

1 **The age and mouse sperm quality – a flow cytometry investigation**

2 **Short title: Flow cytometry investigation of aging sperm**

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8 **Abstract**

9 Postponement of fatherhood is growing worldwide due to socio-economic factors. The choice to conceive
10 the first child above the age of 35 years is often associated with reduced fertility and poor pregnancy
11 outcome. As widely known, several factors (*e.g.*, lifestyle, environment, health problems) can affect
12 spermatogenesis leading to poor reproductive outcome. Currently, the debate on the influence of aging on
13 male gametes and safety/risk of conception at advanced age is still ongoing. Controversial results have been
14 published so far on the changes in semen features of aging men and other mammalian species (mainly
15 rodents). In this study, we aimed to assess how aging affects sperm quality in an inbreed mouse model,
16 without underlying infertility, using a flow cytometry approach. Our data showed that aging is associated
17 with increased sperm chromatin condensation, but not changes in the DNA integrity, metabolic activity or
18 viability. These data suggest a mild effect of aging on sperm quality in a mouse model without underlying
19 infertility.

20 **Key words:** Aging, Spermatozoa, DNA, Mouse

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27 1. Introduction

28 In the last decades, social and economic factors as well as the increased life expectancy and the development
29 of assisted reproductive techniques contribute to the postponement of parenthood. A growing number of
30 studies suggested conception at advanced paternal age (APA) as risk factor for increased time to pregnancy,
31 increased miscarriage rate and, in the long term, predisposition to adult diseases in the offspring [1-3]. In
32 human, the observed poor pregnancy outcome due to APA has been associated with decreased sperm quality
33 (*e.g.*, low sperm concentration and motility, high DNA fragmentation) [4,5]. However, data from human
34 studies cannot fully discern the effect of aging from that of concomitant confounding factors (*i.e.*, obesity,
35 diabetes, smoking, exposure to toxins and environmental pollution). Also, a systematic and comparative
36 evaluation of the outcome of different studies is difficult due to the lack of an optimal definition of APA,
37 resulting in different age cut-off among studies. Similarly, in the last decade animal studies provided various
38 results, which make difficult to determine how and to what extent age affects sperm quality and functions.
39 For example, Kotarska et al,2017 [6] described a correlation between age and reduced sperm quality and
40 reproductive fitness in subfertile B10.BR-Y^{del} mice while no differences were observed between young vs
41 old wild type B10.BR mice. Similarly, strong effect of aging on semen parameters has been described in
42 mutant mice but only mild effect in wildtype ones [7]. In our previous studies, we observed that APA was
43 not associated with reduced fertility, in terms of pregnancy rate obtained after mating of old males with
44 young females, while behavioural abnormalities were observed in resulting offspring [8]. Other study
45 described reduced fertility in mice > 12 months old but not changes in qualitative sperm parameters (*e.g.*,
46 concentration, motility) [9]. One explanation can be the occurrence of changes (*i.e.*, damages, mutations) in
47 the sperm DNA rather than qualitative parameters (*e.g.*, viability, motility or concentration), which are
48 compatible with *in utero* life but may interfere with developmental programming and contribute to increase
49 incidence of post-natal diseases. In the current study, our aim was to assess the influence of aging on
50 spermatozoa in a mouse model, without underlying infertility, using a flow cytometry approach. Inbred
51 C57BL6 fertile males at age ranging from 2 months (corresponding to 20 years in human) to 15 months
52 (corresponding to > 60 years in human) were used. Individual sperm samples were analysed by flow
53 cytometry for the following parameters: i) DNA fragmentation, breaks (both single and double strand) and

54 chromatin condensation, ii) metabolic activity and iii) apoptosis. Our data overall indicate a mild effect of
55 aging on sperm quality in a mouse model without underlying infertility.

56

57 **2. Material and methods**

58 *2.1 Ethical statement and animal maintenance.*

59 Animal breeding and experimental procedures were conducted according to EU directive 86/609 and to
60 national law for Animal Experimentation. C57BL6 mice were maintained at the animal facilities of the
61 Institute of Zoology of Jagiellonian University in Cracow. Animals were housed in conventional cages with
62 water and food ad libitum in a room with 12h dark/light cycle, 20 ± 2 °C and humidity >50%. Animals were
63 housed in groups (maximum 5 animals/cages) and environmental enrichment provided.

64 *2.2. Collection of spermatozoa from cauda epididymis.*

65 Sperm were isolated from 216 inbred C57BL6 mice at age between 2 and 15 months, as previously
66 described [10] with minor modification. Briefly, caudae epididymis were isolated from each male and
67 transferred into 500 μ l of G-MOP Plus (Vitrolife) at 37°C. Spermatozoa were released by squeezing and
68 puncturing the cauda epididymis using a needle. Then, spermatozoa were allowed to swim out for 20 min at
69 37°C. Individual sperm samples (mean $47 \pm 15 \times 10^6$ sperm/ml) were divided into 3 parts used for all 3
70 analyses described below, such as Sperm Chromatin Structure Assay (SCSA), CellROX Green assay
71 (Invitrogen) for metabolic activity and AnnexinV/FITC assay (Beckman Coulter) for apoptosis.

