminal EF-hands are exquisitely sensitive to Ca^{2+} , with dissociation constants (Kds) between 50 and 150 nM.^{83,86,87} The N-terminal hands are less sensitive to Ca^{2+} concentrations; their Kds range from 1 to 1.7 μM .⁸⁷ Point mutation studies on each EF-hand have demonstrated that the highly sensitive C-terminal hands are likely structural; in contrast, the less sensitive N-terminal hands contribute to sensing Ca^{2+} levels and stabilize the protein during its interaction with CaNA.⁸⁸ Notably, Ca^{2+} binding is cooperative, with a loss of any Ca^{2+} molecule from one EF-hand increasing the dissociation rate for all other hands, and vice versa.⁸⁸ CN is sensitive to Ca^{2+} due to the ability of CaNB to sense and act upon minuscule variations in Ca^{2+} concentration within the cell. This distinguishes CN from other Ca^{2+} sensing enzymes, which generally have lower sensitivity or slower kinetics. This may also explain why CN is so acutely sensitive to the Ca^{2+} dysregulation so often seen in aging. Of interest, elevated calcium levels alone cannot fully activate CN; only about 10% of the activity is observed at calcium saturation, with CaM and another divalent cation required to activate the phosphatase fully.⁸⁹ Upon binding with CaM, the CN-CaM complex regulates cellular events throughout the body. CN can also be permanently and irreversibly activated through its interaction with calpain, which cleaves the auto-inhibitory domain and CaM-binding domain of CN; this cleaved version is typically denoted as ΔCN .^{90,91}

Important for this review, one of the main targets of the CN-CaM complex is the nuclear factor of activated T cells (NFAT) pathway. The NFAT family consists of five transcription factors, NFAT 1–5, of which calcium concentrations and CN dephosphorylation regulate NFAT 1–4.⁹² The NFAT family of proteins contains several highly conserved domains, including an N-terminal regulatory domain and a C-terminal DNA-binding domain.⁹³ The N-terminal regulatory domain is essential for CN to interact with and dephosphorylate the NFAT family. The NFAT PxlIT and LxVP motifs are well conserved across the family and have a high affinity for CN binding, with CaNA and CaNB able to bind these motifs at similar rates.^{94,95} The binding of CN to the PxlIT and LxVP sites forms a loop containing the serine-rich region and serine-proline-rich boxes where NFAT phosphorylation occurs, allowing for enhanced dephosphorylation by CN.^{93,94} Dephosphorylation of NFAT by CN initiates nuclear translocation of the NFAT protein, where it functions as a transcription factor.⁹⁶ NFAT activation can result in the expression of a plethora of genes, including cytokines, surface receptors, apoptotic genes, transcription factors, and genes involved in calcium signaling and regulation.^{97,98}

CN is perhaps the most studied in its interaction with the peripheral immune system as a T-cell activator.^{92,99} In brief, the binding of T-cell receptors triggers a cascade of interactions that flood the cell

with calcium by releasing intracellular calcium and opening calcium channels to influx extracellular calcium.¹⁰⁰ This elevated calcium concentration activates CN and generates the CN-CaM complex, which activates NFAT translocation to the nucleus. As the NFAT signaling cascade takes effect, T cells activate, initiating cytokine release, lytic enzyme release, and replication (illustrated in Figure 1).¹⁰¹ This integral role of CN in T-cell activation and immune response has made it an appealing target for immune therapies, including preventing transplant rejection and alleviating autoimmune disorders. CN's activity within the brain and neuronal landscape is less known, which is the focus of this review.

2.1 | Calcineurin's neuronal interactions

2.1.1 | The neuronal cytoskeleton

CN is expressed in neurons and plays varied and significant roles within the neuronal landscape, as demonstrated in Figure 2. There is evidence that CN can directly dephosphorylate microtubules, with Goto et al. finding a 22% decrease in tubulin phosphorylation when placed in solution with CN; of interest, CN-catalyzed tubulin dephosphorylation is dependent upon CaNB, which binds directly to tubulin.^{102,103} Perhaps more importantly, CN interacts with several microtubule-binding proteins (MTBPs), including Microtubule-Associated Protein 2 (MAP2), neuromodulin (NM), and tau.^{102,104–106}

MTBPs are a broad classification of proteins, performing tasks such as regulating microtubule assembly, enabling tubule crosslinking, integrating new cytoskeletal elements, and assisting with intracellular transport along microtubules.¹⁰⁷ MAP2 is expressed mainly in mammalian neurons and binds to the sides of microtubules to promote stability and rigidity.^{108–111} The binding of MAP2 to microtubules is regulated by several microtubule-binding KXGS motifs, which become active when phosphorylated.¹⁰⁸ Thus, CN's phosphatase activity improves MAP2's ability to bind microtubules and is essential for dendrite and synapse formation.^{112–116}

NM acts similarly to MAP2, interacting with actin microtubules in axon terminals, especially during synaptogenesis.^{117–119} Four closely related factors regulate NM: phosphorylation status by protein kinase C (PKC), Ca^{2+} concentration, CaM binding, and CN dephosphorylation. At low Ca^{2+} concentrations, NM is dephosphorylated and bound to CaM, acting as a barbed end-capping protein for actin, preventing cytoskeletal polymerization.^{120,121} However, at high Ca^{2+} concentrations, PKC becomes activated, phosphorylating NM and causing the loss of CaM.¹¹⁷ Phosphorylated NM binds and facilitates stable actin polymerization, promoting neuronal axonal growth. Elevated Ca^{2+} concentration and free CaM are the perfect recipe for CN activation; CN dephosphorylates NM directly, which may regulate NM/CaM interactions.^{122,123} Therefore, it seems that, at high Ca^{2+} concentration, CN acts as a limiter to NM activation, ensuring that growth remains controlled. CN aggregates into axonal and dendritic growth cones during the first 7 days of culture in developing rat cerebellar cultures.¹¹³ Aggregation shifts to the neurite shaft in the next 7 days,

