

Review

Vitamin A and its influence on tumour extracellular matrix

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Abstract

Vitamin A is a crucial nutrient renowned for its role in visual health and cellular regulation. Its derivatives influence cell differentiation, proliferation, and tissue homeostasis, making them significant in cancer research due to their effects on both normal and tumour cells. This review explores the intricate relationship between vitamin A metabolism and the extracellular matrix (ECM) in cancer. The ECM profoundly affects tumour behaviour, including proliferation, invasion, and metastasis. Alterations in the ECM can facilitate tumour progression, and vitamin A derivatives have shown potential in modulating these changes. Through transcriptional regulation, vitamin A impacts ECM components and matrix metalloproteinases, influencing tumour dynamics. The review highlights the potential of vitamin A and its derivatives as adjunctive agents in cancer therapy. Despite promising laboratory findings, their clinical application remains limited due to challenges in translating these effects into therapeutic outcomes. Future research should focus on the modulation of retinol metabolism within tumours and the development of targeted therapies to enhance treatment efficacy and improve patient prognosis.

Keywords Vitamin A · Retinol · Retinoic acid · ECM · TME · Cancer therapy

1 Introduction

Vitamin A is an essential nutrient, universally acknowledged for its critical role in maintaining visual health [1, 2]. Beyond this, vitamin A and its derivatives are vital in regulating cellular differentiation, proliferation, and tissue homeostasis [3–5]. These compounds have attracted substantial interest in oncological research due to their capacity to modulate the biological behaviours of both normal and tumour cells.

Vitamin A and its metabolic products serve a multitude of functions; apart from their well-known role as precursors to visual pigments, they also play pivotal roles in the regulation of gene expression and cellular signalling pathways [3, 4, 6–8]. Furthermore, as a fat-soluble vitamin, the oxidative regulatory properties of vitamin A are indispensable in mechanisms that alter cellular biological behaviours [9, 10]. These include modulating DNA damage induced by oxidative stress and regulating ferroptosis, thereby influencing tumour progression [11–13].

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Alterations in the ECM profoundly impact cancer cell behaviour, including proliferation, invasion, and metastasis. The ECM provides structural support and serves as a crucial medium for intercellular signalling, thus maintaining tissue stability and function. Within the cancer microenvironment, changes in the ECM's composition, structure, and mechanical properties often promote malignant behaviour [14–16]. For instance, cancer cells can undermine the integrity of the basement membrane through matrix metalloproteinases (MMPs), creating conditions favourable for invasion and metastasis [17]. Moreover, alterations in the basement membrane composition can activate surrounding normal cells and immune cells, triggering a cascade of signalling events that promote tumour cell survival and proliferation [18, 19]. Consequently, the regulation of the composition and function of the ECM continues to be a central focus in cancer research. Numerous studies are investigating how modulation of the ECM's dynamic equilibrium can restrain tumour invasiveness and metastatic potential.

Emerging evidence suggests complex interactions between vitamin A metabolism and ECM regulation in cancer. Vitamin A derivatives have been shown to modulate the expression of MMPs and ECM components such as type IV collagen, thereby altering the ultrastructure of the basement membrane. However, these effects may vary due to other factors [20–22].

Consequently, understanding the interplay between vitamin A metabolism and tumour ECM is paramount. Firstly, given the critical role of tumour metabolic reprogramming in the progression of cancer, exploring this relationship could provide novel insights into the mechanisms through which vitamin A influences tumour prognosis. Secondly, elucidating this relationship could reveal new therapeutic targets or strategies for cancer treatment. Currently, vitamin A and its derivatives are considered potential adjunctive agents in cancer therapy. The convenience of vitamin supplementation and its widespread acceptance among patients make it an appealing approach for chemoprevention and treatment of various cancers, including melanoma. However, the clinical application of vitamin A and its derivatives in cancer therapy still requires a comprehensive understanding of its impact on the tumour microenvironment, particularly the ECM.