72 To avoid bias within the study: i) the animal have been maintained under controlled conditions (as described
73 in section 2.1), ii) in case of health problems, animals have been removed from the study, iii) individual
74 samples have been subjected to all analysis described below, iv) at least three replicates (with at least 3
75 samples/replicate) have been carried out for each analysis.

76

77 *2.3 Sperm DNA fragmentation and chromatin status.*

78 The modified Sperm Chromatin Structure Assay (SCSA) method was used to examine sperm DNA
79 fragmentation and chromatin condensation, as previously described [11]. Briefly, individual sperm samples
80 (5×10^6 cells/ml) were incubated with HCl solution (pH=1.5) for 30 seconds on ice. Then, samples were
81 stained with acridine orange for 3 minutes on ice. The green (normal DNA) and red (fragmented DNA)
82 fluorescence signals were collected from 12 000 spermatozoa. A ‘Sperm DNA Fragmentation’ ratio
83 parameter was created according to formula: red/(green+red) fluorescence. This ratio parameter allows to
84 present normal DNA and even very low level of DNA fragmentation. The high and moderate DNA
85 Fragmentation Index (DFI) was calculated from Sperm DNA Fragmentation histogram (Figure 1E). Also,
86 poor chromatin condensation was assessed from green vs sperm DNA fragmentation dot plot (Figure 1F) as
87 spermatozoa with higher acridine orange uptake. In addition to original SCSA data processing, a novel
88 gating strategy was applied to green vs. sperm DNA fragmentation dot plot. The population of spermatozoa
89 with fragmented DNA was divided into 2 groups: a) with normal green fluorescence and expected
90 dominance of DNA single strand breaks (ssbDNA) as at lower level of DNA denaturation and b) low green
91 fluorescence thus with expected double strand breaks (dsbDNA) - higher level of DNA denaturation (Figure
92 1I). Fluorescence measurements were carried out using Navios flow cytometer (Beckman Coulter), as
93 described in section 2.6.

94 *2.4 Metabolic activity assay.*

95 To assess the influence of age on metabolic activity expressed as intracellular ROS level of mouse sperm,
96 CellROX Green assay (Invitrogen) has been used according to manufacturer’s instructions, with minor
97 modification. Briefly, sperm fraction was diluted 1:10 in Phosphate Buffered Saline (PBS, Lonza) and
98 CellROX reagents (1 μ M/ μ l) added. The solution was incubated at 37 °C for 30 minutes. Then, 2 μ l of 2.4
99 mM propidium iodide (PI) solution were added. After 2 minutes of incubation at room temperature, the
100 green (for CellROXgreen) and red (for PI) fluorescence were collected from 12 000 spermatozoa.
101 Fluorescence measurements were carried out using Navios flow cytometer (Beckman Coulter), as described
102 in section 2.6. The sperm population was divided into 6 subpopulations: i) live and active, ii) moribund and
103 active, iii) dead and active, iv) live and inactive, v) moribund and inactive, vi) dead and inactive .

104 *2.5 Apoptosis Assay.*

105 AnnexinV/FITC Kit (Beckman Coulter) was used to quantify apoptosis in mouse sperm, according to
106 manufacturer's instructions, with minor modification. Briefly, AnnexinV reagent was added to sperm
107 fraction diluted 1:10 in PBS (LONZA) and the solution incubated on ice for 15 minutes. Then, 400 µl of
108 buffer with 2 µl of 2.4 mM PI solution (instead of the Kit's 7AAD fluorochrome) was added. After 2
109 minutes of incubation at room temperature, the green (for Annexin V) and red (for PI) fluorescences were
110 collected from 12 000 spermatozoa. Fluorescence measurements were carried out using Navios flow
111 cytometer (Beckman Coulter), as described in section 2.6. Individual sperm populations were divided into
112 the following subpopulations: i) live spermatozoa, ii) apoptotic spermatozoa and iii) necrotic spermatozoa