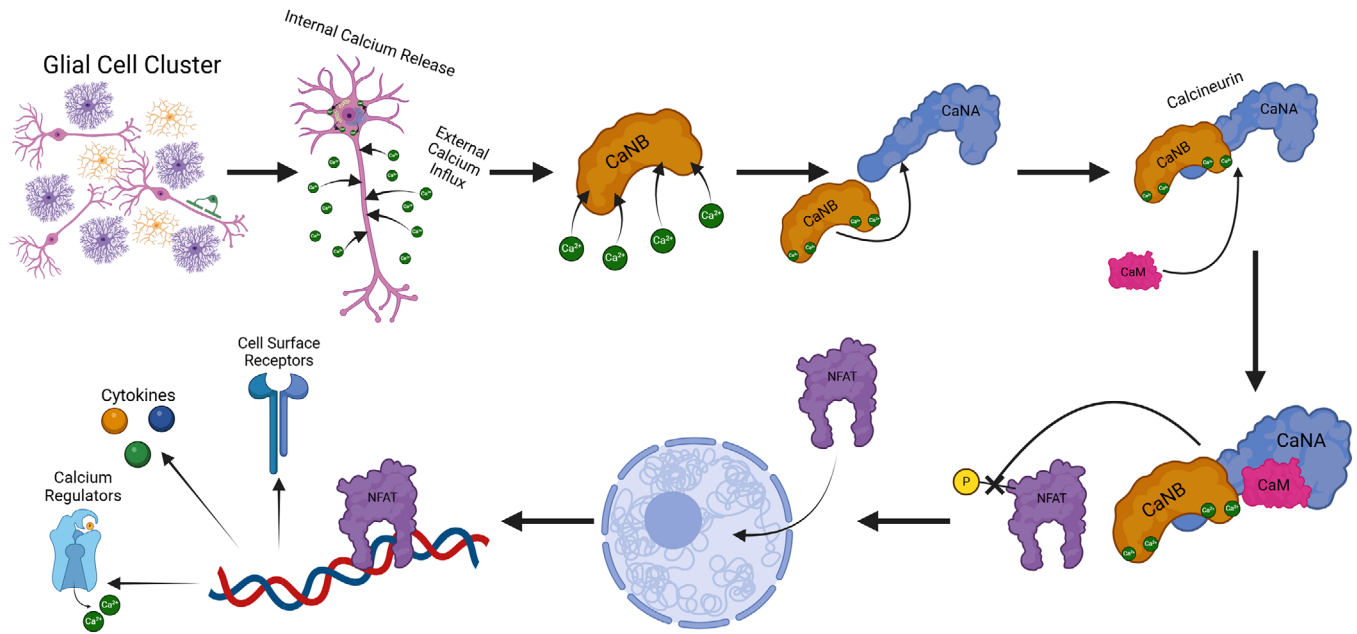


FIGURE 1 The Calcineurin pathway and regulation of NFAT. Following elevated cellular calcium levels, either from external influx or internal storage release, CaNB binds calcium in its four EF-hand domains. This prompts complexing with CaNA and CaM, activating the CN complex. CN then dephosphorylates NFAT, allowing nuclear translocation and transcriptional activation. CaM, calmodulin; CaNA, calcineurin A; CaNB, calcineurin B; CN, calcineurin; NFAT, nuclear factor of activated T cells.

