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Embryology of the parathyroid glands

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Introduction

Maintaining a stable level of serum calcium is important for proper muscle function, neurotransmission, and enzyme and hormone secretion, among many other functions¹. Calcium homeostasis in terrestrial vertebrates is regulated by the parathyroid glands, endocrine organs located in the neck near the thyroid gland. Parathyroid glands express Calcium-Sensing Receptors (CaSR) that monitor serum calcium levels². When these receptors detect low levels of calcium, the parathyroids secrete parathyroid hormone (PTH), which interacts with G-protein-coupled receptors on bone cells to release calcium from long bones into the bloodstream. In the kidney, PTH increases resorption of calcium in the ascending limb of the loop of Henle and in the distal tube as well as increasing excretion of inorganic phosphate into the urine³. When the parathyroids do not function properly, calcium/phosphorus homeostasis is disrupted. This results in one of two parathyroid disorders: hyper- or hypoparathyroidism. Hyperparathyroidism is usually caused by parathyroid adenomas, which are benign parathyroid tumors that cause an excess of PTH to be produced and secreted. For hyperparathyroidism, the current treatment option is to surgically remove the affected parathyroid, and the patient is cured following this procedure. Hypoparathyroidism is observed much less frequently in the clinic and has a number of

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causes, including mutations in genes required for proper parathyroid development⁴. There is currently no permanent cure for hypoparathyroidism, and patients are managed by daily use of activated forms of vitamin D, calcium supplements, and/or recombinant parathyroid hormone in order to help regulate their calcium levels (please see Muriel Babey, Maria-Luisa Brandi and Dolores Shoback's article "Conventional Treatment of Hypoparathyroidism" and Gaia Tabacco and John P. Bilezikian's article "New Directions in Treatment of Hypoparathyroidism," in this issue.).

Understanding the normal process of parathyroid development can provide important information about how and why parathyroid disorders manifest. Much of the research done in this area has been done in mice. Embryonic development of the parathyroid is a topic that has been studied since the 1930s, and the findings up to the present will be summarized in this review.

Major Events during Parathyroid Organogenesis and Morphogenesis in Mice

Beginning around embryonic day 9 (E9.0) in mouse development, bilateral endodermal outpocketings called pharyngeal pouches form on the lateral aspects of the pharynx. These pouches are epithelial structures surrounded by neural-crest-derived mesenchymal cells (NCC). Both pharyngeal endoderm and NCC provide signals that play an important role in initial pouch patterning. In mice, the parathyroid glands develop in the 3rd pharyngeal pouches, yielding one set of bilateral parathyroid glands⁵. Humans have two pairs of parathyroid glands, developing from both the 3rd and 4th pouches⁶⁻⁸. In mice, the anterior-dorsal region of each 3rd pharyngeal pouch forms a parathyroid gland, while the posterior-ventral region develops into one lobe of the thymus, the organ responsible for T cell development⁹. Early parathyroid organogenesis initiates by specifying parathyroid and thymus cell fates, and by E11.5 essentially all cells in the developing primordium have assumed either GCM2+ parathyroid or FOXN1+ thymus fates (Figure 1). This stage is followed by separation of the combined parathyroid-thymus primordia from the pharynx, which occurs by coordinated apoptosis¹⁰ and is regulated in part by FGF¹¹ and BMP4¹² signaling, and possibly other signals from the neighboring mesenchyme.

Once separated from the pharynx, the combined parathyroid-thymus primordia begin to migrate ventrally and posteriorly, mediated by Ephrin signaling between NCC and thymic epithelium¹³. During this migration at about E12.5, the parathyroid and thymus primordia begin to separate from each other. Unlike the separation from the pharynx, this separation event does not involve apoptosis, but rather occurs via a combination of differential cell adhesion mediated by higher levels of E-cadherin expression on thymus cells compared to parathyroid cells¹². BMP4 signaling in particular modulates formation of a 'wedge' of mesenchyme expressing F-actin filaments¹⁴, implying that physical forces are also involved in this separation event. Separation is complete between E12 and E13, during the migration period. After separation is complete, the thymic lobes continue in their migration to the anterior mediastinum above the heart, while the parathyroids do not continue to migrate.

Variability in the timing of this separation leads to a somewhat variable location of the parathyroids in the neck region, usually lateral to the thyroid lateral lobes¹⁵.