113 *2.6 Flow cytometry measurement*

114 For all assays in paragraph 2.3, 2.4 and 2.5, the Navios (Beckman Coulter) flow cytometer was used in the
115 following configuration: the blue, 488nm laser for fluorochromes excitation; filter set of 550DCSP/525BP
116 for green fluorescence and 655DCSP/620BP for red fluorescence. The 'Medium' sheath flow rate was
117 applied for all samples and 12 000 spermatozoa were acquired. Instrument calibration was checked each day
118 with SPHERO Ultra Rainbow (Spherotech) calibration particles. For off-line data analyses the Kaluza 2.1
119 (Beckman Coulter) software was used. For SCSA, to exclude non-cellular debris the following 2 gates were
120 applied: on Forward Scatter vs Side Scatter (both logarithmic) and on green vs red fluorescence (both linear)
121 cytograms. Additionally, the third gate on red fluorescence vs time cytogram was applied (if flow
122 disturbances were recognized during sample acquisition). No fluorescence compensation was used between
123 green and red channels. For CellROX assay, to exclude non-cellular debris the gate on Forward Scatter vs
124 Side Scatter (both logarithmic) was used. The red (PI) channel was compensated by 2.1%. For AnnexinV
125 assay, to exclude non-cellular debris the gate on Forward Scatter vs Side Scatter (both logarithmic) was used.
126 The red (PI) channel was compensated by 0.7%.

127 *2.7 Data analysis.*

128 Raw data were analysed using GraphPad Prism 8. Pearson's correlation was used to assess the influence of
129 age on sperm parameters. Values of $P < 0.05$ were considered statistically significant.

130

131 **3 Results**

132 *3.1 Increased DNA condensation but not DNA fragmentation in aging mouse spermatozoa*

133 Figure 1 shows that aging in mouse does not affect the total DNA fragmentation (Fig. 1A) as well as the
134 moderate and high DNA fragmentation levels (Fig. 1B-C). Figure 1D shows a significant reduction of High
135 DNA Stainability (HDS) over time ($r = -0.5787$, $P = 0.03$), indicative of increasing chromatin condensation.
136 Then, by using a novel gating strategy, the level of DNA single strand and double strand breaks (ssbDNA
137 and dsbDNA, respectively) were assessed. No correlation was observed between aging and ssbDNA (Fig.
138 1G) while a weak ($r = 0.1684$) but not statistically significant ($P > 0.05$) correlation was found between aging
139 and dsbDNA (Fig. 1H) in mouse sperm.

140 *3.2 Aging is not associated with impaired metabolic activity in mouse spermatozoa*

141 Metabolic activity was evaluated in mouse spermatozoa using CellROX Green assay. The flow cytometry
142 analysis was performed on the same samples used for SCSA. Figure 2 shows a moderate negative, but not
143 statistically significant- correlation between age and the percentage of moribund/dead active subpopulation (r
144 $= -0.4251$ and -0.5127 , respectively; $P = 0.06$, Fig 2B-C) while no effect of aging on the distribution of the
145 other subpopulations (Fig2A-B, D-F) in mouse spermatozoa.

146 *3.3 Apoptosis is not induced by aging in mouse spermatozoa.*

147 To assess whether aging lead to increased apoptotic cell death in mouse, AnnexinV/FITC + Propidium
148 Iodide staining has been carried out on the same samples used for SCSA and metabolic activity. Figure 3A-B
149 shows no effect of aging in the percentage of live and apoptotic spermatozoa in our mouse model. Figure 3C
150 shows a weak but not statistically significant increase of necrotic subpopulation in mouse spermatozoa over
151 time ($r = 0.2359$, $P > 0.05$).

152 *3.4 Influence of temperature on membrane integrity*

153 Membrane integrity in aging spermatozoa has been assessed by staining with Propidium Iodide within
154 CellROX assay, after incubation at 37°C/30 minutes, and independently within Annexin V/FITC assay,
155 following incubation on ice/15 minutes. The same concentration of PI (2 µl of 2.4 mM solution) was used
156 and 12 000 spermatozoa analyzed within the two assays. The two measurements of membrane integrity did

157 not overlap for individual samples and show different values (Figure 4), suggesting high susceptibility to
158 environmental conditions.

159

160 **4 Discussion**

161 In the present study, the influence of aging on sperm quality in a mouse model without underlying infertility
162 was evaluated using a flow cytometry approach. Our findings showed that aging is associated with increased
163 DNA condensation but not with DNA fragmentation or perturbation of metabolic activity and viability in
164 mouse spermatozoa from inbred C57BL6 mice.