This review aims to elucidate the complex relationship between vitamin A metabolism and the tumour ECM. We particularly highlight how an overall dysregulation of vitamin A (retinol) metabolism, rather than merely circulating retinol levels, may have a more significant impact on tumour prognosis.

2 Vitamin A metabolism

2.1 Vitamin A as an essential nutrient

Vitamin A was discovered between 1912 and 1914 by American scientists Elmer McCollum and Margaret Davis [23]. It is not a single compound but a series of retinol derivatives, including retinol, retinal, retinoic acid (RA), retinyl acetate, and retinyl palmitate. Vitamin A is found only in animal sources, though many vegetables and fruits contain carotenoids that can be converted into vitamin A in the intestine.

Vitamin A is crucial for human health and has long been recognized as an essential dietary supplement. It plays a crucial role in a myriad of essential human functions, from vision to skin health, from bone development to maintaining reproductive functions. Specifically, in vision, vitamin A participates in the synthesis and cycling of rhodopsin in the retina, which is essential for low-light vision [7]. In the skin and mucous membranes, vitamin A maintains the integrity and function of epithelial cells, whose deficiency can lead to cell keratinisation, dryness, and impaired function [24, 25]. Vitamin A also regulates the immune system by modulating the differentiation and function of immune cells, enhancing the body's antiviral and anti-tumour capabilities [26, 27]. Additionally, vitamin A plays a significant role in growth and development, influencing bone and tooth development through calcium metabolism, regulating the formation of sperm and follicles, and affecting the secretion of sex hormones for normal reproductive function [28, 29]. Furthermore, vitamin A enhances iron absorption and production by increasing the number of iron transport proteins on the surface of intestinal cells, releasing stored iron in the liver, and synthesizing ferritin [30, 31].

2.2 Absorption and metabolism of vitamin A

The absorption of vitamin A primarily occurs in the small intestine where dietary retinyl esters are hydrolysed into retinol. This hydrolysis is catalysed by pancreatic triglyceride lipase and carboxyl ester lipase, both of which require bile salts for optimal activity. Once hydrolysed, retinol is taken up by intestinal epithelial cells largely through active mechanisms facilitated by enzymes and bile salts. Inside these cells, retinol is re-esterified to retinyl esters, which are then packaged into

chylomicrons for distribution via the lymphatic system to the rest of the body. The transport and distribution of vitamin A are predominantly mediated by these chylomicrons, which carry retinyl esters primarily to the liver, the central organ for vitamin A storage and metabolism. In the liver, retinyl esters are enzymatically cleaved to release free retinol, which then binds to retinol-binding protein. This complex facilitates the transport of retinol to various target tissues through the bloodstream [32, 33]. Additionally, the transport of retinol between cells and the extracellular fluid is regulated by mechanisms including endocytosis and release, which are mediated by the STRA6 receptor [34].

In cancer patients, the metabolism of vitamin A can be significantly altered, affecting not only the basic nutritional status of the patient but also disease progression and treatment outcomes. The most significant impact is seen in patients with digestive system cancers. Whether it is liver, stomach, or small intestine cancer, it can cause vitamin A absorption disorders, which are related to the interactions (feedback regulation) between digestive system organs. Additionally, corresponding surgical procedures and chemotherapy can further cause gastrointestinal damage, affecting the absorption and transport processes of vitamin A, leading to decreased serum vitamin A levels [35, 36].

The intracellular retinol metabolic pathway is a complex and precise biochemical process involving the coordinated action of various key enzymes and proteins. Retinol dehydrogenase (RDH), alcohol dehydrogenase (ADH), Dehydrogenase/Reductase (SDR family) Members (DHRS), aldehyde dehydrogenase (ALDH), and Aldo-Keto reductase (AKR) are core enzymes involved in the redox of retinol. RDH and ADH primarily oxidize retinol to retinal, which is the first critical step in vitamin A metabolism. ALDH further oxidizes retinal to RA, the main active metabolite of vitamin A. AKR and DHRS play a bidirectional catalytic role in the conversion between retinal and retinol, crucial for maintaining the balance of retinol metabolism [37, 38]. Changes in the activity and expression levels of these enzymes can lead to abnormal retinol metabolism, affecting various physiological processes and the development of diseases (Fig. 1).

