

Differential Effect of Single High Dose and Divided Small Dose Administration of Human Chorionic Gonadotropin on Leydig Cell Steroidogenic Desensitization*

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ABSTRACT. This study compared the effect of a single high dose of hCG (1500 IU) with that of the same dose administered in multiple small doses (300 IU, once daily for 5 days) on Leydig cell steroidogenesis. Administration of a single high dose of hCG to seven healthy men raised the mean plasma testosterone (T) level to peak levels 2.1 ± 0.2 (SEM) \times the baseline value at 48 h. Thereafter plasma T decreased to below normal ($0.7 \pm 0.1 \times$ baseline) 7 days after the injection. The mean 17-hydroxyprogesterone (17-OHP) level peaked at 24 h ($2.5 \pm 0.2 \times$ baseline) and then also fell to a nadir value of $0.6 \pm 0.2 \times$ baseline on day 7. Reflecting the early accumulation of 17-OHP over T, the 17 OHP/T ratio reached its maximum ($1.6 \pm 0.1 \times$ baseline) at 24 h at the same time when plasma estradiol [E_2] ($4.4 \pm 0.6 \times$ baseline) and the ratio E_2/T ($2.7 \pm 0.3 \times$ baseline) achieved their maximal values. Administration of 1500 IU hCG in five divided doses of 300 IU daily increased the mean plasma T levels to peak value of $2.1 \pm 0.2 \times$ baseline at 5 days and the levels remained elevated thereafter. The response of T as reflected by

the area under the curve was almost twice as great as in the single dose study (2844 ± 360 vs. 1647 ± 214). In contrast to the single high dose experiment, mean plasma 17-OHP levels in the divided dose protocol did not peak at 24 h but only gradually increased. As the increase of T exceeded the 17-OHP increase at almost all time intervals, no accumulation of 17-OHP over T occurred as in the single dose experiment. Instead the 17-OHP/T ratio fell to a nadir value of $0.6 \pm 0.1 \times$ baseline on day 7. The initial E_2 peak was absent in the divided dose protocol and the E_2/T ratio only marginally increased. Considering both experiments together a close relation was found between the hCG-induced increases in E_2 and 17-OHP ($r = +0.88$, $P < 0.001$), as well as the ratio 17 OHP/T ($r = +0.64$, $P < 0.02$). Multiple small dose hCG administration in contrast to a single high dose does not desensitize but rather enhances Leydig cell steroidogenesis, probably by preventing the early accumulation of E_2 and thereby the steroidogenic enzyme suppression which occurs after massive doses of hCG. (*J Clin Endocrinol Metab* 58: 327, 1984)

DIRECT and indirect evidence of Leydig cell steroidogenic desensitization after administration of massive doses of gonadotropins has been well documented both in laboratory animals and man (1-17). This desensitization has been associated with decrease in the activities of the major microsomal enzymes 17α -hydroxylase and $17,20$ -lyase leading to accumulation of intermediates of androgen biosynthesis such as progesterone and 17-hydroxyprogesterone (17-OHP) (3-5, 7, 11, 14-16, 18). The decrease in these key enzymes after a single injection of hCG has been attributed to hCG-induced aromatase stimulation and thereby estradiol (E_2) increase, with subsequent E_2 -induced inhibition of enzyme activity, mediated through a specific estrogen receptor in Leydig

cells (4, 8, 9, 19, 20, 20a).

In man repeated administration of hCG 24 or 48 h after a massive dose was ineffective in further raising plasma testosterone (T) (11, 13, 14). In contrast plasma E_2 and 17-OHP levels further increased, which is compatible with estrogen-mediated augmentation of the $17,20$ -lyase block (11, 14) induced by the first injection. In this study we compared the effect of a single high dose of hCG (1500 IU) with that of the same dose in multiple small doses (300 IU daily for 5 days) on circulating T, 17-OHP, and E_2 levels in normal men in order to determine the role of estrogens in the process of hCG-induced Leydig cell desensitization. The data indicate that repeated small doses of hCG in contrast to one large dose do not desensitize but rather enhance Leydig cell steroidogenesis.