165 It is widely described that sperm DNA integrity is a crucial factor influencing proper embryo/fetal
166 development and, in the long term, offspring health. Previous studies described poor embryo development
167 [12-14] and increased risk of adult diseases (mainly neurodevelopmental disorders) in APA offspring [8, 15-
168 17]. It has been suggested that the above-mentioned side effects of APA might be associated with
169 abnormalities occurring in sperm DNA (*e.g.*, de novo mutation, epigenetic defects) [12, 15, 18].
170 Notwithstanding, we did not observed changes in DNA fragmentation, our data showed that aging was
171 associated with increased chromatin condensation over time in mouse sperm. One of the mechanisms behind
172 the observed high condensation may be the increasing methylation in aging sperm, recently described by us
173 and others [15, 19]. The occurrence of epigenome changes in aging sperm is of great concern. In fact, a
174 growing number of studies reported that epigenetic defects are risk factor for the onset of post-natal diseases
175 (*i.e.*, neurodevelopmental disorders, metabolic syndrome) in the offspring, which may be transmitted across
176 generations [15, 20-22]. Furthermore, increased chromatin condensation may indicate an impaired efficiency
177 of DNA repair activity. It has been previously described that chromatin condensation participates into the
178 activation of DNA damage response [23], however persistent condensation can interfere with the recruitment
179 of DNA repair machinery to specific sites, resulting in the accumulation of DNA damages. Whether damages
180 (*i.e.*, single or double strands breaks) accumulate in the DNA of aging sperm, they can affect embryo
181 development [13], lead to pregnancy loss [14] or contribute to increased risk of post-natal diseases [12]. To
182 verify whether DNA damages increase over time in aging mouse sperm, in addition to the standard SCSA
183 calculation method we tried a novel data analysis approach. Briefly, sperm DNA fragmentation includes both

184 single and double strand breaks [24-26]. Since the intensive DNA denaturation is executed in pH=1.5 during
185 SCSA, we assumed that more single strand fragments can be expected from DNA double strand breaks
186 (dsbDNA) than from single strand breaks (ssbDNA). Our data showed a weak (but not statistically
187 significant) correlation between age and increasing dsbDNA in mouse spermatozoa.

188 In the second part of our study, we looked at “qualitative” parameters in aging mouse spermatozoa. Our data
189 did not show any significant effect of aging on metabolic activity (by CellROX Green assay) and apoptosis
190 (by AnnexinV/FITC assay), as previously reported in outbred CF1 mice [9]. Differently, other studies
191 described age-related negative changes in human sperm quality [27,28]. One of the reasons behind this
192 discrepancy may rely not only in the differences between species but also on the absence of health issues and
193 exposure to environmental factors (i.e. toxin, pollution) in our model. The animal used within our study have
194 been maintained under controlled conditions and, in case of health problems, animals have been excluded.
195 Moreover, we observed that exposure of mouse sperm to different temperature during incubation
196 (37°C/30minutes - CellROX green assay; on ice/15 minutes – AnnexinV/FITC assay) results in percentage of
197 intact membrane that do not overlap for individual samples, suggesting high susceptibility to environmental
198 conditions. Thus, as men are more likely to be exposed to potentially harmful environmental factors (i.e.,
199 toxins, heavy metals, pollution), the poor sperm characteristic in aged men may be the results not only of
200 aging but also of other risk factors (both clinical and environmental).

201 In summary, our study showed that aging in a mouse model without underlying infertility (or other health
202 conditions) did not affect DNA integrity and qualitative semen parameters while is associated with
203 increasing sperm chromatin condensation. Further investigation must focus on targeted and quantity
204 parameters (i.e., targeted DNA methylation) to better clarify whether or not aging is responsible of poor
205 reproductive outcome in mammals.

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207 **CRedit authorship contribution statement**

208 **F Zacchini:** Methodology, Investigation, Formal analysis, Visualization, Funding acquisition, Writing –
209 Original Draft; **M Bochenek:** Methodology, Investigation, Formal analysis, Writing – Review and Editing; **S**

210 **Bisogno:** Investigation; Writing – Review and Editing; **A Chan:** Writing – Review and Editing; **GE Ptak:**
211 Funding acquisition, Writing – Review and Editing.

212

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217

218 **Declaration of Competing Interest.**

219 Authors declare no conflict of interests.

220

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300

301 **Figures Legend**

302 **Figure 1: Increasing DNA condensation but not DNA fragmentation is associated with aging in mouse**
303 **spermatozoa.** Sperm Chromatin Structure Assay (SCSA) showed that aging was not significantly correlated
304 neither with the total level of DNA fragmentation (A) not with moderate (B) and high (C) DNA
305 fragmentation in spermatozoa obtained from mouse at age between 2 and 15 months. (D) Significant
306 negative correlation between High DNA Stainability (HDS) and mouse age (Spearman $r = -0.5787$, * is $P =$
307 0.032), indicative of increased DNA condensation in aged mice. (E) SCSA cytogram example for
308 determination of DNA Fragmentation Index (DFI). (F) SCSA cytogram example for determination of HDS.
309 (G-H) Aging was not associated with single strand DNA breaks (ssbDNA) while a weak ($r = 0.1684$), but not

310 statistically significantly ($P = 0.057$) correlation, between aging and DNA double strand breaks (dsbDNA)
311 and was found. (I) Cytogram example for the assessment of ssbDNA. $n > 13$ samples at age 2-12 and 15
312 months, $n \geq 3$ samples at age 13 and 14.