3 Interactions between vitamin A metabolism and tumour ECM

3.1 Molecular mechanisms of retinoids and their therapeutic potential in cancer

For a long time, vitamin A and its derivatives have primarily been utilised as nutrients. However, they also participate in various intracellular and intercellular molecular mechanisms in the form of different derivatives [26, 27, 39, 40]. Vitamin A, predominantly via its active metabolite all-trans retinoic acid (ATRA), plays a crucial role in modulating gene expression by interacting with nuclear receptors. These receptors include retinoic acid receptors (RARs) and retinoid X receptors (RXRs), which function as ligand-dependent transcription factors. Upon binding with ATRA, RAR/RXR heterodimers are formed, which then attach to retinoic acid response elements (RAREs) located in the promoters of target genes. This interaction facilitates the recruitment of co-activators or the release of co-repressors, leading to the regulation of transcription [41–43].

Beyond its genomic effects, vitamin A initiates non-genomic signalling pathways, including the activation of mitogen-activated protein kinase (MAPK) cascades [44–46]. These extranuclear effects occur through interactions with RARs at the cell membrane, activating kinase pathways that lead to the phosphorylation of transcription factors and subsequent modulation of gene expression. Furthermore, recent advancements have revealed that vitamin A, independent of ATRA, can directly activate the Janus kinase (JAK)/STAT5 pathway, broadening its biological functions [47]. This complex array of mechanisms highlights vitamin A's multifaceted role, influencing processes such as cellular differentiation, metabolism, immunity, and overall physiological homeostasis throughout development and across different tissues. Similarly, various derivatives of vitamin A exert therapeutic effects on tumours by regulating tumour cell survival, growth, cell cycle distribution, and gene expression through the aforementioned molecular mechanisms.

Notably, ATRA has been proven to effectively reverse the progression of specific types of leukaemia, such as acute promyelocytic leukaemia (APL), through its powerful cell differentiation and anti-proliferative properties [48, 49]. It is worth noting that in large cohort Mendelian studies, circulating retinol has not shown a significant relationship with tumour prognosis [50]. However, some studies targeting specific groups have found that circulating retinol levels can influence some tumour prognosis, and the conclusions of these studies are often inconsistent, highlighting the complexity of the role of vitamin A as a basic nutrient in cancer and other diseases [51–59].

Despite these conflicting findings, vitamin A and its derivatives are explicitly recommended in clinical guidelines for various types of cancer. For instance, ATRA is well known for inducing differentiation therapy in APL, and bexarotene is employed to treat relapsed or refractory cutaneous T-cell lymphoma [60, 61]. Unfortunately, although numerous studies indicate that vitamin A derivatives and analogues can improve tumour prognosis, most focus on retinoic acid drugs, and

In summary, vitamin A and its metabolites enhance antitumour immune responses in the tumour microenvironment by regulating immune cell differentiation and function.

It is also important to note that although vitamin A often functions as a nutrient, excessive intake can cause severe harm to the body. Acute toxicity can result from the ingestion of 100,000 IU (1 IU = 0.3 µg) of vitamin A over a short period, while chronic toxicity may occur from daily intakes exceeding 10,000 IU. Specific clinical manifestations include acute symptoms such as nausea, vomiting, and dizziness, as well as long-term damage symptoms including liver damage, reduced red blood cells, bone pain, visual disturbances, and neurological abnormalities. Retinoic acid syndrome is also a manifestation of the toxicity of vitamin A derivatives [76–79] (Fig. 2).