Calcineurin Activity in the Brain

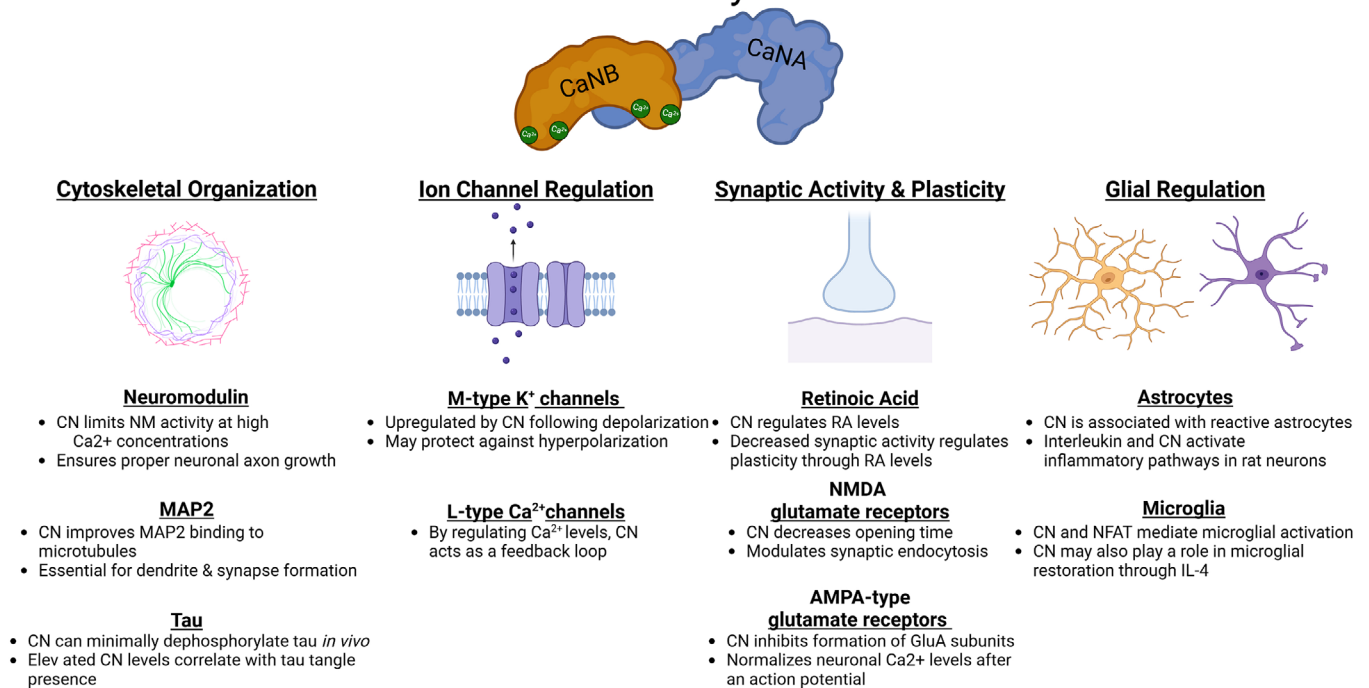


FIGURE 2 Calcineurin's activity in the brain. CN is a regulatory component in several key neurological processes, as described in Section 2.1. CN, calcineurin.

suggesting a role in axonal elongation. Indeed, inhibition of CN through cyclosporin A prevents axonal formation.^{113,124}

Perhaps the most interesting MTBP in AD is tau, given its role in microtubule regulation and as a neuroinflammatory factor through the formation of NFTs. Although CN can dephosphorylate tau directly, it accounts for less than 10% of tau dephosphorylation within the cell.¹²⁵ CN directly activates glycogen synthase kinase-3 β (GSK-3 β) through dephosphorylation of GSK-3 β Ser-9.^{126,127} GSK-3 β is a proline-directed serine/threonine kinase that phosphorylates tau at several sites, inducing NFT aggregation and accelerating fibrilization.^{128–130} In addition, the upregulation and overactivation of GSK-3 β have been linked to A β accumulation and microglial activation, driving AD progression.^{131,132} Thus, CN accelerates NFT pathology by activating GSK-3 β . Indeed, there is evidence that elevated CN activity increases tau tangle pathology.^{91,133} This supports the hypothesis that overexpression and elevated activity of CN is detrimental to the aging brain rather than acting as a guard against tau hyper-phosphorylation and NFT formation.

2.1.2 | Neuronal regulation of ion channels and synapses

Neuronal function is essential to a healthy brain, and CN is implicated in the effectiveness of neuronal signaling. As Ca²⁺ signaling is essential for neuronal depolarization, tight control of Ca²⁺ concentrations is necessary for proper neuronal activity.¹³⁴ CN is typically assumed to act as negative feedback to elevated neuronal activity and Ca²⁺ influx.⁹⁰ For instance, the M channels are vital for neuronal excitability, and their activation suppresses the likelihood of action potentials.¹³⁵ Through the NFAT pathway, CN can upregulate M-type K⁺ channels following Ca²⁺ influx related to depolarization, indicating a possible negative feedback loop to protect against neuronal hyper-excitability.¹³⁶ Patch-clamped bullfrog neurons incubated with and without CN demonstrate a decrease in M current activity, implying that CN can inhibit the M current directly.¹³⁷ CN also regulates L-type Ca²⁺ channel activity following Ca²⁺ influx, controlling Ca²⁺ levels within neurons.¹³⁸ Although CN is noted primarily for its association with and regulation of Ca²⁺ channels, there are instances of CN associating with the channels of other ions. CN dephosphorylates voltage-sensitive sodium channels in rat neurons, with cyclosporin A inhibition of CN increasing phosphorylation levels by 40%.¹³⁹

CN also plays a pivotal role in regulating synaptic activity and plasticity. CN decreases the opening time of the N-methyl-D-aspartate (NMDA) glutamate receptor, inhibiting excitation, and influences the slow and rapid endocytosis of synapses, regulating receptor turnover.^{90,140} GluA1 and 2, which can assemble into α -amino-3-hydroxy-5-methyl-4-isoxazolepropionic acid (AMPA)-type glutamate receptors (AMPA) that regulate glutaminergic synaptic transmission, are dephosphorylated by CN; inhibition of CN in Sprague–Dawley rats increases the prevalence of postsynaptic AMPARs, which allows for elevated Ca²⁺ levels within the cell, disrupting regular neuronal firing.^{141–144} CN can modify synaptic plasticity by regulating retinoic

acid (RA) levels.¹⁴⁵ RA is synthesized following diminished synaptic activity, resulting in a signal cascade that increases excitatory synaptic strength.^{146,147} Arendt et al. determined that the reduced synaptic activity in neurons resulted in diminished Ca²⁺ concentrations, inactivating CN and allowing RA-induced synaptic plasticity; inhibition of CN in active neurons led to the same synaptic plasticity as inactive neurons.¹⁴⁵

Long-term potentiation (LTP) is a potent form of synaptic plasticity that underlies memory and learning.^{148,149} The cyclic AMP response element-binding protein (CREB) transcription factor is essential in LTP and memory formation, with CREB knockout mice consistently showing deficiencies in long-term memory.^{150–154} CREB activity depends upon prolonged Ser113 phosphorylation and the recruitment of cofactors, including CREB Binding Protein.^{155–157} CN regulates LTP and memory formation by regulating CREB activity, with CN overactivity being associated with CREB dephosphorylation and preventing CREB-induced gene expression.^{158–163} The dephosphorylation of CREB by CN has been studied as a possible regulatory mechanism, but studies suggest that CN is not dephosphorylating CREB directly, as seen by Naqvi et al. in 2013.^{157,159} Protein phosphatase 1 (PP1), a target of CN, may be the driving force behind CREB dephosphorylation, although further investigation is warranted.¹⁶⁴ Of interest, there is evidence that CREB promotes the degradation of RCAN1 through ubiquitination and subsequent proteasomal degradation.¹⁶⁵ This suggests a negative feedback loop, with CREB activation degrading RCAN1, activating CN to inhibit CREB signaling.