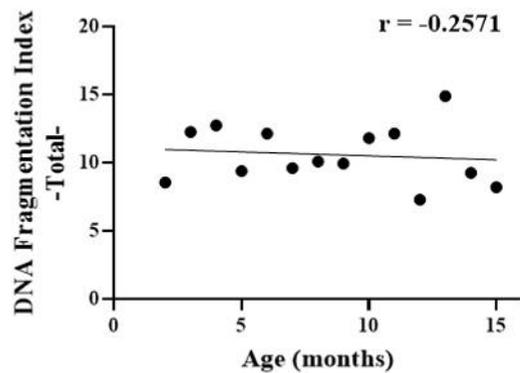
313 **Figure 2: Aging does not affect metabolic activity of mouse spermatozoa.** CellROX Green assay did not
314 reveal significant influence of aging on the metabolic activity of mouse spermatozoa. (A) Graph shows
315 comparable level of live and active spermatozoa among groups. (B) Graph shows moderate negative but not
316 statistically significant ($P > 0.05$) correlation between level of moribund-active spermatozoa and aging. (C)
317 Graphs shows a negative, but not statistically significant, correlation between the rate of dead-active
318 spermatozoa associated with aging ($r = -0.5127$, $P = 0.06$) (D) Graph shows comparable level of live and
319 inactive spermatozoa among groups. (E) Graph shows comparable level of moribund-inactive spermatozoa
320 among groups. (F) Graph shows comparable level of dead inactive spermatozoa among groups. (G)
321 Cytogram of metabolic activity (that is intracellular ROS activity) and membrane integrity assay (CellROX
322 Green vs propidium iodide). Regions description: C – live, ROS inactive; D – intact membranes, ROS active;
323 E – moribund, ROS inactive; F – moribund, ROS active; G – dead, ROS inactive; H – damaged membranes,
324 ROS active $n > 13$ samples at age 2-12 and 15 months, $n \geq 3$ samples at age 13,14.

325 **Figure 3: Aging does not induce apoptotic cell death in mouse spermatozoa.** AnnexinV/FITC assay of
326 mouse spermatozoa from 2 to 15 months of age showed comparable level of apoptosis among groups. (A)
327 Graph shows percentage of live spermatozoa. Please note a weak negative – not statistically significant-
328 correlation between mouse age and percentage of live spermatozoa ($r = -0,2571$, $P > 0.05$). (B) Graph shows
329 comparable level of apoptosis among groups. (C) Graph shows a moderate – but not statistically significant -
330 positive correlation between age and necrotic spermatozoa ($r = 0.2359$, $P = 0.4$). (D) Cytogram for the
331 Apoptosis (phosphatidylserine externalization) assay (AnnexinV/FITC vs propidium iodide). Regions
332 description: B-- : live; B+- : apoptotic; B++ and B+++ : necrotic. $n > 13$ samples at age 2-12 and 15 months, n
333 ≥ 3 samples at age 13,14.

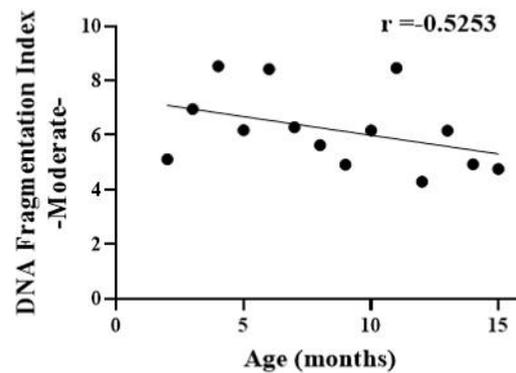
334 **Figure 4: Changes in membrane integrity due to temperature in mouse spermatozoa.** Individual mouse
335 sperm samples were stained with propidium iodide, marker of membrane integrity, after incubation 30
336 minutes at 37°C (for CellROX green assay) or 15 minutes on ice (for AnnexinV-FITC staining). Graphs

337 shows that the measurements of membrane integrity did not overlap between the CellROX green+PI assay
338 and Annexin V-FITC+PI staining, suggesting high susceptibility to environmental conditions. $n > 13$
339 samples at age 2-12 and 15 months, $n \geq 3$ samples at age 13,14 months.