3.2 Vitamin A's impact on ECM in tumours

Vitamin A, in addition to its immunomodulatory effects and its role in promoting terminal differentiation, inhibiting proliferation, and inducing apoptosis in tumour cells, also uniquely influences the ECM, which is another important way in which vitamin A and its derivatives influence the biological behaviour of tumour cells [26, 27, 39, 40].

In the tumour microenvironment, the ECM provides structural support and regulates processes like tumour cell proliferation, migration, invasion, and resistance to apoptosis through interactions with cell receptors [16, 17, 80–83].

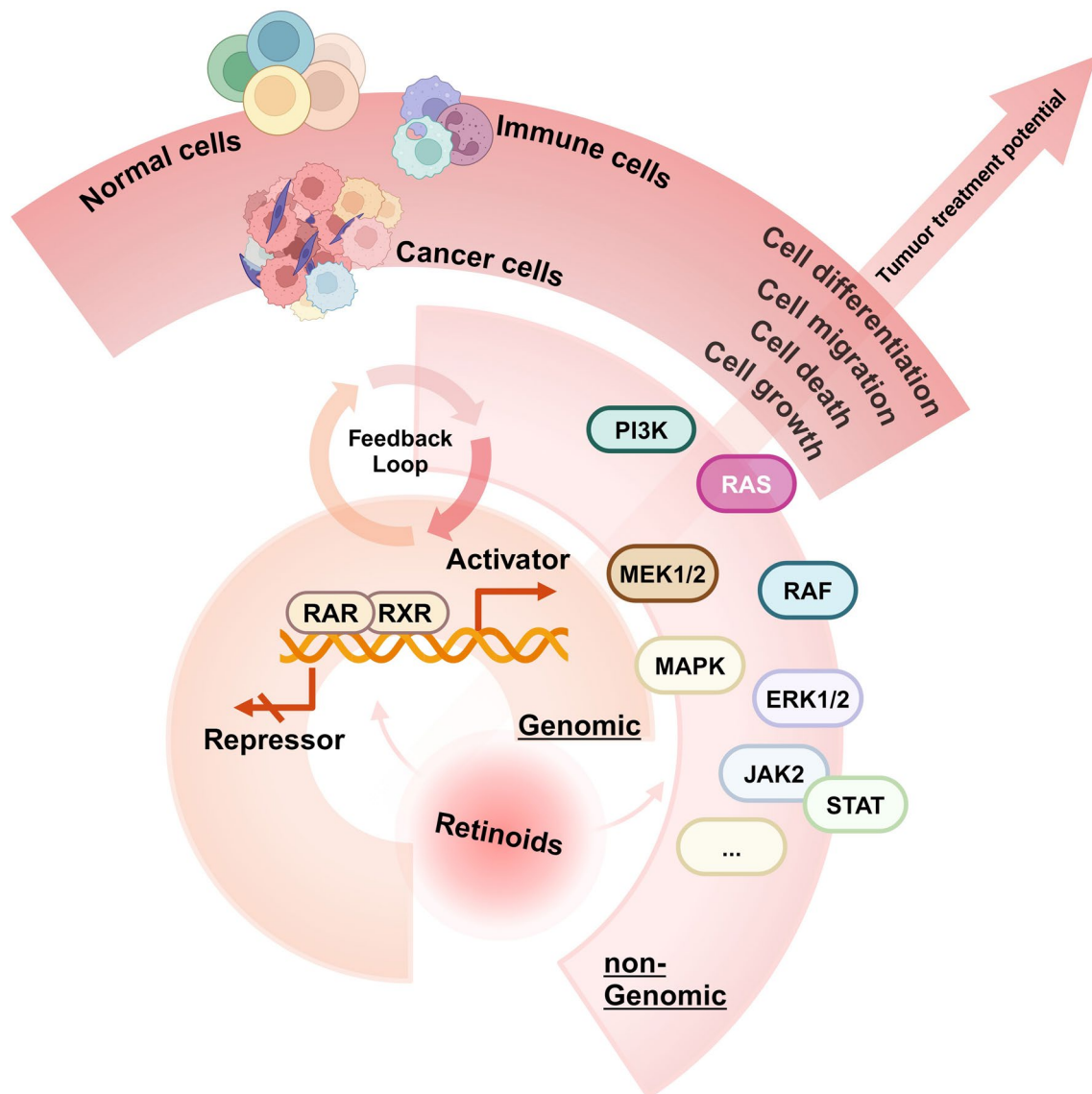


Fig. 2 Main molecular mechanisms of vitamin A and its derivatives in cells

The ECM is constantly remodelled by tumour and stromal cells, with enzymes degrading it and releasing growth factors that drive invasion and metastasis [80, 84]. Additionally, the ECM acts as a barrier, limiting immune cell infiltration and aiding immune evasion [85, 86]. These roles make the ECM a key target in cancer therapy, with strategies focusing on inhibiting MMPs, targeting CAFs, and altering the ECM's biomechanical properties [87–89]. As our understanding of the ECM's role in cancer deepens, ECM-targeted therapies—particularly involving Vitamin A and its derivatives—are showing promise for cancer treatment.

The impact of vitamin A and its metabolic products on the ECM is mainly achieved through transcriptional regulation, which includes both direct and indirect effects. The direct effects are primarily realized through RA's direct transcriptional regulation of ECM components, such as influencing collagen synthesis, a major component of the ECM. Guillermo Esteban-Pretel et al. observed that vitamin A deficiency alters the subunit composition of collagen IV and laminin, as well as the proteolytic potential of lung tissue, while retinoic acid partially restores these changes [90]. Additionally, studies have shown that ATRA reduces the expression and activity of MMP-2 and MMP-9, the enzymes responsible for ECM degradation, thereby inhibiting excessive ECM degradation and reducing cellular invasiveness [91, 92]. Research shows that in human foetal palatal mesenchymal cells (hFPMCs), excessive exposure to RA suppresses the mRNA and protein expression levels of various ECM components, including fibronectin, tensin C, and fibrillin-2, and this suppressive effect is dose-dependent and closely related to RA's transcriptional regulation [93–95].