Subjects and Methods

Seven normal men (laboratory personnel, with proven fertility and normal testicular size without a history of gynaecomas-

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tia, cryptorchidism, or prenatal exposure to diethylstilbestrol), mean age, 31.2 ± 10.1 (SD); range, 18–48 yr, volunteered for the study and gave informed consent. In Exp I the men received a single im injection of 1500 IU hCG (Pregnyl, Organon, Oss, The Netherlands) at 0800 h on day 0. Blood for measurement of T, 17-OHP, and E_2 was collected before and 1, 2, 3, 4, 5, and 7 days after the injection. In Exp II, subjects were given 300 IU hCG daily for 5 days starting at 0800 h on day 0. Blood for hormone determinations was collected at 0800 h immediately before the first injection and 1, 2, 3, 4, 5, and 7 days thereafter. On days 1, 2, 3, and 4 blood was sampled immediately before the subsequent hCG injection. In four men Exp II was preceded by Exp I; in 3 men the order was reversed. There was always an interval of at least 2 weeks. Plasma 17-OHP, T, and E_2 levels were measured by RIA. After incubation of 2 ml plasma with 8000 dpm [3H]T, 17-OHP, and E_2 , used as internal standards to correct for procedural losses, the plasma samples were extracted with 15 ml diethylether and the extracts dried under a purified stream of air and redissolved in diethylether. The extraction residues were chromatographed for 3.5 h in a modified Bush A solvent system [petroleum-methanol-water (450:350:200)] using Whatman no 1 paper. The areas of E_2 (1–4 cm), 17-OHP (9–13 cm), and T (14–18 cm) were located by radioscanning and eluted with 1, 2, and 8 ml water-ethylene-glycol (0.2%), respectively. 3H -Recovery was measured by counting 15% of the eluate. The eluates of T and 17-OHP were radioimmunoassayed as previously described (21, 22). Paper eluate fractions (0.1, 0.2, and 0.3 ml) were incubated overnight at 4 C with 7000 dpm [3H] E_2 (New England Nuclear, Boston, MA, NET 317) and 1:300,000 diluted antiserum, raised in rabbits against E_2 -6 carboxy methyl oxime-BSA (Organon, Oss R5-658-TO). Dextran-coated charcoal was used for separation of free and antiserum bound E_2 . The sensitivity of the RIA was about 2 pg/tube, the lowest limit of detection of 6 pg/ml plasma. The intraassay replicate variation was 3%. To avoid interassay variation all samples from a single subject were measured in the same assay. Statistical analyses were performed using Wilcoxon's paired rank test (P , values denoted by P), Friedman's nonparametric analysis of variance (P^*), and Spearman's rank correlation test (P^{**}). The mean values ± 1 SEM are given, unless otherwise stated.

Results

After administration of a single dose of hCG (1500 IU) plasma T levels increased significantly ($P^* < 0.0005$) from a mean of 565 ± 38 (SE) ng/100 ml before to a maximum of 1178 ± 78 ng/100 ml ($2.1 \pm 0.2 \times$ baseline, $P < 0.02$ vs. $t = 0$) 48 h after the injection (Fig. 1). Thereafter the mean level decreased to the pretreatment value on day 5, and was below baseline 7 days after the injection (411 ± 39 ng/100 ml, $P < 0.05$ vs. $t = 0$). Small divided doses of hCG significantly ($P^* < 0.0005$) increased the mean plasma T level from 573 ± 31 ng/100 ml at $t = 0$ ($P > 0.10$ vs. Exp. I) to a peak of 1135 ± 91 ng/100 ml ($2.1 \pm 0.2 \times$ baseline, $P > 0.10$ vs. Exp. I) on day 5 after the first injection. Despite a slight decrease to $1.7 \pm 0.2 \times$ baseline on day 7 ($P < 0.02$ vs. day 5), the