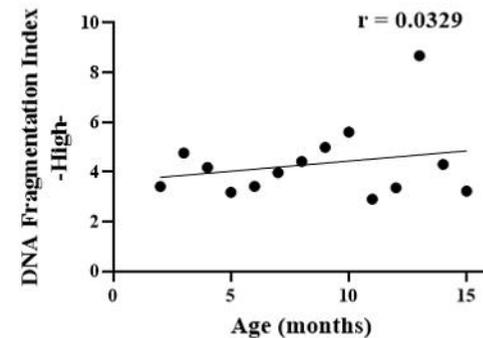
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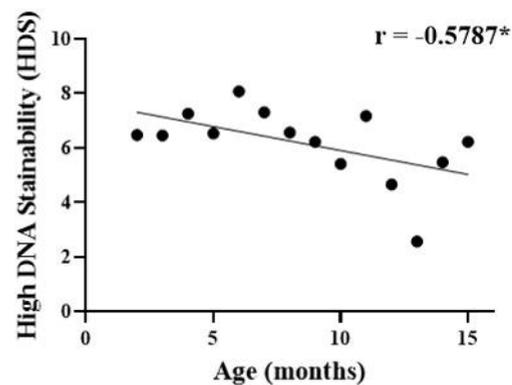
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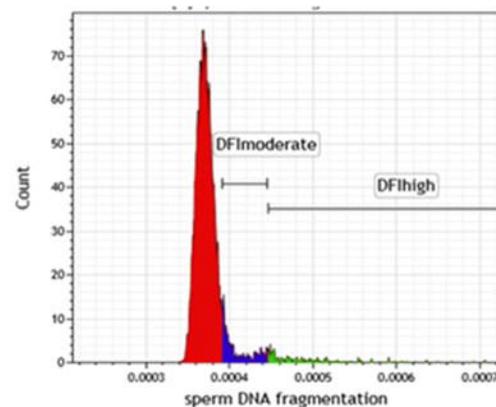
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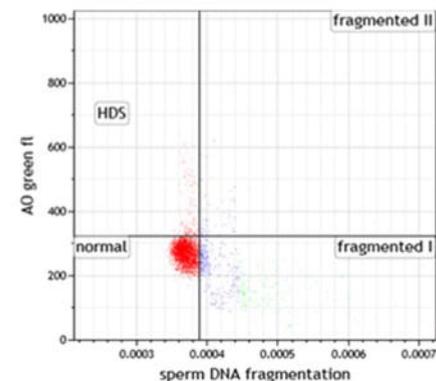
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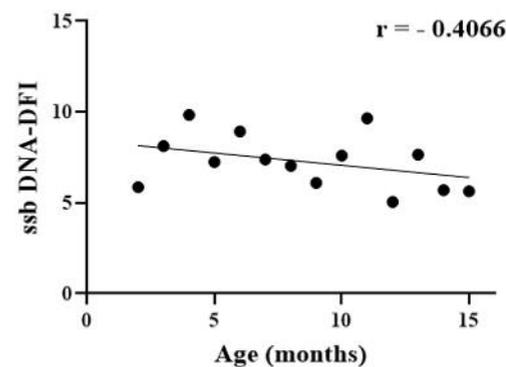
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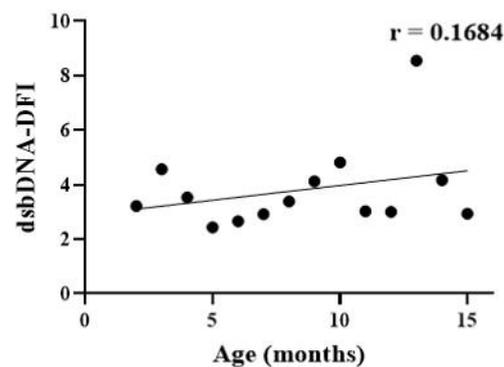
F



