

Cadmium and male infertility

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Abstract

Cadmium (Cd) is a heavy metal to which humans are exposed both occupationally and environmentally. For many years cadmium has been understood as a toxic element to human health, and an elevated level of cadmium exposure has been shown to be related to adverse reproductive effects, especially in men. In this review we studied published data about the toxic effects of this trace element on the total male reproductive system, including gonadal development, testes, testosterone, spermatogenesis and accessory sex glands, to clarify how cadmium causes male fertility problems. For this purpose, in the next sections after introducing this trace element thoroughly, we will separately mention cadmium's effects on each part of male reproductive system.

Keywords: Cadmium, Male, Testis, Sperm, Reproduction

1. Introduction

Heavy metals are natural components of the earth's crust and cannot be degraded or destroyed. Cadmium is a heavy metal, used in industrial activities such as the manufacture of nickel-cadmium batteries, electroplating, pigments, ceramics, plastic stabilizers, and fertilizers, as well as in other industrial, mining, agricultural activities and in the widespread use of phosphate-based fertilizers (1-3). Consequently, there is a high level of cadmium contamination at many locations worldwide, which leads to pollution of the water and air. After cadmium enters the environment, it pollutes air and water and at last is discharged into the food chain, detrimentally affecting living organisms (4, 5). The toxicity of cadmium was first described by Friedrich Stromeyer in 1817. In the 1940s, environmental exposure to

cadmium's toxicity was reported in Japan's Jinzū river basin, where a disease called itai-itai tormented many people. These patients showed a wide range of symptoms, such as low-grade bone mineralization, a high rate of fracture, an increased rate of osteoporosis and intense bone-associated pain. This affliction occurred because the river basin's inhabitants had consumed local rice, which had been grown in fields irrigated with cadmium-contaminated water (3).

Cadmium has molecular homology with zinc and calcium and compensates with them for resorption to the body (6, 7). Studies have shown that in humans, cadmium can be absorbed into the body through the gastrointestinal, respiratory and dermal systems (8). The major source of inhalative cadmium intoxication is smoking, and the human lung resorbes 40-60% of the cadmium content in cigarette smoke (9). As a result, smokers receive a dose of cadmium daily and generally have cadmium blood levels 4-5 times more than those of nonsmokers (2, 8, 10). In nonsmokers, most uptake of cadmium is through cadmium-

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contaminated drinking water and food, particularly cereals, such as rice and wheat, and also potato and green leafy vegetables (2, 8, 10, 11).

It has been documented that the total amount of cadmium uptake to the human body depends on the consumed dose. Several factors can increase this uptake, such as low intake of vitamin D, calcium and iron (8). It has been demonstrated that cadmium uptake in people with anemia and habitual iron deficit, such as children or menstruating women, is higher than in other people (12). In addition, it is estimated that dietary intake of cadmium is higher in men than women (13).

A higher level of cadmium intake, more than the standard level, has an significant adverse effect on growth rate (14, 15), but its toxic effects on tissues are not the same in all tissues, i.e., vary from tissue to tissue and are seen primarily in sensitive tissues such as liver, kidney, ovary and especially testes (16).

Studies of cadmium toxicity have introduced it as an ubiquitous environmental human carcinogen (17) and one of the best-known reproductive toxicants in a wide variety of animals (18-22). In humans, chronic exposure to environmentally-relevant cadmium results in high cadmium level, especially in infertile men (23, 24). Therefore, in the current study we reviewed available literature to determine which part of the male reproductive system is most affected by cadmium and how cadmium causes male fertility problems.

2. Effects of cadmium on gonadal development

Collected data showed that cadmium affects the male reproductive system from embryonic stages to adulthood, and has adverse effects on gonadal development (25). In mouse embryos, administration of cadmium caused reduced genital ridge size and retarded migration of germ cells into the genital ridges, resulting in attenuated populations of germ cells, aberrant maturation of gametes and subfertility (26). In young rabbits treated with 1.0-2.25 mg/kg body weight cadmium, significant damage to the germinal epithelial and basement membrane after 48 hours and a significant reduction in the volume of epididymis epithelium after 5 months' treatments were observed (27).