The physical separation of the thymus and parathyroids, coupled with the low expression of homotypic adhesion molecules on parathyroid cells, leads to the generation of a ‘trail’ of small clusters of parathyroid cells between the two organs along the migratory path of the thymus⁸. These small clusters of cells can either maintain their parathyroid differentiation state or, at a low frequency, can down-regulate the parathyroid gene expression program and undergo spontaneous transdifferentiation to a thymic epithelial cell fate, resulting in parathyroid-derived cervical thymi¹⁶. The data from mice suggest that fetal parathyroid cell fate is unstable, but is stabilized postnatally¹⁷, although the mechanism behind this instability and subsequent fate switch is unclear.

The common embryonic origin and process of thymus-parathyroid separation has also led to the idea that the thymus itself makes physiologically relevant levels of PTH¹⁸. PTH was first detected in the thymus in the original analysis of *Gcm2* null mutants, which lack parathyroid glands. However, subsequent investigation revealed that thymus PTH originated from two sources: (1) parathyroid cells that were ‘trapped’ underneath the thymic capsule during the separation of the parathyroid and thymus during embryonic development, and (2) medullary thymic epithelial cells (mTECs) that express PTH as a self-antigen and do not have any endocrine function⁸. Therefore, the sole source of endocrine-active PTH is the parathyroid.

Gcm2: The Key Regulator of Parathyroid Development

Glial cells missing (GCM) was first discovered in *Drosophila* as a transcription factor that acts as a binary switch for neural cells to become either neurons or glial cells^{19,20}. Characterization of the mammalian homologs of *Drosophila* GCM called *Gcm1* and *Gcm2* revealed high expression of *Gcm2* in parathyroid glands in developing mice, suggesting a non-neuronal function for this transcription factor²¹. *Gcm2* is expressed at very low levels in the dorsal 2nd and 3rd pharyngeal pouches at E9.5, and by E10.5 its expression is up-regulated in and restricted to approximately the dorsal-anterior third of the 3rd pouch endoderm⁹. *Gcm2* null mice fail to develop parathyroid glands leading to primary hypoparathyroidism¹⁸. In humans *GCM2* mutations are associated with hypo- and hyperparathyroidism (OMIM 603716). *Gcm2* is required for both parathyroid cell differentiation and survival. In *Gcm2* null mice, and in *Hoxa3* mutants in which *Gcm2* fails to be up-regulated, the parathyroid domain is specified, but these cells undergo rapid and coordinated programmed cell death²². PTH is a direct target of GCM2, and its expression is never activated in parathyroid-fated cells in *Gcm2* null mice.

Patterning in the 3rd Pharyngeal Pouch and Initiation of Gcm2 Expression

Initial patterning of the 3rd pharyngeal pouch at E9.5 determines the cell fate of the endodermal cells within it, with cells being fated to either parathyroid or thymus lineages. Parathyroid development occurs at the dorsal end marked by *Gcm2* and thymus development at the ventral end marked by *Foxn1*. These domains are specified and subsequent differentiation determined by a network of signaling pathways and transcription factors

(Figure 2). One of the earliest genes that affects 3rd pharyngeal pouch patterning is the signaling molecule Sonic Hedgehog (SHH), which is expressed throughout the pharyngeal endoderm but is excluded from the 3rd pharyngeal pouch^{23,24}. In *Shh* null mutants, the parathyroid domain is not specified and *Gcm2* is never activated^{23,25}. *Shh* signaling occurs in both the dorsal endoderm and the adjacent NCC mesenchyme, and recent evidence using tissue-specific deletion or activation of SHH signaling showed that signaling from either location is sufficient to specify parathyroid fate and activate *Gcm2* expression²⁶. In addition to its role in initiating parathyroid differentiation, SHH has been shown to prevent parathyroid-specific genes such as *Gcm2* from being activated in other pharyngeal pouches²⁷, suggesting that its role in *Gcm2* expression could be dosage-sensitive.

SHH signaling may act in part through activation of the T-box transcription factor TBX1 in the parathyroid domain. *Tbx1* is expressed throughout the pharyngeal pouches at their earliest stages of development, and is required for pouch outgrowth^{28,29}. However, in the 3rd pharyngeal pouch, *Tbx1* is down regulated in the ventral pouch during outgrowth, resulting in its restriction to the parathyroid domain³⁰. This restriction may be necessary for specification of thymus fate, as ectopic *Tbx1* is sufficient to block thymic epithelial cell differentiation³¹. However, neither ectopic SHH signaling nor ectopic TBX1 is sufficient to expand *Gcm2* expression into the ventral region^{26,31}, indicating that either additional positive regulators are present in the dorsal domain, or that negative regulators are present in the ventral domain that block parathyroid fate and/or *Gcm2* expression.