CN inhibition can result in chronic calcineurin inhibitor-induced pain syndrome, seen in patients treated with CN-targeting immunosuppressant drugs.^{166–168} This syndrome is thought to stem from the dysregulation of synaptic firing and neuroprotective M channel expression.^{90,169} Therefore, any chronic treatment with CN inhibitors must be weighed against the possibility of inducing a chronic pain syndrome.

2.1.3 | Glial regulation

It is also essential to understand the role of CN in glial cells, as the support of the many glial cells within the brain dictates neuronal and cognitive well-being. Microglia are the brain's resident immune cells and regulate inflammatory and regenerative processes. CN inhibition significantly decreases microglial activation.¹⁷⁰ Studies in murine cell lines show that CN and NFAT signaling mediate microglial activation.^{171–173} Perhaps unsurprisingly, CN is a driver in neuroinflammatory processes much like in the rest of the body; however, some studies show a role for CN in promoting neuroprotective microglial activation. Ting et al. found that primary rat cortical neurons subjected to excitatory stress released interleukin (IL)-4, which polarized microglia toward a restorative phenotype.¹⁷⁴ Neurons subjected to CN inhibition showed no IL-4 expression, implying a role for CN-mediated cytokine expression in this pathway. Therefore, the association between CN and microglia must be considered contextually despite the generally understood role of CN as "pro-inflammatory."¹⁷⁵

Astrocytes perform many homeostatic tasks, including stabilizing neuronal activity, maintaining the blood–brain barrier (BBB), and mediating immune responses.^{176,177} Many of these mechanisms are partially regulated by carefully controlled Ca²⁺ signaling pathways, which can become dysregulated with aging.^{178–180} The connection between reactive astrocytes, aberrant Ca²⁺ regulation, and CN activity suggests a critical role in the regulation of astrocytic neuroinflammation. CN is associated with reactive astrocytes, overexpressed and hyperactive in A β -adjacent human astrocytes, which increases with age; these A β -adjacent astrocytes often contain the hyperactive calpain-cleaved Δ CN.^{181–183} In addition, IL-1 β , an integral signaling molecule in neuroinflammation, recruits CN and activates the NFAT pathway in rat primary cortical neurons.¹⁸⁴ Applying CN directly onto astrocyte culture prompts the activation of the NFAT pathway and stimulates secondary astrocytes, suggesting a communal reactivity to the activation of the CN/NFAT pathway.¹⁸⁴ Perhaps most important for AD, the inhibition of the CN/NFAT pathway in the astrocytes of AD mouse models benefits several key markers of AD pathology, including improved cognitive function, decreased A β levels, improved astrocytic dendrite morphology and synaptic strength, and reduced glial activation.^{185,186} Similar benefits are noted in mouse models of traumatic brain injury (TBI), with CN/NFAT inhibition decreasing injury-related loss of synaptic activity and susceptibility to depression.¹⁸⁷ These data elucidate a key role for CN signaling in maintaining the neuronal cytoskeleton, neuronal activity, and the induction of glial reactivity.

3 | CALCINEURIN AS A THERAPEUTIC TARGET FOR ALZHEIMER DISEASE

Ca²⁺ and CN regulation play an integral role in maintaining neuronal homeostasis. However, aberrant Ca²⁺ regulation within the brain is prevalent as aging progresses, with Ca²⁺ influx outpacing removal in aging neurons.^{188–191} In AD, A β can form pores in the cell membrane, allowing Ca²⁺ influx into the cell.^{192,193} CN is exquisitely sensitive to Ca²⁺ fluctuations within the cell; thus, it is adversely affected by these aging processes early and dramatically. CN is implicated during the early stages of cognitive decline in AD, suggesting a preclinical role in the disease, which worsens in conjunction with increasing AD pathology.^{194,195} CN activity is elevated, often hyperactive, in cells near A β plaques.^{181–183} CN can also exacerbate Ca²⁺ dysregulation through its interactions with L-type Ca²⁺ channels, causing a positive feedback loop to elevate Ca²⁺ levels to pathological levels.^{196–198} CN also drives neuronal cell death through the Bcl-2-associated death promoter (BAD).^{199,200} Overactive CN facilitates the dephosphorylation of BAD and its translocation to the mitochondria, which initiates caspase-3-mediated apoptosis.^{201–203}

Perhaps the most striking evidence for CN being a significant player in neuroinflammatory progression is that numerous studies show that modulation of CN results in altered aging and AD phenotypes. CN overexpression leads to an exacerbation of cognitive decline, glial reactivity, and neuronal atrophy.^{183,204–207} Conversely, CN suppression decreases neuronal degradation, prevents synaptic loss, reduces neu-

roinflammation, and even extends the lifespan in a murine model of tauopathy.^{185,186,208–211} Thus, investigating CN inhibition as a possible therapeutic for AD in the general population is essential. One of the significant early breakthroughs in this area has been Giulio Tagliatela's research into tacrolimus (TAC) and its effect on AD prevalence.