RA also indirectly influences the ECM through signal transduction by regulating the expression of specific inflammatory factors, affecting the synchronous adjustment of ECM components. RA can affect the TGF- β /Smad signalling pathway, indirectly regulating ECM gene expression. Specifically, RA treatment significantly increases the expression of Smad7 and reduces the levels of TGF- β 1, TGF- β 3, and the TGF- β type II receptor, as well as reducing the phosphorylation levels of Smad2 and Smad3. Since TGF- β is a key regulator of ECM synthesis and degradation, RA regulates TGF- β activity, indirectly affecting the expression of ECM-related genes. It is worth noting that RA's transcriptional regulation of ECM genes may vary depending on cell type and growth conditions, highlighting the complexity and specificity of RA's regulation of the ECM. Moreover, RA can also inhibit ECM changes caused by TNF- α , achieved by inhibiting the JNK pathway and miRNA221 [96–98]. Additionally, from a chemical composition standpoint, vitamin A, a lipid-soluble vitamin, naturally exhibits capabilities for oxidative regulation, which help reduce damage caused by reactive oxygen species (ROS) [99]. This attribute plays a crucial role in preserving the structure and function of the extracellular matrix, particularly in environments characterised by oxidative stress.

Lineage plasticity refers to the ability of cells to change their fate or function under certain conditions, allowing them to transform into different cell types [100–102]. In some cases, excessive ECM deposition can lead to fibrosis, forming a dense ECM barrier [103, 104]. This not only alters the behaviour of tumour cells but also hinders the penetration of chemotherapy drugs. Retinoic acid, a derivative of vitamin A, helps reduce fibrosis by inhibiting the excessive conversion of activated stellate cells into myofibroblasts within the pancreatic tumour microenvironment. This, in turn, decreases the production of collagen and other ECM components, thereby improving the permeability of chemotherapy drugs in the tumour microenvironment [105].