3. Effects of cadmium on reproductive system

3.1. Testes

Testis is one of the tissues that is very sensitive to the toxic effects of cadmium. Elevated accumulation of cadmium in testis has been measured using atomic absorption spectroscopy technique and confirmed by the presence of hyperchromatic cadmium precipitants

in histological sections of seminiferous tubules of adult male mice treated with cadmium (15). Similarly, gonadal damage has been shown to develop following administration of cadmium to adult male rats either orally or subcutaneously (25).

In humans, testicular cadmium levels are age dependent and elevate after the fourth decade of life (28). Some studies show that cadmium accumulation in the testes has no effect on testicular weight (29-31), but there is some evidence showing that the weight of testis can be affected by cadmium accumulation in testicular tissue, rather than by total body weight; however, this depends on the level of applied cadmium, duration of treatment and the level of cadmium concentration in the testis (Table 1) (14, 15, 32, 33). Additionally, cigarette smoking has been reported to be associated with decreased testis size in men, related to the cadmium content of cigarettes (34).

Cadmium enters the seminiferous tubules through a breach of the blood-testis barrier and causes focal testicular necrosis and dystrophy with consequent reduction in germ cell numbers, leading to infertility (15, 25, 35, 36). Disruption of the blood-testis barrier by cadmium is a consequence of endothelial cell damage in testicular blood vessels and separation of endothelial cells, which has been confirmed by light and electron microscopy and is mediated by reduced occludin protein expression, indicating the involvement of cell junction breakdown in blood-testis barrier disruption (35-37).

Researchers report that high concentration of reactive oxygen species (ROS), generated by accumulation of cadmium in testicular tissue, exceeds the antioxidant capability of the testis cells, leading to lipid peroxidation, degeneration of seminiferous tubules, testicular hemorrhage, testicular necrosis, abnormal Leydig cells, fibrosis and reduced testicular size. Therefore, severe cellular injury in seminiferous tubules could be due to a high level of peroxidation in lipid membrane of testicular cells, observed in many studies (14, 15, 25, 33, 38-45). In one study by Monsefi et al., (2010) administration of cadmium chloride caused severe damage to seminiferous tubules, resulting in difficulty in identification of seminiferous tubules by light microscope and also consequent reduction in spermatogenesis, as there was no spermatozoid in the lumen of some seminiferous tubules (15).

3.2. Testosterone

Testosterone is the principle male sex hormone produced by Leydig cells, located in interstitial tissue of testis. Presence and function of this hormone is

crucial for accurate spermatogenesis process of seminiferous tubules, and evaluation of the plasma testosterone level is considered a useful indicator of testicular function (46, 47).

While many studies have been suggested that cadmium increases testosterone level (29, 48, 49), others showed that cadmium administration attenuates it (14, 15, 21, 50-54). However, according to Table 1, it can be concluded that the effect of cadmium on testosterone level is dependent on dose, duration and method of cadmium administration. In addition, modified Leydig cells in the interstitial tissue of testes of mice exposed to cadmium chloride have been reported (15). Nevertheless, we should mention that except for serum, the evaluation of testi-

cular testosterone is important, and testicular testosterone levels are approximately one hundred fold higher than serum testosterone levels, and this high level is required to support spermatogenesis (55, 56).

Consequently, it is possible that testicular testosterone level can be more sensitive to the effects of cadmium than serum level, as was observed in rats treated with cadmium (14). Telisman et al. (2000) showed that cadmium has the ability to impair male fertility without effects on the male reproductive endocrine function (57). So it is concluded that cadmium affects testosterone synthesis through various mechanisms that depend upon experimental conditions.

Table 1. Studies about effects of cadmium on weight of testes, accumulation of cadmium in testes and plasma testosterone level.