Another transcription factor that is required for *Gcm2* activation is the transcription factor GATA3. In *Gata3* null mice, *Gcm2* never is activated, and *Gata3* heterozygotes have fewer *Gcm2*-expressing cells during embryonic development and have hypoparathyroidism³². This regulation is via GATA3 binding sites in the *Gcm2* promoter. Furthermore, human mutations in *Gata3* cause hypoparathyroidism, indicating that this aspect of *Gcm2* regulation is conserved in humans and mice³³. As SHH signaling induces *Gata3* expression in the brain³⁴, it is possible that *Gata3* is also acting downstream of SHH signaling during early parathyroid development, although this possibility has not been experimentally tested.

From E10.5 to E11.5, the signaling molecule BMP4 is expressed in both NCC and endoderm at the ventral end of the 3rd pharyngeal pouch where the thymus will develop^{23,35}, and multiple lines of evidence suggest that BMP signaling is a positive regulator of thymus differentiation^{12,25,36–38}. As opposing gradients of SHH and BMP4 signaling are antagonistic during neural tube patterning, a similar model has been proposed to operate during 3rd pharyngeal pouch patterning^{12,23,26}. This model was supported by expansion of *Bmp4* expression into the pharynx in *Shh* null mutants²³, and by the expression of the BMP inhibitor NOGGIN in the dorsal domain during pouch patterning and early organogenesis³⁵. However, little functional evidence has supported the possibility that BMP4 signaling suppresses parathyroid fate or *Gcm2* expression.

***Gcm2* is Up-Regulated by HOXA3 and Interacting Transcription Factors**

Gcm2 is initially expressed at a low level at the dorsal end of the E9.5 3rd pharyngeal pouch, but by E10.5 is up regulated dramatically. Failure to up-regulate *Gcm2* leads to coordinated

apoptosis in the parathyroid-fated cells, emphasizing the importance of *Gcm2* up regulation in parathyroid cells. *Hoxa3* was the first *Hox* gene to be knocked out in mice via homologous recombination, and has been shown to play a role in the development of multiple pharyngeal organs, and is required for both parathyroid and thymus organogenesis^{15,39,40}. Although there is overlapping function between the group 3 HOX paralogs, only *Hoxa3* has a specific role in the development of the parathyroid and thymus¹⁵. The formation of the 3rd pharyngeal pouch is normal in *Hoxa3* null mice. However, by E12, the parathyroids are absent, and the thymus rudiments are severely hypoplastic. By E12.5 in *Hoxa3* mutants all of the 3rd pharyngeal pouch derivatives have disappeared due to coordinated apoptosis^{40–42}.

Detailed analysis of global and tissue-specific null alleles for *Hoxa3* showed that *Hoxa3* is not required to specify the parathyroid domain or for initial *Gcm2* expression. In *HoxA3* null mice, *Gcm2* expression is initiated, but fails to be up-regulated at E10.5, and by E11.5 *Gcm2* expression is undetectable^{42,43}. Analysis of inefficient *Hoxa3* deletion in endoderm via tamoxifen-inducible Cre recombinase showed that HOXA3 up-regulation of *Gcm2* expression at E10.5 is cell-autonomous^{42,44} although it remains to be shown that *Gcm2* is a direct HOXA3 target.

HOXA3 has been shown to work in concert with a network of PAX, EYA, and SIX family transcriptional regulators to regulate many of its downstream functions, including thymus and parathyroid organogenesis⁴⁵. *Pax1* null mutants show decreased *Gcm2* expression at E11.5 and parathyroid hypoplasia⁴⁶. *Pax1* expression is reduced in the 3rd pharyngeal pouch in *Hoxa3* null mutants⁴⁰, and *Gcm2* expression is further reduced or absent by E11.5 in *HoxA3^{+/-}Pax1^{-/-}* compound mutants⁴⁶, suggesting that *Pax1* may be downstream of *Hoxa3*. *Pax1* expression is also dependent on the expression of *Eyal* and *Six1* in the 3rd pharyngeal pouch. In *Six1* null mutants, *Gcm2* is initiated but cannot be maintained⁴⁷, and the cells subsequently undergo apoptosis consistent with loss of *Gcm2* expression. These results suggest that a HOX-PAX-EYA-SIX network interacts to up-regulate *Gcm2* expression.