Given the ECM's significant role in every stage of tumour progression, therapeutic strategies targeting the tumour ECM have emerged as a new research area. For example, CAFs, as an important component of the TME, promote tumour growth, invasion, and metastasis by secreting various factors and create physical barriers that hinder the entry of anti-cancer drugs and immune cells. Retinol metabolic products, such as all-trans retinoic acid, can maintain and transform CAFs into a quiescent state, disrupting the signal transduction between CAFs and tumour cells, thereby inhibiting tumour growth and metastasis. In certain cancer types, ATRA can interfere with tumour cell adhesion to the ECM by downregulating integrin expression, thus impeding their invasive behaviour within the ECM. For instance, research by S. L. Hsu et al. demonstrated that the cleavage of integrin α 5 β 1 and focal adhesion kinase proteins is linked to the early stages of ATRA-induced apoptosis [106]. In this context, research on the retinoid Fenretinide has also demonstrated its unique therapeutic effects [107, 108]. Fenretinide can inhibit the activity of MMPs through the JNK pathway, thereby preventing ECM degradation and effectively reducing tumour invasion of the basement membrane [109, 110].

Most influences are reciprocal, and it is noteworthy that the ECM also affects the absorption and metabolism of vitamin A, exemplified by elements such as heparan sulphate proteoglycans (HSPGs), hyaluronic acid, and various modulators. As previously indicated, retinol requires binding with cholesterol micelles for transportation within the internal environment. The degree of sulfation of HSPGs is a primary determinant in the removal of residues from cholesterol micelles, thereby also impacting the clearance of retinol associated with these micelles. Hyaluronic acid and retinol can interact effectively; hyaluronic acid may facilitate the intercellular transfer and absorption of retinol and retinoic acid by improving

cellular channels and permeability, though this facilitating role is frequently utilised in drug delivery systems. Additionally, the ECM comprises various receptors and glycoproteins that are deeply involved in intracellular signalling pathways, undoubtedly influencing retinol metabolism within cells. Regrettably, research in this field is scant.

Overall, vitamin A and its derivatives show considerable potential in targeted therapy for tumour ECM, but their actual application still faces challenges: laboratory research and initial clinical trials have shown significant anti-tumour effects in some tumour types, but the effectiveness of its application lacks extensive validation, and the impact of vitamin A and its derivatives is inherently complex. From a historical scientific perspective, both issues have been present at the inception of research directions in scientific studies. Consequently, this demands that researchers prioritise addressing the principal issues during the initial stages (such as how RA "principally" influences ECM, as previously described). This approach aims to broaden interest among researchers in this field and to encourage the expansion of further studies (Fig. 3).

4 Discussion

4.1 Challenges in the application of retinoid drugs

Currently, the retinoid pharmaceuticals available on the market, excluding nutritional supplements, primarily consist of various types of RAs and their analogues. This trend is intimately associated with their early discovery, which demonstrated a significant improvement in the prognosis for patients with APL accompanied by minimal side effects. Although the treatment effects are significant, the lack of understanding of the mechanisms by which these drugs treat diseases at the time has limited further improvement in efficacy and deepened understanding of APL. Therefore, a large amount of research has begun to focus on derivatives centred on RA. As a result, the mechanisms of RA and its derivatives are now well understood. Against the backdrop of various laboratory mechanism studies and the inherent safety of this class of drugs, many doctors and researchers have also started to apply RA and its derivatives to diseases such as breast cancer and psoriasis. It is also essential to identify that many RA derivatives have been approved by drug administrative authorities around the world, and doctors and patients have a high