Model of research	Cadmium administration method	Doses of cadmium	Duration of treatment	Weight of testes	Accumulation of cadmium in testes	Plasma testosterone level	Reference
Adult Wistar male rats	Subchronic exposure to Cd	(CdCl ₂ , 40 mg/l, per os)	30 days	S Decrease	NE	S Decrease in plasma and testis	(14)
Adult BALB/c male mice	Orally administration by gavage	CdCl ₂ , 23 mg/kg BW	45 days	NS Decrease	NS Increase	S Decrease	(15)
		CdCl ₂ , 50 mg/kg BW once per day		S Decrease	S Increase	S Decrease	
Adult Wistar male rats	Orally	CdCl ₂ (0.2 mg/kg)	15 days	NE	S Increase	S Decrease	(21)
Adult Wistar male rats	Cadmium-contaminated radish bulb	1.1 µg Cd/g of diet	4 weeks	No change	S Increase	NS Increase	(29)
			8 weeks	No change	S Increase	S Increase	
			12 weeks	No change	S Increase	NS Decrease	
Adult Sprague Dawley male rats	Subcutaneously	0.6 mg Cd/kg once per day	6 weeks	No Change	S Increase	NE	(31)
Adult Sprague Dawley male rats	Orally, administration by gavage	CdCl ₂ , 5 mg/kg BW	15 days	S Decrease	NE	NE	(33)
Adult Swiss Webster male mice	Intraperitoneal injection once a day	CdCl ₂ 0.1 mg/kg BW once per week	4, 10, 26, and 52 weeks	NE	S Increase	NS Increase	(48)

S= Significant; NS= Non significant; NE= Not examined.

3.3. Spermatogenesis and semen parameters

Besides being detected in blood, cadmium can be identified in seminal plasma of cigarette smokers (58), but no relationship was reported between the levels of cadmium in blood and seminal plasma (59, 60).

In the literature, conflicting evidence exists regarding the correlation between the cadmium content of seminal plasma and semen parameters (20,

60-63). Where some studies demonstrated positive correlation between the cadmium content of semen and seminal quality (60, 64), others reported that seminal plasma cadmium level is unrelated to semen parameters and also fertility status (64-66). Studies suggest that different cell populations within the testis can be as targets of cadmium toxicity (67, 68), and cadmium is able to be accumulated in germinal cells such as spermatogonia, spermatocytes,

spermatid and spermatozoa after the entrance of cadmium to testicular tissue (31, 44, 48). In one study, Sprague Dawley rats subcutaneously injected with daily 0.6 mg/kg doses of cadmium over a 6-week period developed an accumulation of cadmium in the testes, mainly in spermatogonia and spermatocytes, with consequent reduction in both of these cell types (31). However, in one study which used atomic absorption spectroscopy and particle-induced x-ray emission analyses, the presence of cadmium in germinal cells was not observed (48).

As shown in Table 2, treatment with different doses and durations of cadmium leads to sperm concentration reduction (14, 15, 21, 29, 31, 33). Haouem et al. (2008) observed that by increasing the duration of cadmium administration, sperm concentration decreases in male rats mainly because of high apoptosis of sperm cells (29), which was seen in male cigarette smokers, too, especially in heavy smokers. Therefore, cadmium could be a possible causative agent for the low sperm density among smokers (69).

Besides sperm concentration, sperm motility is also severely affected by cadmium. Sperm motility is recognized to be more sensitive to this trace element, as reduced sperm motility has been observed at a dose far below the dose affecting sperm production. However, it is concluded that cadmium accumulation in germinal cells and cadmium effects on sperm count and sperm motility are dose- and time-dependent (Table 2) (14, 24, 25, 27, 31, 70). Taha et al. (2012) observed that men with idiopathic male infertility had higher seminal cadmium levels (71), which was correlated with impairment of sperm motility, especially progressive sperm motility, lower percentages of viable sperms and more important, with higher sperm DNA fragmentation and semen ROS level (71).