HOXA3 may also interact with PBX1, a TALE-class transcription factor. *Pbx1* null mutants have parathyroid and thymic hypoplasia, and reduced *Gcm2* expression³⁰. As HOX and PBX proteins are known to act together to regulate multiple developmental processes, these data suggest that PBX1 is also a member of the transcriptional network regulating early *Gcm2* expression^{45,48}.

Differentiation of Parathyroid Cells

After up-regulation of *Gcm2*, downstream parathyroid genes are activated including those encoding PTH and CaSR. In addition, the chemokine CCL21 is expressed in the early parathyroid domain at E11.5, and plays a role in initial attraction of lymphoid progenitors to the thymus domain, although this expression is transient and does not have a known role in parathyroid biology⁴⁹. The initiation of *Casr* and *Ccl21* expression in the parathyroid domain is *Gcm2*-independent, but maintenance of their expression is *Gcm2*-dependent²². In

contrast, *Pth* expression is initiated later, at E12, and is dependent on *Gcm2* for both initiation and maintenance²²

The transcriptional activator MAFB was also found to be important for the activation of PTH⁵⁰. *MafB* is expressed in the parathyroid after E11.5 and its expression is *Gcm2*-dependent. In *MafB* null mutants, PTH expression and secretion are greatly reduced. MAFB was shown to physically associate with GCM2 in order to interact with the PTH promoter via a Maf-recognition element and a GCM2 binding site to turn on its expression⁵¹. GATA3 also physically interacts with MAFB and GCM2 together with the ubiquitous transcription factor, SP1, in order to activate PTH expression⁵².

Parathyroid Development in Humans

Current evidence suggests that parathyroid development in humans occurs in a similar manner as in mice. In humans, the parathyroid glands develop in tandem with the thymus in the 3rd pharyngeal pouch and with the ultimobranchial bodies in the 4th pharyngeal pouch, yielding two sets of bilateral parathyroid glands^{53–56}. This was further strengthened when expression of the parathyroid marker, *Gcm2*, was shown in both the 3rd and 4th pharyngeal pouches in human embryos⁸. This study also showed the presence of ‘trailing’ *Gcm2* positive parathyroid cells, similar to those seen during mouse parathyroid organogenesis; these small cluster of parathyroid cells were proposed to be the source of many parathyroid adenomas in humans⁸. Several genes known to be important in mouse parathyroid development have also been shown to be associated with human parathyroid disease. Loss of function mutations in *GCMB*, *GATA3*, and *TBX1* have all been shown to cause hypoparathyroidism in humans⁴, consistent with data from mouse studies.

Summary/Discussion

The field of parathyroid organogenesis is small, and there is still much to be discovered. The framework of the regulatory network controlling the establishment of parathyroid cell fate, and the central role of GCM2/GCMB in parathyroid survival and differentiation are now established. For the genes that have already been identified as playing a role in parathyroid development, the precise pathways and mechanisms of action need to be elucidated. For example, *TBX1* has been implicated in the regulation of *Gcm2* expression, but further evidence is required to confirm this hypothesis. The interaction between *HOXA3*, *PAX1*, and *PBX1* also needs to be clarified in terms of their role in *Gcm2* up regulation.

It will be important to identify all of the transcription factors and signaling pathways that play a role in parathyroid cell differentiation during embryonic development. With –omics techniques, researchers will be able identify all of the genes that are being expressed, which genes are in areas of open chromatin, and thus the structure of the network controlling parathyroid organogenesis. Elucidation of the transcriptional network controlling parathyroid differentiation could enable the generation of parathyroid cells from pluripotent cells in culture. The lack of an *in vitro* system for studying parathyroid cells remains a challenge. The only cell lines available are from human adenomas, likely because of the tight proliferation control in parathyroid cells. The question of parathyroid cell fate stability

still needs to be addressed as parathyroid cell fate has been shown to be unstable with some parathyroid cells switching to a thymus cell fate¹⁶. The mechanism of this fate switch will need to be elucidated in order for cell therapy to become a viable treatment option. Solving these problems in basic parathyroid biology could lead to the development of new *in vitro* systems, which would have both research and therapeutic benefits.

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KEY POINTS

- Parathyroid cell fate specification in the endodermal pharyngeal pouches is dependent on signaling from the Sonic hedgehog (SHH) pathway and modulated by Fibroblast Growth Factor (FGF) signaling, leading to initiation of *Gcm2* gene expression.
- *Gcm2* up regulation is dependent on the HOXA3 transcription factor, working with a suite of other transcriptional regulators. In the absence of *Gcm2* up regulation, parathyroid cells undergo early and coordinated apoptosis.
- GCM2 also regulates parathyroid cell differentiation, regulating the expression of key functional genes including Parathyroid Hormone (PTH). GCM2, with another transcription factor MAFB, directly regulate *Pth* gene expression.