G



H



I

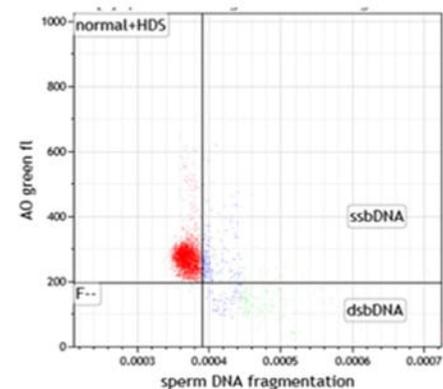
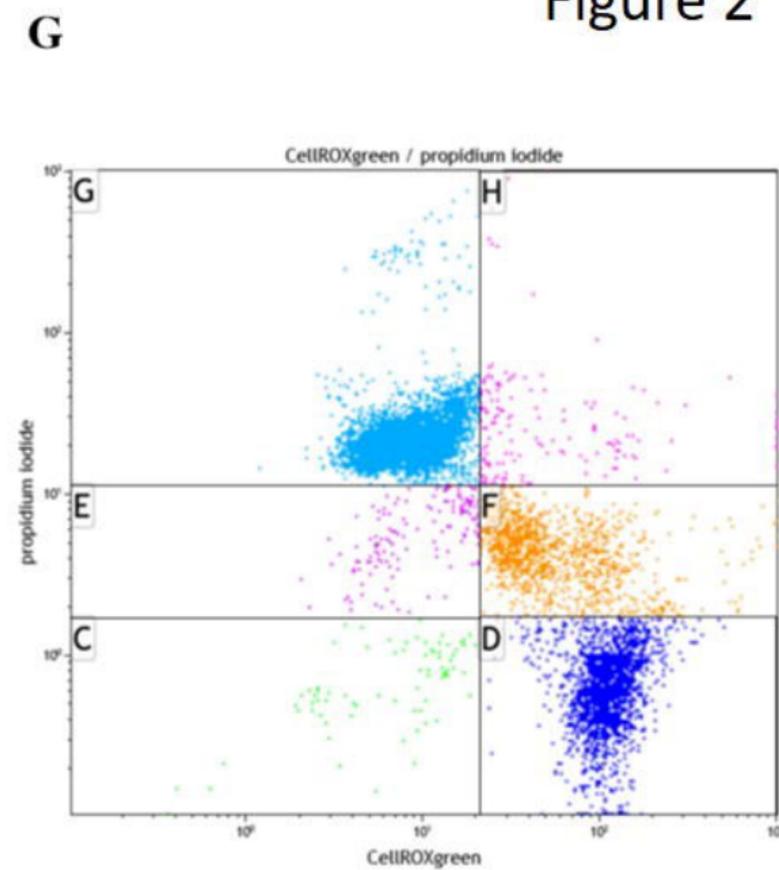
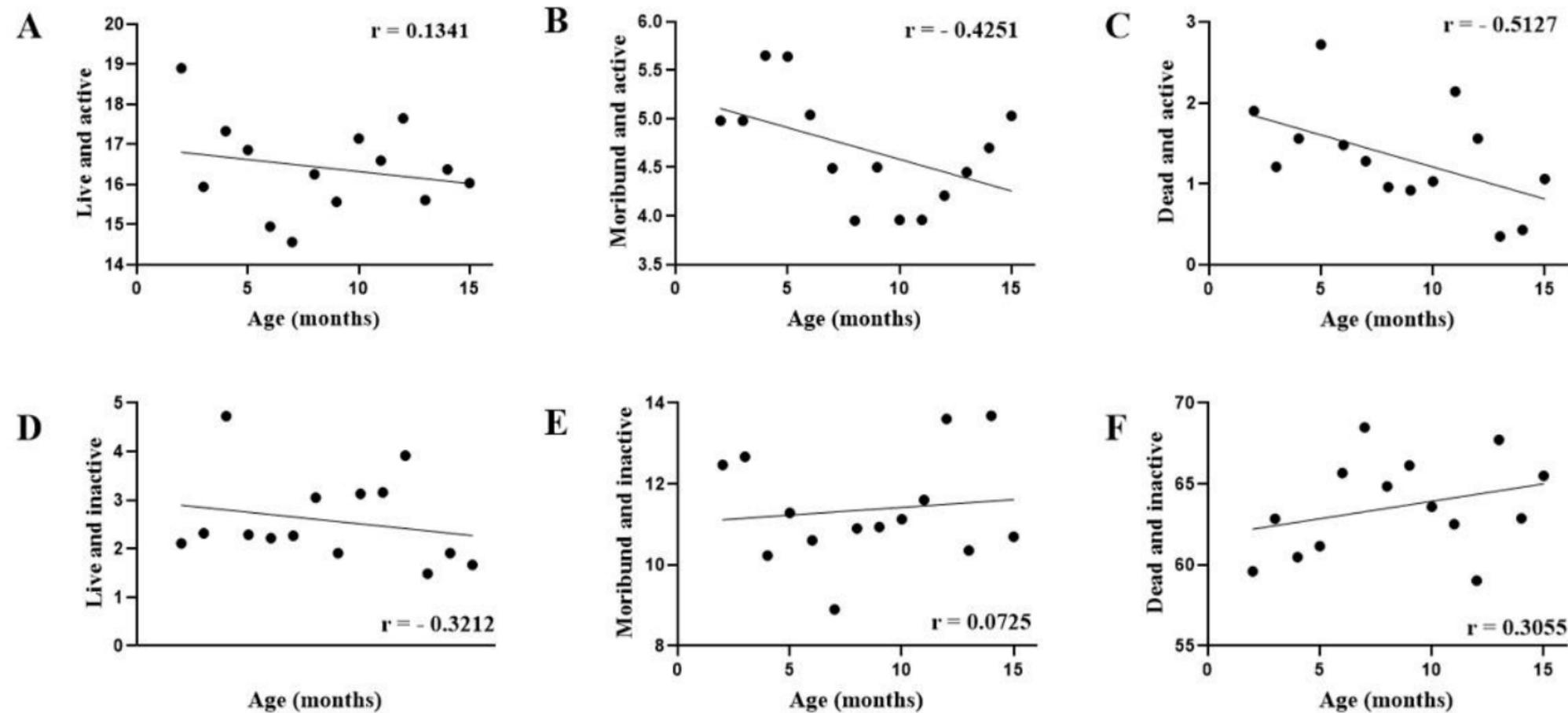