Regarding the adverse effects of this heavy metal on sperm motility, some studies have suggested that motility of sperm can be used as an early and sensitive endpoint for the assessment of cadmium toxicity in the male reproductive system (59).

Table 2. Effects of cadmium on semen parameters.

Model of research	Cadmium administration method	Doses of cadmium	Duration of treatment	Sperm count	Sperm motility	Reference
Adult Wistar male rats	Subchronic exposure to CdCl ₂	40 mg/l, per os	30 days	S Decrease	S Decrease	(14)
Adult BALB/c male mice	Orally administration of CdCl ₂	23 mg/kg BW, once per day	45 days	NS Decrease	NS Decrease	(15)
		50 mg/kg WB, once per day	45 days	S Decrease	S Decrease	
Adult Wistar male rats	Oral administration of CdCl ₂	(0.2 mg/kg)	15 days	S Decrease	NE	(21)
Adult Wistar male rats	Cd-contaminated radish bulb	1.1 µg Cd/g of diet	4 weeks	NS Decrease	NE	(29)
			8 weeks	NS Decrease	NE	
			12 weeks	S Decrease	NE	
Adult Sprague Dawley male rats	Subcutaneous injection	0.6 mg Cd/kg once per day	6 weeks	S Decrease in testicular SG and SC	NE	(31)
Adult Sprague Dawley male rats	Oral administration of CdCl ₂	5 mg/kg BW	15 days	S Decrease	S Decrease	(33)
Adult male rats		CdCl ₂ 1 mg/kg	3 days	S Decrease	S Decrease	(45)

S= Significant; NS= Non significant; NE= Not examined; SG= Spermatogonia; SC= Spermatocyte.

3.4 Sperm chromatin integrity and DNA stability

Chromatin condensation and DNA stability are indices of sperm quality, which can be identified through aniline blue and acridine orange, respectively, to reflect the possible disorders in sperm DNA and sperm maturation. Damage to sperm DNA

seems to affect embryo and increases the risk of infertility, miscarriage, or serious diseases in the offspring (72, 73). Through the use of acidic aniline blue staining, it has been revealed that cadmium can inhibit the chromatin condensation process, which is important for sperm maturation. This is a significant

limiting factor in fertility potential; but incorporation of cadmium into sperm chromatin was not confirmed using Acridine orange staining (15).

3.5. Prostate and Seminal Vesicle

Although some studies have suggested the carcinogenic potential of cadmium on prostate tissue (17, 74), a critical study by Sahmoun et al. (2005) has shown that in contrast to laboratory animals, epidemiological analyses do not convincingly implicate cadmium as a cause of prostate cancer (75).

Exposure of rats to Cd resulted in a significant reduction in seminal vesicle (14, 15). Monsefi et al. (2010) showed that administration of cadmium to male mice causes reduced weight of seminal vesicles and high serum prostatic acid phosphatase activity. These effects may be due to hypertrophy or hyperplasia of the prostate gland, leading to increased synthesis or expression of this enzyme (15).

4. Conclusion

According to the literature, cadmium has adverse effects on the male reproductive system and the testes are the main target of cadmium.

Cadmium enters the body through contaminated air, water and food. It then circulates in the blood and reaches tissues such as testis, where it accumulates. Cadmium in the testis disrupts the blood-testis barrier, comes into close contact with different cells of testis and, by increasing the production of ROS and decreasing various antioxidants' levels, enhances the lipid peroxidation of cell membranes, causes apoptosis and necrosis of all testicular tissue leading to disturbance of spermatogenesis, reduces sperm's motility and finally leads to infertility.

Also oxidative damage of sperm's DNA causes paternal genomic disorder contributed to a variety of developmental disorders including early or late embryonic lethality. However, with regard to the literature, studies have failed to demonstrate the incorporation of cadmium into sperm chromatin.

In conclusion, subfertility following cadmium administration might result from penetration of cadmium to testicular tissue and damage to testicular tissue, leading to disturbance of the testes' function, manifested by disruption of spermatogenesis and sperm motility, with or without effects on the male reproductive endocrine function.

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