SYNOPSIS

The parathyroid glands are essential for regulating calcium homeostasis in the body. During mouse development, the parathyroid develops from the 3rd pharyngeal pouch along with the thymus. Parathyroid organogenesis involves several key morphogenetic stages including differentiation from the 3rd pouch, separation from the thymus primordium and the pharynx, and migration to their final location in the neck near the thyroid gland. to develop, separate from thymus and pharynx, and migrate to their final location in the neck near the thyroid gland. The genetic programs that control parathyroid fate specification, morphogenesis, differentiation, and survival are only beginning to be delineated, but are all centered around a key transcription factor, GCM2. Mutations in the *Gcm2* gene as well as in several other genes involved in parathyroid organogenesis have been found to cause parathyroid disorders in humans. Therefore, understanding the normal development of the parathyroid will provide insight into the origins of parathyroid disorders.

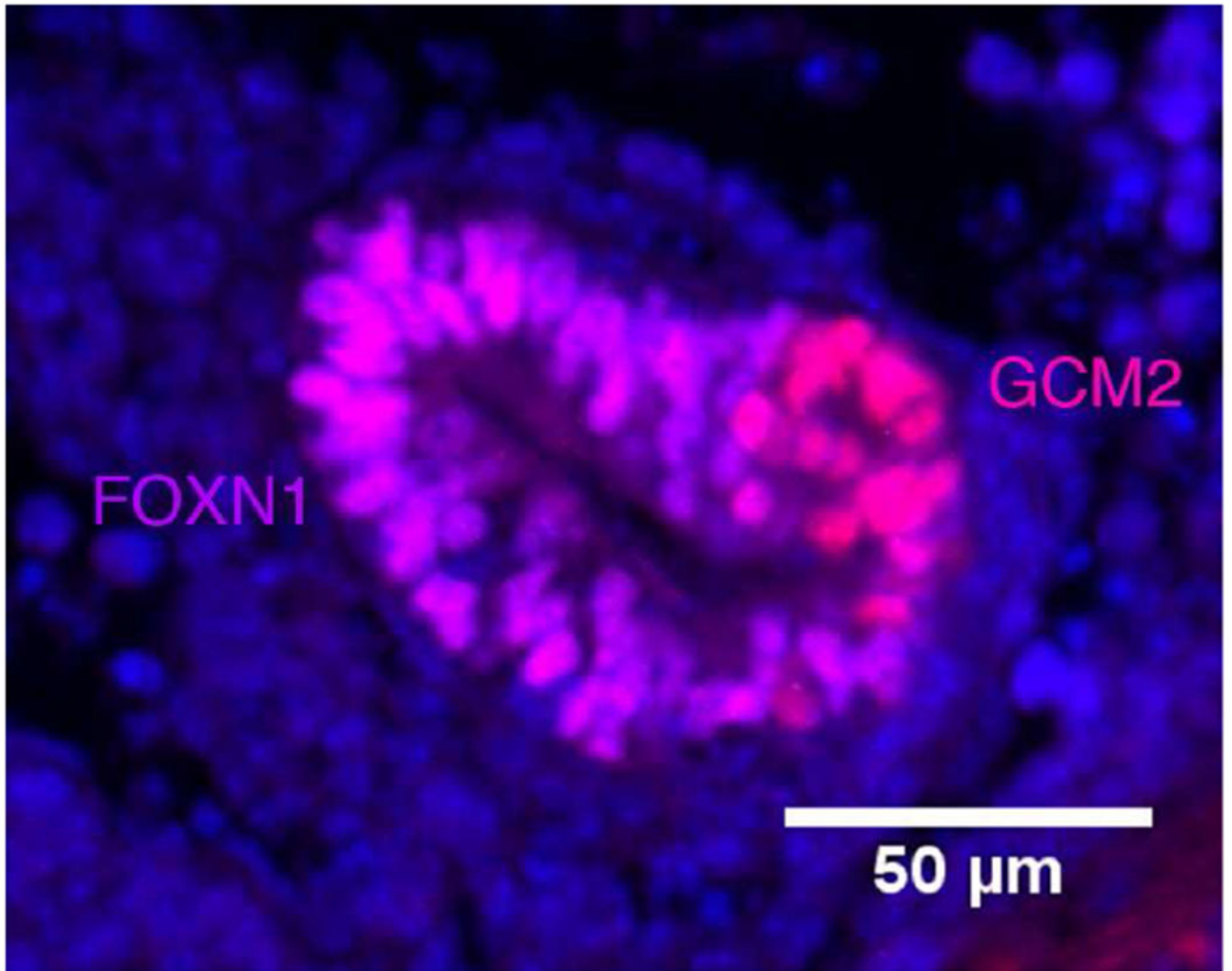


Figure 1.