3.1 | Tacrolimus

TAC, or FK506, is an FDA-approved CN inhibitor permeable to the BBB.²¹² In 1987, TAC was initially isolated from *Streptomyces tsukubaensis* derived from Fujisawa soil; it was approved for human use in 1994.²¹³ As an immunosuppressant, TAC operates by complexing with FKBP12.^{214,215} This FKBP12-TAC complex binds to the CN complex, occluding the active dephosphorylation site and preventing NFAT interactions.²¹⁶ Despite a wide-ranging bioavailability, from 5% to 90% but averaging around 25%, and a narrow therapeutic window, TAC benefits many transplant recipients.^{217,218} Since its introduction as a liver transplant immunosuppressant, TAC has become widely used to treat heart, lung, liver, and kidney transplant recipients.^{219–222} TAC has also been investigated as a treatment for autoimmune disease and has been approved in South Korea for treating rheumatoid arthritis, lupus nephritis, and myasthenia gravis.²²³

Notably, for this review, a series of groundbreaking studies by Giulio Tagliatela on the incidence of dementia in people prescribed TAC found that TAC provided robust protection from clinical dementia. The incidence of dementia in the general population ≥ 75 years old is typically $\approx 10\%$; people taking TAC had only a 1% incidence.²²⁴ A 2023 follow-up of this work using a larger sample size and more robust statistical analysis reports that patients taking TAC were protected from dementia and death compared to the general population and those taking cyclosporine, another immunosuppressant targeting CN but unable to cross the BBB.²²⁵

3.2 | Tacrolimus in preclinical animal models of Alzheimer disease

Preclinical studies on the effects of TAC on AD pathology utilize rodent models due to their genetic and physiological similarity to humans and well-characterized genomes.²²⁶ Scaduto et al. exposed ex vivo mouse brains to human brain-derived tau oligomers followed by TAC; this improved synaptic plasticity in the mouse hippocampus.²²⁷ In addition, wild-type mice exposed to exogenous tau followed by acute TAC treatment demonstrated enhanced memory and restored synaptic function, whereas in 3xTgAD mice, chronic TAC treatment reduced hippocampal tau levels.¹²⁷ Together, these studies suggest a role for CN in AD pathology; however, as rodents do not naturally develop AD, further preclinical trials on species that spontaneously develop AD-like pathologies are helpful.^{228,229}

Beagles are a natural canine model of AD as they develop amyloid plaques, neuronal morphology changes, and cognitive deficits as a function of age.^{228,230,231} Beagles share many anatomic and metabolic

similarities with humans and provide a model for human aging, as their lifespan and aging process more closely mimic those seen in humans.²²⁸ In addition, canines show pharmacokinetics similar to those of humans, making them useful for drug therapy research.²³¹ Therefore, groundbreaking work is being performed in beagle models of AD to determine if abnormal CN hyperactivity, a known correlate to A β plaque aggregation in humans and rodents, is conserved in canines.¹⁹⁵

Building on prior research, a longitudinal prevention study has been conducted using a preclinical canine model of human aging and AD.^{207,232-234} Over 5 years, 43 beagles were treated with either a CN inhibitor TAC or an NFAT inhibitor Q134R. MRI studies revealed that twice-daily oral TAC improved brain morphology, including improved neurite density index, decreased orientation dispersion index, and increased prefrontal cortex area before the onset of cognitive decline.²³⁴ Furthermore, both TAC and Q134R slowed cognitive decline, as measured by spatial learning and memory tasks.²³² In addition, low-dose oral TAC reduced white matter microstructural pathology and promoted neuronal health in the aging beagle brain.²³³ This work highlights the potential of CN/NFAT inhibitors for maintaining cognitive and structural brain health during aging, offering valuable insights for translation to human AD.

3.3 | Tacrolimus therapy for people with Alzheimer disease and Down syndrome

3.3.1 | Clinical and translational challenges in the use of tacrolimus for the prevention of Alzheimer disease in people with Down syndrome

Although TAC shows promise as a therapeutic option for AD and comorbid Down syndrome and Alzheimer disease (DSAD), several challenges are associated with its use in a clinical population, including in people with DS. First, the pharmacokinetics of TAC are variable and influenced by several factors, including the first-pass effect, inter-personal genetics (with the cytochrome P450 [CYP] enzymes being a primary concern), and diet.^{218,235,236} Of interest, polymorphisms in the CYP enzyme family are known to contribute to AD susceptibility, which may prove challenging in addressing AD with TAC.²³⁷⁻²⁴⁰ In addition, high-fat diets and gastrointestinal difficulties, including constipation and diarrhea, contribute to altered TAC processing by the body.²³⁵ People with DS have gastrointestinal difficulties at higher rates than the general population, including chronic constipation, Hirschsprung disease, and celiac disease, which may influence acute TAC levels and make therapeutic dosages difficult to manage.²⁴¹⁻²⁴³

Second, as mentioned in Section 3.1, TAC has a narrow therapeutic window, between 5 and 15 ng/mL.²⁴⁴ The time in therapeutic range (TTR) is also a notable metric for measurement with TAC, as this contributes significantly to organ rejection rates.²⁴⁴⁻²⁴⁷ In TAC's traditional role in immune suppression following transplantations, being below this therapeutic window or having a low TTR results in high rates of organ rejection, whereas being above the window increases

the chances of experiencing adverse effects.²⁴⁸⁻²⁵⁰ To address this issue, population-based pharmacokinetic models of TAC treatment are in development; however, these models are limited in scope and relevance to clinical settings.²⁵¹⁻²⁵⁴ The significant limitations of these models are restricted patient demographics and comorbidities, making broader applications challenging. To date, no models have been generated that focus on patients with DS, and there is no significant consideration of the comorbidities of people with DS, including diabetes and autoimmune disorders.

