organization. Therefore, it may provide additional, important information compared to conventional section-based histology. Moreover, analyzing patients with medial compartment knee OA, we found that the medial OA menisci had higher histopathological scores than both reference medial menisci, as well as the lateral meniscus from the same knee.

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FRI0510

THE EFFECT AND MECHANISM OF HUMAN UMBILICAL CORD MESENCHYMAL STEM CELLS-DERIVED EXOSOMES ON BONE DESTRUCTION OF COLLAGEN INDUCED ARTHRITIS RATS

Jinfang Gao, Ke Xu, Gailian Zhang, Jian Han, Yang Liu, Liyun Zhang. *Shanxi Dayi Hospital, Rheumatology, Taiyuan, China*

Background: Rheumatoid arthritis (RA) is a highly disabling autoimmune disease, characterized by destruction of the cartilage and bone, which is difficult to reverse. mesenchymal stem cells-derived exosomes (Mesenchymal stem cells-derived Exos) is a kind of extracellular vesicle, produced by MSCs in resting or stress state, which can simulate the tissue repair effect of its maternal cells and may be a new breakthrough point in the treatment of RA bone destruction.

Objectives: Study the effect of human umbilical cord mesenchymal stem cells derived exosomes(hUCMSC-exos) on bone destruction in Collagen induced arthritis (CIA) rats.

Methods: 1. After isolated by differential centrifugation, hUCMSCs was cultured in vitro, which was identified by morphology and surface markers.2. Grouping: The CIA rats were randomly divided into CIA group, MTX group, hUCMSCs group, hUCMSC-exos low concentration group, hUCMSC-exos medium concentration group, hUCMSC-exos high concentration group, and a healthy control group.3. Efficacy evaluation: the efficacy of hUCMSC-exos on CIA rats was evaluated by measuring joint swelling, arthritis index, micro-ct scanning and pathological score. The expression levels of RANKL and OPG in the serum of rats in each group were detected by high-throughput flow, multi-factor detection technique or ELISA method, and the levels of the above factors in the synovial tissue of the ankle were detected by immunohistochemical detection technique, and the mRNA levels were detected by RT-PCR.

Results: 1. Effect evaluation: hUCMSC-exos can improve the arthritis index (AI) of CIA rats, and no definite side effect been found. In addition to hUCMSC-exos low concentration group, the joint synovial hyperplasia and inflammatory cell infiltration degree of each treatment group were significantly improved, comparing with that of CIA group. The Results of Micro-ct scanning suggested that the degree of osteoporosis in each intervention group was significantly improved comparing with that in the CIA group, and the improvement degree of hUCMSCs groups, MTX groups and hUCMSC-exos high concentration group was similar.2. The detection of bone metabolism factor in Serum and synovial tissue: medium and high concentrations of hUCMSC-exos, hUCMSCs group and MTX group could down-regulate the level of RANKL in serum and synovial tissues of CIA rats, and raise the level of OPG, and the effect of hUCMSC-exos in high concentration group was slightly obvious.

Conclusion: hUCMSC-exos can improve bone destruction in CIA rats, and it is safe. hUCMSC-exos can mimic its mother cells and exert an inhibitory effect on bone destruction by regulating the imbalance of RANKL/OPG, and the effect is equal or better than its mother cells, and the high concentration group is superior to the low concentration group.

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FRI0511

LOW $\omega 6$ - $\omega 3$ RATIOS CAUSED REDUCTION IN CELLULAR INFLAMMATION IN HUMAN SYNOVIOCYTES CELL LINE (SW982): GENE EXPRESSION STUDY

Abhay Harsulkar¹, Priya Kulkarni², Vanshika Srivastava³, Ragini Vidya³, Saurabh Yadav³, Shreya Chitnavis³, Alankruta Senapati³. ¹Bharati Vidyapeeth University, Department of Cell and Molecular Biology, Pune, India; ²University of Tartu, Department of Pathophysiology, Tartu, Estonia; ³Bharati Vidyapeeth University, Department of Pharmaceutical Biotechnology, Pune, India

Background: Alarming global increase in osteoarthritis (OA), coupled with off target existing palliative care poses nutraceuticals an extremely attractive alternative in this respect. Beyond meeting the basic nutritional demands, nutrition is thought to play a beneficial role in the management of chronic diseases. Interestingly, the off target effects of nutraceuticals are beneficial in reducing co-morbidities. Skewed ratio of $\omega 6$: $\omega 3$ fatty acids (FAs) in modern diets has been shown associated with increased number of inflammatory diseases including bone and cartilage metabolism. Considering this, due to their disease modifying actions, $\omega 3$ FAs are thought to serve better in OA management.