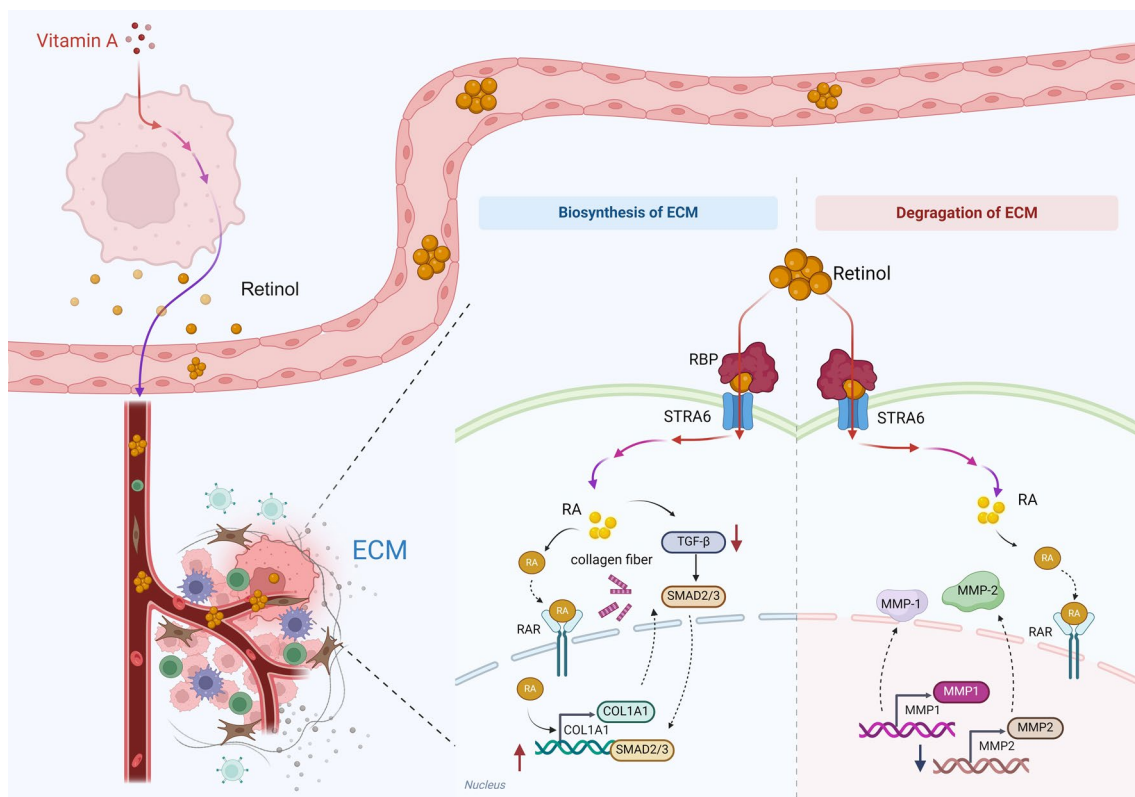


Fig. 3 Vitamin A metabolism and tumour ECM

acceptance and trust in these approved drugs, which has also promoted their application in other diseases. However, current clinical studies on RA treatment for malignant tumours excluding blood diseases have not made significant progress and have rarely been incorporated guidelines. This is mainly because RA drugs have much less tumouricidal ability compared to traditional chemotherapy drugs, and their impact on tumour cell growth and differentiation is more indirect. Therefore, current clinical trials of RA drugs in tumours mainly involve combination therapy.

On the other hand, a large amount of laboratory research shows that RA drugs can affect the TEM. However, how to transition this impact from laboratory research to clinical application is a challenge. Firstly, the pharmacokinetic process by which drugs travel through the bloodstream to the vicinity of tumour cells is complex. During the maintenance of therapeutic drug concentrations, although the side effects of RA drugs are significantly less severe than those of traditional chemotherapy agents, these effects cannot be overlooked. Moreover, in such cases, RA drugs often require combination with other chemotherapeutic drugs that have proven efficacy to achieve therapeutic objectives. And it is also crucial to note that mediating the tumour microenvironment by affecting the ECM is more of a prolonged and continuous process. Single-dose or periodic medication regimens are unlikely to make substantial improvements in the overall survival outcome by mediating the TME.