Finally, the adverse effects of TAC are notable when considering long-term therapeutics, especially in people with DS. The most common side effects of TAC include nephrotoxicity, hepatotoxicity, neurotoxicity, hypertension, and opportunistic infections.²⁵⁵⁻²⁵⁷ Neurotoxicity is typically limited to tremors, headache, insomnia, and mood imbalances but may result in more significant disorders, including seizures.^{258,259} Alterations in neurological status when attempting to evaluate AD and DSAD progression is a limitation that future work should seek to address. Significant for people with DS is the elevated rate of opportunistic infections, as they are at a higher risk for pneumonia at baseline.^{260,261}

TAC as a treatment for AD does not come without its hurdles, including pharmacokinetics, dosages, and adverse reactions; this is compounded in people with DS, who typically present with comorbidities that may interfere with TAC dosages or efficacy. Despite this, TAC remains the most prescribed post-transplantation immune suppressant, demonstrating robust and safe usage within the clinic, which could be adapted to new diseases.^{235,262} TAC has also been used to treat people with DS for several reasons, including acute lymphoblastic leukemia, Graves' disease, and alopecia areata, with minimal adverse reactions.²⁶³⁻²⁶⁵ In addition, mounting evidence shows that TAC may act therapeutically for AD at lower dosages than transplantation necessitates; APP mice demonstrate improved cognition and decreased neuroinflammation following low-dose TAC treatment.²⁶⁶ These mice showed higher levels of brain-localized TAC, 15 ng/g, than plasma, 4.5–6.5 ng/mL, suggesting an accumulation in the brain that may decrease the necessary peripheral dose. Aging canines treated with TAC show similar cognitive improvement while having plasma TAC levels averaging 2.54 ng/mL, half the trough dose for immunosuppression.²³²

Should TAC prove to be an effective therapeutic for people with DS and DSAD, it will be essential to determine biomarkers (neuroimaging and fluids) for inclusion criteria and as outcome measures for clinical trials. Several recent studies and reviews highlight that plasma or cerebrospinal fluid (CSF) tau (p-tau181, p-tau217), neurofilament light (NfL) protein levels, and amyloid or tau PET imaging can distinguish people who are cognitively stable, have mild cognitive impairment, or have dementia in DS.²⁶⁷⁻²⁷¹ We can speculate that, given the mechanisms by which TAC may benefit brain health through astrocyte function, plasma glial fibrillary acidic protein (GFAP) may be a potential outcome measure given that it rises prior to the development of dementia in people with DS.^{269,272,273} Of interest, plasma GFAP may mediate the progression of tau and amyloid pathology in people with DS.²⁷⁴ Furthermore, plasma or tau PET may reflect the benefits of TAC

for tau pathway outcomes.^{267,268} The optimal therapeutic window for people with DS to consider TAC interventions could be preventative or as a treatment. For example, as mentioned in Section 1.1, people with DS show AD neuropathology by 40 years of age. Thus a prevention study could include younger adults with DS (e.g., 20–30 years). A treatment study may benefit people with DS younger than 50 years of age prior to evidence of cognitive decline (typically observed at ~53 years of age). In regards to treatment studies, it will be important to consider that AD progression can occur rapidly in people with DS, as recent work by Zammit et al. suggests that tau PET positivity occurs within 5 years of amyloid PET accumulation.⁶³

3.3.2 | Unknowns of calcineurin inhibition in people with Down syndrome and Alzheimer disease

Inhibition of neural CN signaling may be a novel approach for preventing or treating AD.²⁰⁷ This may be coupled with calpain inhibition to prevent the formation of CN and improve outcomes. As mentioned in Section 2, calpain irreversibly activates CN through proteolytic cleavage of its regulatory domain.^{90,91} Inhibitors of calpain, including calpeptin and calpain inhibitors I–III, bind to the active site of calpain, preventing its proteolytic activity.²⁷⁵ These inhibitors have proven beneficial in animal models of AD, suggesting that they may play a role in future AD therapies.^{276–279} The potential for preventing or lowering the impact of AD pathology, prevention of cognitive decline, and minimal off-target effects is a goal of the field. However, the role of CN, how CN inhibition interacts with AD pathology, and the benefits of CN therapies are notably understudied in people with DS. Several gene expression alterations in DS may influence CN's role in DSAD. They must be studied to determine whether CN therapies may be helpful, harmful, or ineffective in people with DS.

4 | HSA21 GENES AND THEIR IMPACT ON CALCINEURIN REGULATION

The CN gene, being on Hsa8, is not differentially expressed in people with DS. However, the genes for several regulators of the CN protein, including RCAN1 and DYRK1A, are encoded on Hsa21 and have elevated RNA expression in people with DS.¹⁴ These proteins are encoded within the DSCR, suggesting a role in the development and pathology of DS. Therefore, it is essential to understand how their overexpression factors into DS pathology and how that may interact with CN expression, activity, and AD progression.