3rd pharyngeal pouch-derived primordium from an E11.5 mouse embryo. Dorsal parathyroid-fated cells marked with anti-GCM2 antibody shown in magenta; ventral thymus-fated cells marked with anti-FOXN1 antibody shown in purple.

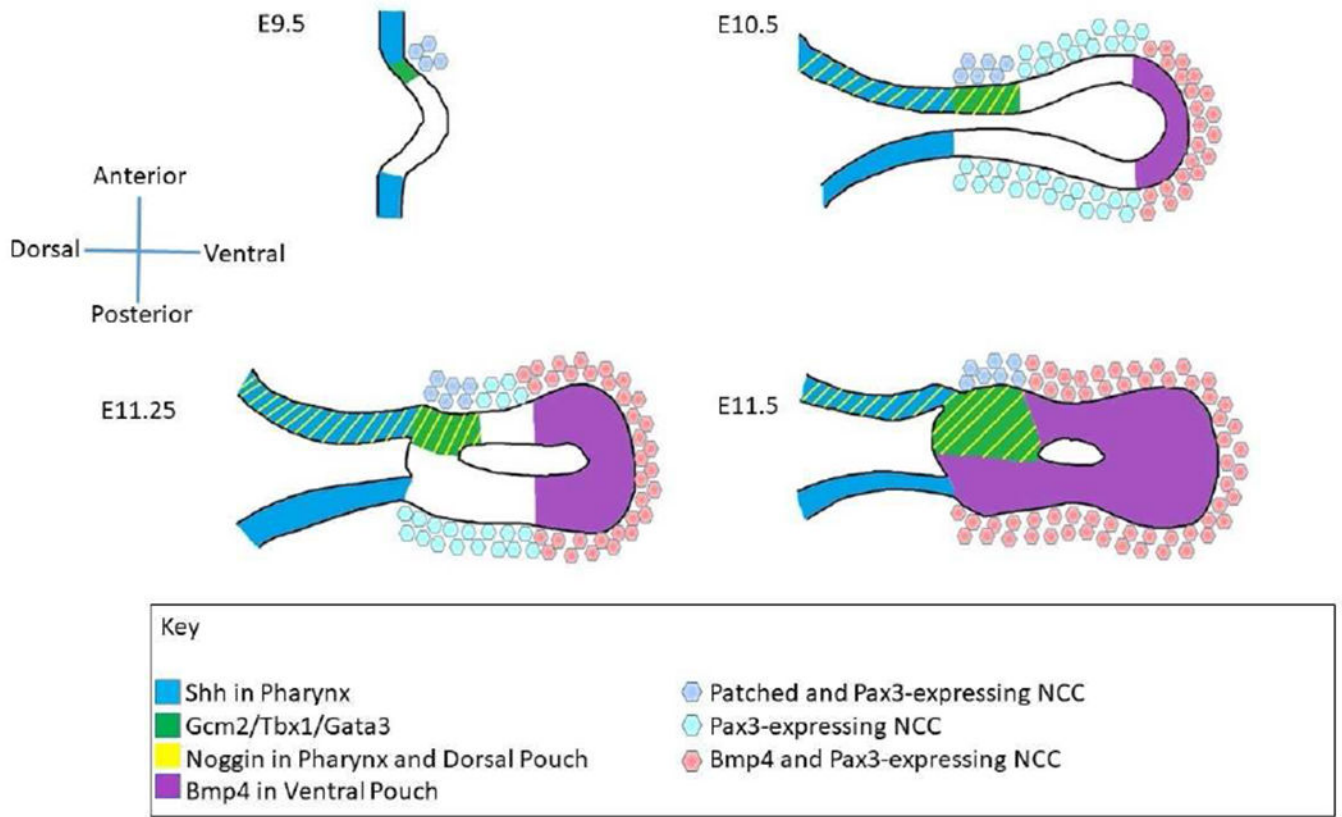


Figure 2. Current model for early patterning and organogenesis of the 3rd pharyngeal pouch in mice.