Objectives: We here investigated the effect of different $\omega 6$: $\omega 3$ ratios on synovitis, a prominent OA pathology. The selected ratios are generally found in global diet.

Methods: Selected $\omega 6$ FAs - arachidonic acid (AA), eicosadienoic acid (EDA), linoleic acid (LA) and dihomogamma linoleic acid (DGLA) along with selected $\omega 3$ FAs docosapentaenoic acid 5 (DPA) and α -linolenic acid (ALA) were tested on induced SW-982 cells, in common dietary ratios of 16:1, 8:1, 4:1, 2:1 and 1:1 for their effect on synovial inflammation. For induction, 50ng/ml tumor necrosis factor- α (TNF- α) was used for 72 hrs and the PUFAs were added in the culture media in the selected ratios (concentration of each PUFA - 50 μ M). Finally, isolated cDNA was used to run quantitative RT-PCR for superoxide dismutase (SOD), interleukin-15 (IL-15), matrix metalloproteinase-1 (MMP-1) and vascular endothelial growth factor (VEGF).

Results: All the ratios LA:ALA of caused a remarkable reduction in MMP-1(P<0.001). Marginal reduction in VEGF was noted with 1:1, 4:1 and 8:1 ratios (P<0.005); 8:1 and 16:1 showed a significant increase (P<0.001). SOD did not show any particular trend but noteworthy increase was observed with 2:1, 8:1 and 16:1 ratios (P<0.001) while reduction with 1:1 and 4:1 ratios (P<0.001). IL-15 remained low for 1:1, 2:1 and 4:1 while a marked up-regulation was noted for 8:1 and 16:1 ratios (P<0.001). In case of EDA:DPA, a consistent down-regulation of MMP-1 was found with all the ratios excluding 4:1. The selected ratios were efficient against VEGF (P<0.001). A consistent high SOD was revealed by all the ratios of EDA:DPA, which remained comparable to control. Marginal reduction in IL-15 was noted with 1:1, 8:1 and 16:1 (P<0.05). Lastly, a significant MMP-1 reduction was caused by all the ratios of DGLA:DPA, except 2:1. Excluding 2:1, all the ratios were efficient against VEGF (P<0.001). Increased levels of SOD remained comparable with TNF- α for 1:1 and 4:1; a trivial drop was noted with 2:1 and 8:1, followed by a noticeable reduction with 16:1. IL-15 showed a down-regulation with 1:1, 4:1, 8:1 ratios of DGLA: DPA.

Conclusion: Consequence of synovial inflammation in typical and atypical forms results in cartilage-loss, osteophytes and pain. FA ratios when used in equivalent, was found highly effective against IL 15, MMP1 and VEGF, whereas inflammation increases with increase in their proportions. Low SOD indicated lower oxidative-stress while it was up-regulated in response to high stress. FAs work in two distinct ways, membrane incorporation and metabolic modulation. Unsaturated fatty acid increase membrane fluidity and thus improves cell signaling. Analysis of treated and untreated cells showed incorporation of FAs in cell membrane, which improves membrane fluidity and status of signal transduction.