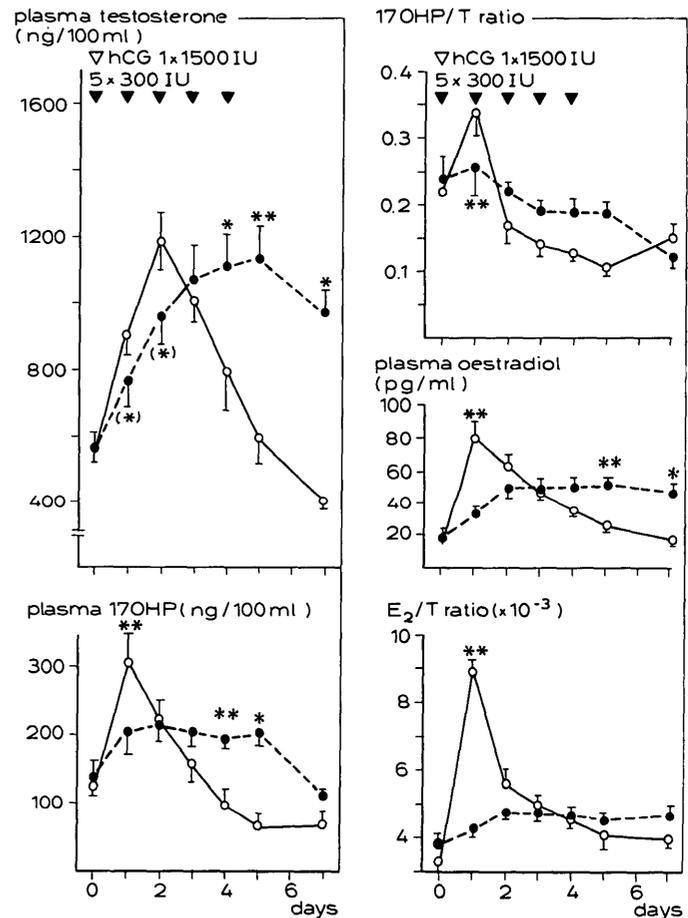


FIG. 1. The mean absolute responses of plasma T, 17-OHP, E_2 and their ratios, 17 OHP/T and E_2 /T to a single high dose injection of hCG (Pregnyl, 1500 IU im) (O—O) and repeated small doses (300 IU daily for 5 days) (●—●) in seven normal men. The asterisks indicate statistically significant differences between the single and multiple dose experiments. (*), $P < 0.10$; *, $P < 0.05$; **, $P < 0.02$.

mean plasma T value (975 ± 58 ng/100 ml) remained significantly elevated for a much longer period than in the single high dose experiment ($P < 0.05$ vs. Exp. I). Comparing the plasma T responses in both experiments by calculating the areas under the 0- to 7-day T curves, the overall response in the divided dose experiment was almost two-fold greater than in the single dose experiment (2844 ± 360 vs. 1647 ± 214 area U, $P < 0.05$), six of seven men having an increase of 69 to 113% (mean $92 \pm 17\%$). Only in one man was the area similar in both protocols (1881 and 1797 area U).

Single high dose hCG administration increased the mean plasma 17-OHP to maximum levels $2.5 \pm 0.2 \times$ baseline at 24 h ($P < 0.02$ vs. $t = 0$). Thereafter 17-OHP levels significantly decreased ($P^* < 0.0005$) to baseline on day 3 and to nadir values ($0.6 \pm 0.1 \times$ baseline, $P < 0.05$ vs. $t = 0$) on days 5 and 7 ($0.10 < P > 0.05$ vs. $t = 0$). In contrast to Exp. I, in the divided dose protocol the mean 17-OHP levels did not peak at 24 h but only

gradually increased ($P^x < 0.005$) and plateaued from day 2 until day 5 at a level $1.6\text{--}1.7 \times$ baseline. Thereafter the 17-OHP levels fell to pretreatment values. In Exp I a transient accumulation of 17-OHP over T, as reflected by an elevated 17-OHP/T ratio ($1.6 \pm 0.1 \times$ baseline, $P < 0.02$ vs. $t = 0$), was found at 24 h. Thereafter the ratio fell significantly ($P^x < 0.01$) to a nadir value of $0.6 \pm 0.1 \times$ baseline at day 5 ($P < 0.05$ vs. $t = 0$). In contrast to Exp I, in the divided dose protocol the ratio 17-OHP/T did not peak at 24 h, but rather gradually fell throughout the experiment ($P^x < 0.0005$) to a nadir value of $0.6 \pm 0.1 \times$ baseline ($P < 0.05$ vs. $t = 0$) on day 7 after the first injection. At no time point beyond 24 h did the 2 curves differ significantly.

Parallel with plasma 17-OHP levels and the ratio 17-OHP/T, E_2 levels in Exp I dramatically increased from a mean basal value of 19 ± 2 pg/ml to a peak level $4.4 \pm 0.6 \times$ baseline ($P < 0.02$ vs. $t = 0$) at 24 h and then significantly decreased ($P^x < 0.001$) to a nadir value 20% below the pretreatment level on day 7. As the increase in plasma E_2 exceeded the rise in plasma T the ratio E_2/T also steeply increased, achieving its maximum ($2.7 \pm 0.3 \times$ baseline, $P < 0.02$ vs. $t = 0$) at 24 h. Thereafter the ratio rapidly fell reaching pretreatment values on day 7. In contrast to the single high dose experiment plasma E_2 levels in Exp II rather gradually increased from a basal level of 20 ± 2 pg/ml to a plateau $2.3\text{--}2.5 \times$ baseline between days 2 and 7. As the increase in plasma E_2 almost paralleled the rise in T, the E_2/T ratio in the divided dose protocol did not peak at 24 h but instead marginally increased to highest levels 1.3 to $1.4 \times$ baseline between days 2 and 7.