4.2 The potential of retinol metabolism studies in tumours

As mentioned in Sect. 4.1, recent large cohort Mendelian studies have found no significant relationship between circulating retinol levels and tumour prognosis. However, prior to this, some studies targeting specific groups found that circulating retinol levels can influence tumour prognosis, and these smaller cohort studies often have inconsistent conclusions. Undoubtedly, this underscores the complexity of the relationship between vitamin A and cancer, yet it is important for us to understand that studies on circulating retinol levels and retinol metabolism represent distinct research directions in understanding the influence on tumour biology and prognosis. And these cohort studies that focus on the relationship between circulating retinol and cancer predominantly adopt nutritional and etiological perspectives, particularly as these studies do not consider the availability of retinol in target tissues, such as factors affecting retinol's entry into cells (like the STRA6 receptor) and its esterification for storage (like phosphatidylcholine retinol acyltransferases). Consequently, these studies on circulating retinol do not discount the potential for modulating aberrant retinol metabolism and the effects of retinol and its derivatives on the biological behaviour of cancer cells. This is analogous to the well-known phenomenon in which cellular iron overload in tumour cells leads to the accumulation of ROS and promotes apoptosis, a process termed ferroptosis. However, this does not mean that supplementing iron to increase circulating iron levels will significantly affect tumour prognosis.

Therefore, focusing on the abnormalities in retinol metabolism within tumour cells, rather than circulating retinol levels, is crucial for future research into the impact of vitamin A and its derivatives on tumour prognosis. Developing modulators of key enzymes in retinol metabolism, or directly using gene-regulating drugs (such as ASO drugs), to reverse the abnormal state of retinol metabolism in tumour cells, represents a highly promising research direction. Additionally, the impact of widely accepted cancer treatment drugs on retinol metabolism is also worth further evaluation. For instance, our recent studies have found that TKIs significantly affect retinol metabolism, influencing the biological behaviour of tumour cells. These new insights will help advance understanding of drug mechanisms and improve patient outcomes through well-designed polypharmacy. Moreover, from a pathological perspective, by integrating metabolic characteristics, we will be able to make more precise judgments about tumour prognosis and medication, enhancing the efficiency of cancer treatment.

5 Method

A literature review was performed using the PubMed database to identify relevant studies on the complex interplay between vitamin a metabolism and extracellular matrix in cancer. The search was conducted from January 2000 to January 2024, and keywords such as vitamin A, vitamin A metabolism, retinol, retinoic acid, RA, tumours/cancers, extracellular matrix, tumour microenvironment, etc. were used to retrieve relevant articles. Using a database of search terms, a comprehensive search strategy was implemented to identify relevant studies for the literature review on the complex interplay between vitamin a metabolism and extracellular matrix in cancer.

To ensure the quality of the literature, papers presenting data in the form of letters, editorials, study protocols, case reports, short communications and articles not published in English were excluded. Colleagues examined the literature of all included papers for additional studies of interest. On this basis, and reflecting the long history of research on vitamins, 11 articles published before January 2000 and 3 articles published after January 2024 were included.

Five independent researchers (two oncology researchers, two nutrition researchers, and one metabolism researcher) were consulted for each study considered for inclusion in the analysis. If three researchers provided negative comments on a particular study, it was excluded from the final selection.

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Author contributions Conception: GXQ, KQL, ZLH Interpretation or analysis of data: GXQ, ZLH, JDL Preparation of the manuscript: GXQ, KQL, YZ, SC Revision for important intellectual content: KQL, ZLH, HHW, XZZ, SSX Supervision: ZLH, KQL, GCW. All co-authors have consented to the version of the manuscript for publication.

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Data availability No datasets were generated or analysed during the current study.

Declarations

Ethics approval and consent to participate Not applicable.

Consent for publication Not applicable.

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