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FRI0512

RETRO-INVERSO TAT-BECLIN-1 INDUCES SYNOVIAL FIBROSIS AND DOES NOT PROTECT CARTILAGE FROM DEGENERATION IN A MOUSE MODEL OF OA

Jason Rockel, Brian Wu, Sayaka Nakamura, Evgeny Rossomacha, Mohit Kapoor. University Health Network, Toronto, Canada

Background: Beclin-1 is a component of the autophagy pathway necessary for formation of autophagosomes, contributing to autophagy-mediated cellular homeostasis. Enhancing autophagy through inhibition of mTOR activity, either via genetic deletion in chondrocytes or intra-articular injection of rapamycin, attenuates progression of surgically-induced models of osteoarthritis (OA). Retro-inverso TAT-Beclin-1 is a cell-permeable peptide which competes for binding to the endogenous Beclin-1 inhibitor GAPR-1, thus promoting autophagy. It is unknown whether activation of Beclin-1 is sufficient to protect joints from osteoarthritis progression.

Objectives: For this study, we sought to determine if retro-inverso TAT-Beclin-1 could attenuate OA progression in a surgically-induced mouse model.

Methods: Eight-week old C57BL/6 mice underwent destabilization of the medial meniscus (DMM) surgery to induce OA, or sham surgery as a control. Mice were injected intra-articularly with retro-inverso TAT-Beclin-1 (2 mg/kg in 5µl) twice weekly for 2 or 9 weeks. Mice were sacrificed at 10-weeks post-surgery. Knee joints were stained with Safranin-O/Fast-green to evaluate cartilage degeneration and Masson's trichrome to determine degree of synovitis using OARSI scoring for mice. Sections were stained for α-SMA (myofibroblast) and CD45 (hematopoietic-origin cell) to evaluate changes in markers of fibrosis and inflammation, respectively.

Results: As opposed to the effects of mTOR deletion in cartilage or rapamycin treatment in joints, injection of retro-inverso TAT-Beclin-1 for 2 into knee joints of mice with DMM-induced OA had no effect on the degree of articular cartilage degeneration in the tibia or femur as compared to PBS-injected controls. However, in both sham and DMM mice, retro-inverso TAT-Beclin-1 for 2 or 9 weeks of treatment induced a pronounced thickening of the synovium with increased cell numbers and collagen deposition compared to PBS-treated mice. The increased number of synovial cells in 9-week treated mice did not show substantial expression of α-SMA+ or CD45+ cells, suggesting the increased number of cells and matrix in the synovium was independent of myofibroblast differentiation or inflammatory influx.

Conclusion: Contradictory to our expected results, retro-inverso TAT-Beclin-1 did not attenuate cartilage degeneration. Rather, it promoted substantial synovial thickening that likely involved cell proliferation and collagen deposition. This severe fibrotic phenotype appears independent of myofibroblast differentiation or inflammation, normally associated with typical fibrotic responses. To evaluate the potential for dose responses with retro-inverso TAT-Beclin-1 in synovial joints, we are currently modifying our dosing strategy in an effort to determine possible disease modifying effects of this novel Beclin-1 activator.

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FRI0513

HISTONE-ACETYLTRANSFERASES CBP AND P300 REGULATE AUTOPHAGY AND PROTEASOMAL DEGRADATION IN SYNOVIAL FIBROBLASTS

Monika Krosel^{1,2}, Marcel Gabathuler¹, Christoph Kolling³, Matija Tomsic², Oliver Distler¹, Caroline Ospelt¹, Kerstin Klein¹. ¹Center of Experimental Rheumatology, Department of Rheumatology, University Hospital Zurich, Zurich, Switzerland; ²University Medical Centre Ljubljana, Department of Rheumatology, Ljubljana, Slovenia; ³Schulthess Clinic, Zurich, Switzerland

Background: Proteasomal degradation and autophagy are the major catabolic pathways that maintain the homeostasis of cells and are associated with cell survival. The histone acetyltransferases cAMP-response element binding protein (CBP) and p300 are close homologues and widely accepted as redundant proteins.

Objectives: To analyse individual functions of CBP and p300 in catabolic pathways in rheumatoid arthritis (RA) synovial fibroblasts (SF).

