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Role of Vitamin A in Retinal Diseases

Abstract
Vitamin A has an essential role in vision in that it forms the photosensitive pigments that absorb light and initiate the visual process. However, vitamin A and its analogues also have critical roles in maintaining the structural integrity of the retina. Disruption of the metabolism of vitamin A results in several blinding diseases. This review focuses on our recent studies on the role of a protein critical to the processing of vitamin A, RPE65. The absence or dysfunction of this protein causes the childhood blinding disease Leber congenital amaurosis.

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ROLE OF VITAMIN A IN RETINAL DISEASES

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Vitamin A has an essential role in vision in that it forms the photosensitive pigments that absorb light and initiate the visual process. However, vitamin A and its analogues also have critical roles in maintaining the structural integrity of the retina. Disruption of the metabolism of vitamin A results in several blinding diseases. This review focuses on our recent studies on the role of a protein critical to the processing of vitamin A, RPE65. The absence or dysfunction of this protein causes the childhood blinding disease Leber congenital amaurosis.

Introduction

Vitamin A is a fat soluble alcohol essential for normal growth, development and reproduction. The structure for vitamin A (all-trans retinol 1), with other retinoids discussed here, are shown in Figure 1. This vitamin is also essential for vision, as it is the precursor to the molecule (11-cis retinal 3), that forms the pigments in the eye that absorb light [1]. Indeed, the first sign of vitamin A deficiency is night blindness, that is, a failure to see under dim light conditions. Vitamin A deficiency is rarely seen in developed countries as the vitamin is readily available from the carotenoids, such as β-carotene 2, found in a healthy diet. However, it is a problem in underdeveloped countries. There are innovative programs genetically introducing carotenoids into rice, which is consumed in great quantities in many of these countries [2].

The eye

The eye contains the photosensitive cells that convert light into neuronal signals, and these cells are found in the retina, which is at the back of the eye (Fig. 2). There are two families of these photosensitive cells: rods and cones. Rods mediatedim-light vision, and cones mediate color and bright-light vision. In the human retina, the distribution patterns of rods and cones differ: rods are found throughout the retina except for a tiny central area (0.22 mm in diameter) named the fovea, but cones are localized mainly within the fovea to mediate high-acuity central vision. Although both classes of photoreceptors contribute to sight, humans exhibit a far greater dependence on the cones for daily activity. Eye diseases that result in cone death within the fovea lead to the loss of central vision and a severe detriment to the quality of life of the individual. Although the relationship of night blindness to vitamin-A deficiency was recognized many years ago [1], the understanding that many eye disorders, particularly those involving retinal degeneration, are caused by some malfunction of the retinoid cycle is relatively recent. For a recent review see Kiser et al. [3]. The purpose of our research has been to understand this cycle and to study specific areas where the process fails. Our recent studies on one of these key components, RPE65, are here discussed.

The retinoid cycle

The role of the retinoid cycle is to supply the photoreceptors with the critical retinoid, 11-cis retinal 3 (Fig. 1), which is essential for the formation of the photosensitive pigments that detect light. This isomeric form is extremely reactive and hard to synthesize in a test tube. There are many steps in the process and the mechanism is still not fully understood. The 11-cis retinal forms a covalent bond with the pigment apoprotein (opsin) specific to that photoreceptor and the resulting pigment is then light sensitive. The light sensitivity of the photoreceptor depends on the particular opsin. In
humans, there are three cone opsins and one rod opsin. The absorption of a photon causes an isomerization of the 11-cis bond to the trans form, all-trans retinal (Fig. 1), activating the opsin protein, which is a G-protein coupled receptor, and initiating the visual process. The retinoid cycles for both rods and cones are outlined in Figure 3. For many years it was believed that a single cycle operated for both. However, the need for 11-cis retinal by the two classes of photoreceptors is different. The cones function under bright light conditions and need a constant, immediately available supply of the critical 11-cis retinal. The rods have a much slower process. Studies by many groups have resulted in the understanding that the classical retinoid process proceeding through the retinal pigment epithelium is not adequate to supply both the cone and the rod processes. The cones depend on both cycles, whereas the rods use only the rod cycle (for recent reviews, see Kiser et al. [3], Sari [4] Tang et al. [5]).

**RPE65**

The critical step in the visual process is the formation of the photosensitive pigments and this requires 11-cis retinal. RPE65 is an abundant protein in the retinal pigment epithelium. Its function was unknown, but when an animal model which was missing the protein was studied, it was recognized that no 11-cis retinal was being generated [6]. Thus, this protein is an essential component of the complex that isomerizes the all-trans form of retinal to the 11-cis form. The exact mechanism is still not fully elucidated, but RPE65 is key to the process of generating 11-cis retinal by the retinal pigment epithelium. It was initially proposed that RPE65 is a protein specific to the retinal pigment epithelium. However, our group has identified the protein in the cones from several species (Fig. 4) [7] and recently in the human cones (Fig. 5) [8]. The protein is in the outer segment of the cones and unlikely to have a direct role in the isomerization process. Our studies support a role as a retinoid binding protein, possibly promoting hydrolysis of the 11-cis ester.
the rods in the absence of RPE65. We found this to be due to the mistrafficking of the cone visual pigment proteins (Fig. 5) [10]. This can be corrected by the administration of 11-cis retinal, but only if the animals are kept in the dark [11]. Interestingly, the cone opsins apparently require 11-cis retinal to move the opsin into the outer segment, while the rods do not. The purpose of our recent studies has been to understand the protein RPE65 and its involvement in promoting cone visual function in humans. The results of these studies have clinical implications for the treatment of Leber congenital amauros Type 2. This disease has been the focus of much attention as successful gene therapy to replace the defective Rpe65 gene has been accomplished [12, 13]. However, for patients to have useful vision, early degeneration of cones must be prevented so that when the protein is introduced, the patients can function under normal daylight. Challenges certainly remain for the future.

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References

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