Considering Exps I and II together, a close direct correlation was found between the 24-h increases of E_2 and 17-OHP ($r = 0.88$, $P^{**} < 0.001$) and to a lesser extent between the increases of E_2 and the ratio 17-OHP/T ($r = 0.64$, $P = 0.02$). The correlation between the increase of E_2 at 24 h and the response of T as reflected by the area under the curve ($r = -0.46$, $0.10 > P^{**} > 0.05$) lacked statistical significance.

Discussion

The present study clearly demonstrated that the effect of hCG on Leydig cell steroidogenesis differs depending on the mode of its administration; hCG in small divided doses elicited an almost 2-fold greater increase in T than the same dose given by a single injection despite similar average serum hCG levels over the 7-day period. Furthermore, a single high dose of hCG gave rise to temporary accumulation of 17-OHP over T at 24 h after the injection, compatible with the occurrence of a steroidogenic block localized at the 17,20-lyase step. Such a steroidogenic block did not occur after administration of

the same dose of hCG in small divided doses. The enhancement of T production by small doses of hCG as compared to a single high dose and the occurrence of 17,20-lyase block 24 h after high dose administration but not after the repeated lower doses suggest that the Leydig cells are desensitized only by massive doses of hCG. The 20–30% fall in plasma T, 17-OHP, and E_2 7 days after single high dose hCG administration may reflect overall attenuation of Leydig cell steroidogenesis early in the biosynthetic pathway before 17-OHP (18). In rodents desensitization of Leydig cell steroidogenesis generally has been associated with a decrease of the cytochrome P 450 dependent key enzymes 17 α -hydroxylase and 17,20-lyase (2–4, 6–9). If accumulation of 17-OHP over T indicates that in man high doses of hCG induce a steroidogenic enzymatic block, then the fall in 17 OHP/T after repeated small doses of hCG can be interpreted to mean enhancement of 17,20-lyase activity by repeated hCG administration, facilitating Leydig cell steroidogenesis. In fact Payne and co-workers (23, 24) very recently demonstrated in rats that repeated low dose hCG administration for 6 days increased activities of both 17 α -hydroxylase and 17,20-lyase and thereby T production by the Leydig cell despite substantial LH receptor loss. The same dose in a single injection decreased the activities of both enzymes as evidenced by desensitization of the Leydig cell, lowered T production, and accumulation of 17-OHP over T. The mechanism by which hCG increased these enzyme activities (*de novo* synthesis, inhibition of enzyme decay, or removal of an inhibitor) is not clear (25). The data in the present study indirectly suggest that in man a similar mechanism might be operative: repeated low doses of hCG enhance Leydig cell steroidogenesis, whereas the same total dose given as single injection down-regulates steroid biosynthesis by inducing an, albeit transient, enzymatic 17,20-lyase block. The decrease in 17-OHP accumulation relative to testosterone after the peak might be due to relief of the enzymatic block later and/or tropic effects on other enzymes involved in testicular steroidogenesis which may facilitate T production (24, 26).

In rodents the decrease in 17 α -hydroxylase and 17,20-lyase after high dose hCG administration has been attributed to hCG mediated increases of E_2 by some authors (4, 8, 9, 19, 20, 20a, 27, 28), but denied by others (29–33). Our data in man demonstrate that there is a close temporal relationship between the response patterns of E_2 and 17-OHP in the high dose experiment and also between the hCG-induced E_2 , 17-OHP, and 17 OHP/T increments after 24 h when considering both experiments together. Accumulation of 17-OHP over T only occurred when there was a concomitant steep rise in E_2 relative to T levels as in the high dose experiment. After small divided dose hCG administration no 24-h E_2 peak

occurred and there was no accumulation of 17-OHP over T, but rather a decrease in the 17 OHP/T ratio. In this experiment plasma E₂ levels paralleled the rise in T until 24 h although from 48 h on there was a slight preponderance of E₂ over T, which may be due to hCG-induced stimulation of aromatase (34–36). Together these results provide indirect evidence for a causal relation between the hCG-induced initial E₂ release and the occurrence of the 17,20-lyase block.

Summarizing, the data demonstrate that small divided dose hCG administration in contrast to a single high dose enhanced testicular T production probably by preventing early E₂ accumulation and thereby suppression of steroidogenic enzymes which occurs after massive doses of hCG.

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