Methods: SF were isolated from knee, shoulder and hand joints of RA patients undergoing joint replacement surgery. The expression of CBP and p300 was silenced by transfection of antisense LNA gapmeRs (12.5 nM). 24h

after transfection cells were stimulated with TNF-α (10 ng/ml, 24h). Transcripts were determined by RNA-seq (Illumina NovaSeq 6000, n=6). Pathway enrichment analysis of RNA-seq data (fold change >1.5, FDR <0.05) was performed using DAVID bioinformatic resources. Autophagy was assessed by Western blotting using LC3B conversion and p62 as autophagy markers (n=4) in presence and absence of bafilomycin A1 (100 nM, 4h), a lysosomal inhibitor. Cell death was analysed using the CytoTox-Glo cytotoxicity assay.

Results: The top pathway identified after silencing of p300 in SF in presence (p=1.33x10⁻¹⁰) and absence of TNF-α (p=1.76x10⁻¹⁰) was 'proteasome', with an enrichment of genes contributing to 'proteasome assembly' and 'proteasome regulation'. The expression of several genes encoding proteasome subunits was increased after p300 silencing but unaffected by silencing of CBP. Genes contributing to the biological processes 'autophagy' (p<0.05) and 'regulation of autophagy' (p<0.05) were enriched after silencing of CBP and p300, whereas 'autophagy assembly' was only affected by CBP silencing. In RNA-seq data, the expression of MAP1LC3B, encoding the autophagy marker LC3B, and the autophagy substrate p62, was increased by p300 silencing but slightly decreased by CBP silencing. In line with the RNA expression, silencing of CBP reduced the conversion of LC3B and the protein expression of p62 in presence and absence of TNF-α. Results were similar in presence of bafilomycin A1, indicating a decrease in autophagosome synthesis. In contrast, the conversion of LC3B and p62 expression were increased after silencing of p300 in unstimulated SF, indicating increased autophagy. This effect was lost for LC3B after treatment with TNF-α, and LC3B conversion was even decreased in presence of bafilomycin A1. This indicates a late stage block of autophagy after silencing of p300 in TNF-α-stimulated SF. In line with this, silencing of p300 in SF (n=6, p<0.05) increased cell death only in presence of TNF-α. Viability of SF was not affected by silencing of CBP.

Conclusion: Here we identified p300 as a major regulator of the proteasome in SF and provide first evidence for individual functions of CBP and p300 in regulating autophagy in SF.

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FRI0514

NEW DIAGNOSTIC BIOMARKER OF BONE TISSUE METABOLISM DISORDERS IN RHEUMATOID ARTHRITIS

L. Seewordova¹, J. Polyakova¹, B. Zavadovsky^{1,2}, Eugene Papichev¹, Akhverdyan Yury¹. ¹Treatment and Prevention of Joint Disease Laboratory/ Federal State Budgetary Institution «Zborovsky Research Institute of Clinical and Experimental Rheumatology», Volgograd, Russian Federation; ²Volgograd State Medical University, Volgograd, Russian Federation

Background: Bone mineral density and proteins/peptides determination in blood and urine as markers of bone resorption and formation are currently used to diagnose osteoporosis (OP) and metabolic bone diseases. However, these methods have some disadvantages for bone turnover evaluation. Recent evidence suggests that in RA changes in the secretion of hormones of white adipose tissue can be revealed [1,2,3,4]. One of them is Adiponectin possessing anti-inflammatory, anti-diabetic and anti-atherogenic properties. Changes in Adiponectin levels may reflect influence of immune inflammation on bone turnover.

Objectives: To study the clinical and diagnostic value of serum Adiponectin determination in RA patients complicated by OP.

Methods: We examined 88 women with documented diagnosis of RA and mean disease duration of 6.56±0.88 years. We used EULAR/ARA 2010 criteria to diagnose the patients. Female patients with II degree of disease activity (DAS28), Steinbrocker stage II (erosive), rheumatoid factor- and anti-cyclic-citrullinated peptide antibody-positive were prevalent. We excluded patients who had surgery or developed an infection within the last 8 weeks, pregnant and breast-feeding women, those with severe heart, liver or kidney disease, immune deficiency, leukopenia or chronic infection. A control group of 45 healthy females aged of 25 and 59 years were included in the study. There were no reported findings of