4.1 | RCAN1

RCAN1 protein expression is divided into three isoforms, RCAN1-1 L, RCAN1-1 S, and RCAN1-4, stemming from alternate splicing patterns.^{280,281} RCAN1-4 is expressed primarily in muscle tissue and is inducible by exercise, prompting speculation that it is part of the slow-

fast muscle switching pathway along with CN.²⁸² RCAN1-1 is found in neurons and is expressed in a long and short form (L and S) dependent upon two start codon placements within the gene.²⁸³ RCAN1-1 L is the main form of RCAN expressed in neurons and associated with neuroinflammatory and neurodegenerative disorders and is, therefore, the focus of this review.²⁸⁴

RCAN1 was initially noted for its ability to inhibit the activity of CN within the cell; current research indicates that the RCAN1 exon 7 can interact with and competitively inhibit CN phosphatase activity directly.^{285,286} This prevents the activation of the NFAT pathway and mitigates acute calcium and oxidative stresses.²⁸⁷ However, further exploration has revealed that RCAN1 can facilitate CN activity in vivo, with RCAN1 and 2 knockouts demonstrating cardiac and neurological dysfunction similar to that of CN knockouts.²⁸⁸ In addition, the interaction between TAB2, which recruits TAB1 and TAK1, and RCAN1 results in the phosphorylation of RCAN1 at Ser 94 and 136, enabling RCAN1 activation of CN signaling.²⁸⁹ Other phosphorylation effects are unclear, with phosphorylation at Ser 108 and 112 being reported to promote RCAN1 inhibition of CN by Genesca et al.²⁹⁰ At the same time, Abbasi et al. found that phosphorylation of Ser 108 and 112 decreases RCAN1 binding to CN, alleviating RCAN1 inhibition.²⁹¹ The dual function of RCAN1 is suggested to occur based on the concentration of RCAN1 within the cell, with RCAN1 acting as a facilitator when concentrations are low or as an inhibitor when concentrations are high.²⁹²

An interesting point to note is that NFAT activation induces the expression of RCAN1.^{293,294} This points to a regulatory mechanism that can operate as a positive or negative feedback loop as the cell requires. When RCAN1 levels are low, RCAN1 will facilitate CN activation, driving NFAT translocation and the production of additional RCAN1, which will continue a positive feedback cycle. However, when RCAN1 levels are high, RCAN1 will inhibit CN, preventing the transcription of new RCAN1, providing negative feedback, and returning the system to a more manageable level. RCAN1 plays a complex role in CN's positive and negative regulation, which has yet to be fully elucidated.

Despite the mixed studies on RCAN1's role in CN regulation, RCAN1 has long been understood as a critical player in the pathology of DS. Developmentally, RCAN1 is significantly expressed in cardiac tissue and neurons, and overexpression of RCAN1 in a transgenic mouse line induced a DS-like phenotype, including decreased hippocampal neuron number and volume and decreased long- and short-term memory.^{295,296} Patel et al. developed a transgenic mouse model of DS with decreased RCAN1 levels.²⁹⁷ They found an elevation in the number of sympathetic neurons and their innervation in the nasal epithelium. Although the decrease in RCAN1 did not fully alleviate the DS phenotype, it provides significant evidence that RCAN1 overexpression contributes to the development of DS phenotypes.

RCAN1 is also linked to AD and its progression. Several studies link elevated neuronal RCAN1 to AD.^{298,299} An overexpression of RCAN1 induces altered circadian rhythms and rest cycles, similar to those seen in AD and DS.³⁰⁰ Primary cortical neurons incubated with A β demonstrate increased tau phosphorylation, which is abolished with RCAN1

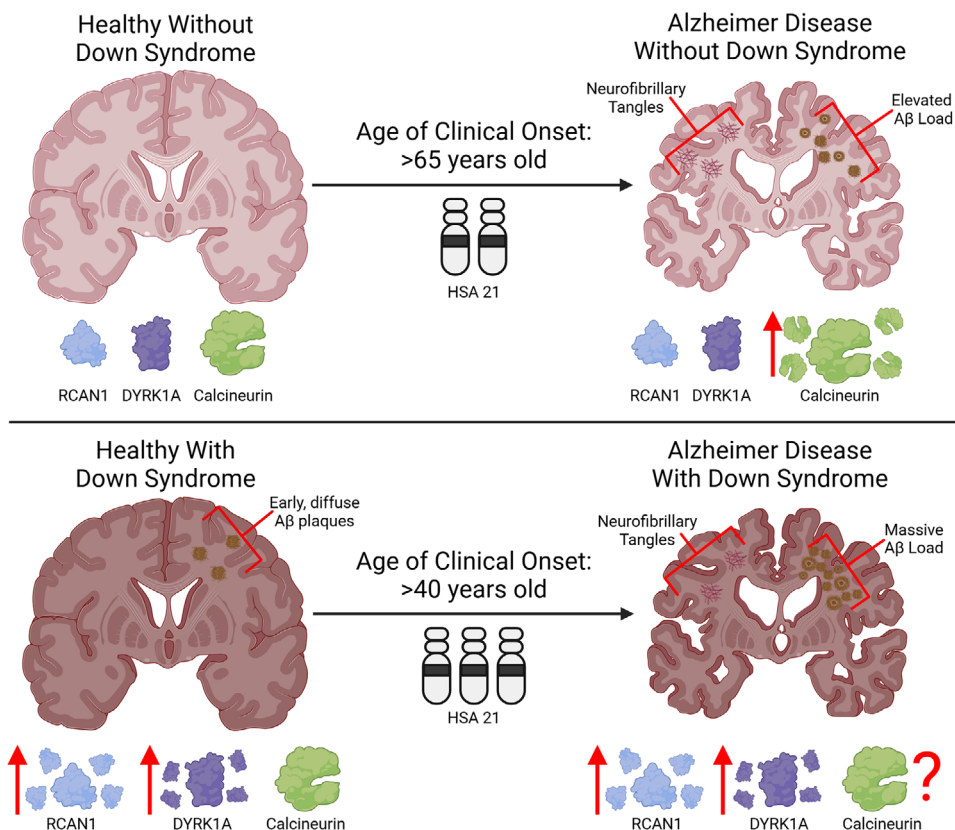


FIGURE 3 Comparison of Alzheimer disease progression in the general population and people with Down syndrome. The general population develops AD pathology around age 65, including A β plaques, NFTs, and elevated CN expression. People with DS develop pathologies much earlier, with diffuse plaques beginning as young as childhood. Full clinical pathology begins around age 45, presenting similarly to the general population. However, it is currently unknown if CN levels are increased with age in people with DS. A β , amyloid beta; AD, Alzheimer disease; CN, calcineurin; DS, Down syndrome; NFTs, neurofibrillary tangles.

knockdown.³⁰¹ RCAN1, thus, may play a role in the progression of AD pathology.