Figure 2



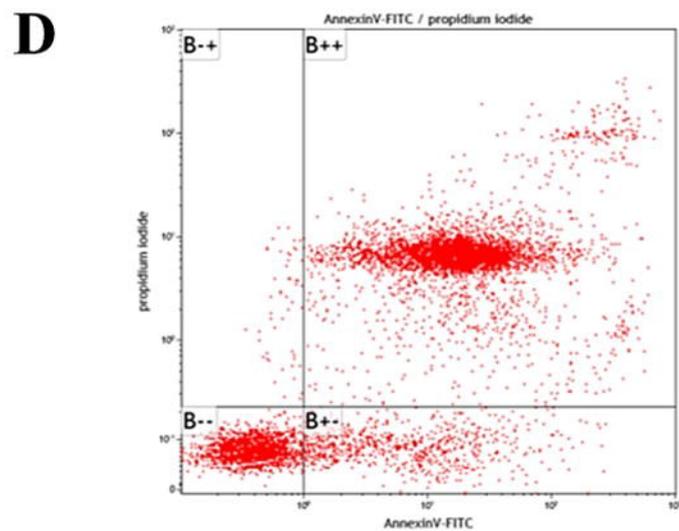
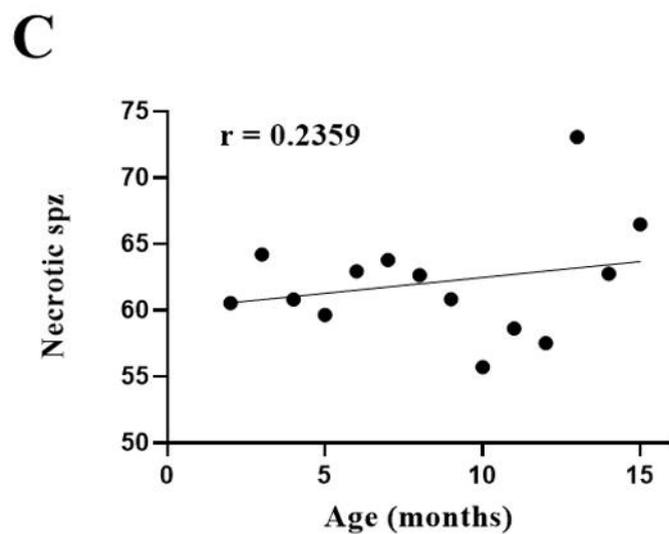
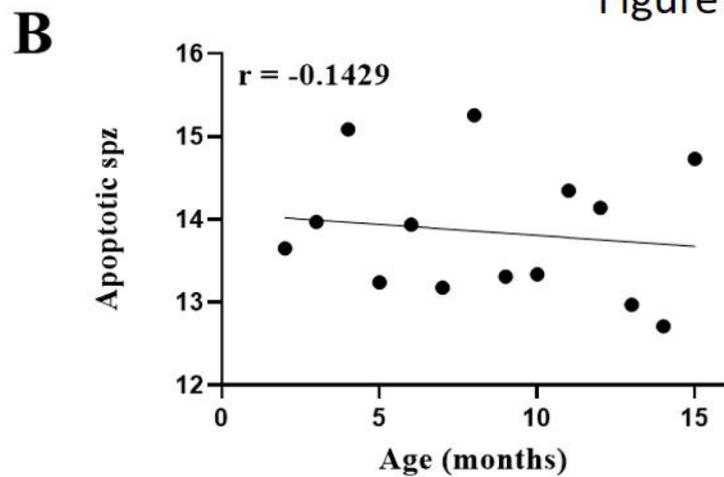
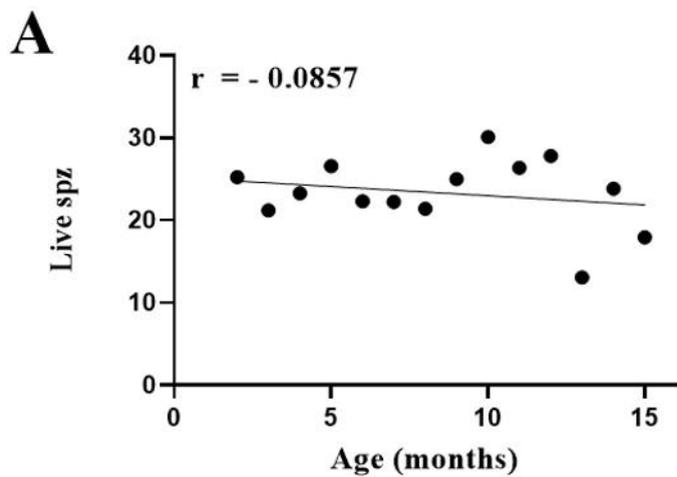


Figure 4