4.2 | DYRK1A

Belonging to the dual-specificity tyrosine kinase family of enzymes, the DYRK1A protein phosphorylates a wide range of cellular targets upon its activation through autophosphorylation of tyrosine 321.^{302,303} Although there is little evidence that dephosphorylation regulates DYRK1A after autophosphorylation, translational regulation and protein–protein interactions significantly impact DYRK1A activity.^{302,304} Cytosolic DYRK1A influences cell cycle regulation and cytoskeletal organization; nuclear DYRK1A is less understood.^{305–309} However, several studies have shown that DYRK1A phosphorylates NFAT proteins within the nucleus, inhibiting its ability to drive transcriptional changes and promoting cytosolic translocation.^{310,311} In addition, DYRK1A directly phosphorylates RCAN1, enhancing its ability to inhibit CN.³¹² DYRK1A is upregulated by NFAT activation, generating a negative feedback loop, as DYRK1A inhibits NFAT nuclear translocation.³¹⁰ Of interest, however, NFAT-induced transcription also generates MicroRNA-199b, which targets and inhibits

DYRK1A kinase activity, implying several interlocking regulatory NFAT mechanisms.³¹³ It is important to note that DYRK1A and CN do not directly interact; however, their functions within the cell run are opposing. Thus, therapies targeting CN and DYRK1A may achieve the same goals regarding NFAT regulation, but off-target effects may differ.

The elevated expression of DYRK1A seen in DS has been studied extensively in mouse models to determine how it may influence development and DS pathology. The transgenic TgDyrk1a mouse line exhibits an overexpression of DYRK1A, similar to people with DS.³¹⁴ Developmentally, TgDyrk1a mice exhibit slower neuronal cell cycle phases, decreased hippocampal and neocortex volume, and reduced forebrain size.³¹⁵ When exposed to a Morris Water maze, adult TgDyrk1a mice show decreased search times compared to wild-type (WT) mice, suggesting decreased cognitive ability.^{316,317} In addition, motor development is delayed in children with DS, which is mimicked with the TgDyrk1a mouse line; the line exhibits difficulty in treadmill tests, crossing less distance and experiencing more shocks than WT mice, and demonstrating decreased swimming proficiency, stopping frequently and swimming in circles compared to WT mice.^{317–319}

In AD, DYRK1A plays a role in tauopathies and may contribute to A β pathology, although its contribution to A β accumulation is less

understood. DYRK1A influences tauopathies through two main routes: influencing tau splicing and directly phosphorylating tau.³²⁰ In brief, DYRK1A influences the production of the 3R isoform of tau over the 4R isoform through phosphorylation of alternative splicing factor 1 (ASF1); the 3R isoform of tau, named for its three microtubule-binding domains, is elevated in late AD progression.^{321–323} A multiple sites, tau is also directly phosphorylated by DYRK1A, although Thr-212 is notable as this primes tau for additional phosphorylation by GSK-3.^{320,324} The link between DYRK1A and A β is less established; however, it is known that DYRK1A can directly phosphorylate APP, which may induce preferential A β cleavage and accumulation.³²⁵

The interplay between CN, RCAN1, and DYRK1A in regulating the NFAT pathway and the pathology of DS and AD need to be better understood. This provides a unique opportunity to illuminate a potentially significant pathway in AD progression. Ultimately, understanding the roles of these proteins in DS and AD is essential, as it may provide an avenue for developing novel therapeutics that can improve the quality of life for millions affected by these pathologies.

5 | CONCLUSION

This review has presented evidence showing that BBB permeable CN inhibitors may effectively prevent AD, with the studies of Tagliatalata being a notable point of interest. Although the mechanism of action is yet to be fully elucidated, CN therapy seems promising for several reasons. First, CN inhibition has been utilized in a medical capacity for decades. Although side effects and contraindications accompany these therapies, they have remained standard medical practice for transplantation and autoimmune disease patients, meaning the tolerances and long-term effects are well understood. Second, preliminary research in mice and dogs finds improvements in cognition and decreases in AD pathology following CN inhibition (at low doses), hopefully paving the way for future human clinical trials. Finally, CN therapy provides an opportunity to prevent AD progression before it begins.

Despite this, the role of CN inhibition in DSAD pathogenesis is still understudied and poorly understood, as shown in Figure 3. Does the overexpression of NFAT and CN regulatory proteins RCAN1 and DYRK1A reduce CN's contribution to the disease? Does elevated A β pathology contribute to altered calcium signaling and CN overactivity? Because people with DS are more susceptible to autoimmune disease, will CN inhibition, a common immunosuppressant, benefit people with comorbid autoimmune disease? Future investigations into the importance of CN in DS, AD, and DSAD will be critical in generating the information necessary to determine if CN inhibition is a possible target for AD prevention in people with DS.

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CONFLICT OF INTEREST STATEMENT

The authors declare no conflicts of interest. Author disclosures are available in the [Supporting Information](#).

CONSENT STATEMENT

As no human subjects were utilized in this review, informed consent was not necessary.

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