Quality assessment of tissue samples stored in a specialized human lung biobank

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1 Abstract

Human sample, from patients or healthy donors, are a valuable link between basic 2 research and clinic. Especially in translational research, they play an essential role in 3 understanding development and progression of diseases as well as in developing 4 new diagnostic and therapeutic tools. Stored in biobanks, fast access to appropriate 5 material becomes possible. However, biobanking in a clinical context faces several 6 7 challenges. In practice, collecting samples during clinical routine does not allow to strictly adhere to protocols of sample collection in all aspects. This may influence 8 sample quality to variable degrees. Time from sample draw to asservation is a 9 10 variable factor, and influences of prolonged storage at ambient temperature of tissues are not well understood. We investigated whether delays between 5 minutes 11 and 3 hours, and the use of RNAlater RNA-preserving reagent would lead to a 12 relevant drop in sample quality, measured by quantitative mRNA expression analysis. 13 Our findings suggest that even under ambient conditions, delays up to 3 hours do not 14 15 have a major impact on sample quality as long as the tissue remains intact. 16

17 Introduction

In 2008, a biobank was founded at the Asklepios Clinics in Gauting, a clinic
specialized on thoracic diseases. By the end of 2017, it contained solid tissue and
liquid biomaterials from nearly 4000 patients, up to 45.000 aliquots. 12.000 of these
are aliquots of solid tissue samples of tumor and peritumor tissue from patients
suffering from various bronchial carcinomas, lung metastasis of other types of cancer
and tissue from benign thoracic malignancies. Serum, plasma, BALF fluids, cell
pellets and pleural effusions are collected, whenever possible as paired samples.

²⁵ The Biobank is integrated into the German Center for Lung Research (DZL).

Biobanks at all sites of the DZL aim to collect samples according to harmonized

27 Standard Operation Procedures, making samples comparable among the sites and

- their usage in common scientific projects reliable.
- 29

After obtaining patients' broad informed consent, based on the suggestions of the 30 German Ethics Council, samples are collected during routine clinical procedures. 31 With the exception of blood specimens, only clinical remains are stored. Tissues are 32 collected after diagnostic procedures have been completed. Some effects affecting 33 sample quality cannot be influenced, like warm ischemic time (i.e. the time between 34 35 truncation of the blood supply and removal of the tissue from the body), others can be controlled more or less satisfactorily. Delay between withdrawal from the body and 36 asservation is kept as short as possible, but is subject to variation due to clinical 37 routines. This means, that standardization of sample collection is a challenge, which 38 cannot regularly be met in everyday clinical life to a full extent. Nevertheless, the aim 39 is to gain samples of highest quality, suitable for a variety of scientific questions and 40 methods including molecular biological analyses like expression profiling. 41

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Collection of solid samples is often done by snap freezing in liquid nitrogen, followed by long-term storage at -80 °C or in liquid nitrogen. This guarantees conservation of biological processes at the moment of freezing, however is difficult to integrate into the clinical routine. Alternatives such as incubating samples in protecting reagents like RNAlater[®] or ProtectAll[®] before freezing are gaining more and more importance(1-3). This study aims to compare snap freezing and incubation in an RNA stabilizing reagent with regard to sample stability, nucleic acid recovery and

reproducibility of mRNA expression measurements. Influences of pre-freezing delays
 are also addressed.

52

53 Materials and Methods

The Asklepios Biobank for Lung Diseases was approved by the Ethical Committee of
 the Ludwig-Maximilians-University of Munich in February 2011 (Project-No. 330-10)

57 **Tissue collection**

Tissue samples after operative procedures are routinely collected by a pathologist in 58 parallel to diagnostic procedures. Samples not required for patients' diagnosis are 59 made accessible to the biobank. In a standardized fashion, samples from 4 patients 60 were processed after 5 (\pm 2), 20 (\pm 5), 60 (\pm 10), and 180 (\pm 10) minutes of cold 61 ischemic time to mimic variability in clinical sampling. Patients' characteristics are 62 summarized in table 1. At each time point, pieces cut to a maximum size of 5x5x5 63 mm were either snap frozen in liquid nitrogen before storing at -80 °C, or transferred 64 to RNAlater[™] (Quiagen, Hilden, Germany). RNAlater samples were left at 4 °C for 24 65 h or 7 days, before the RNAlater was discarded and samples were stored dry at -80 66 °C without snap freezing. Thus, a set of 12 samples (4 time points and 3 methods) 67 was generated for each patient. (Fig 1). 68

71 Table 1. Patients' characteristics

Patient No	Sex	Age	Diagnosis	Stage
1	male	74	Large cell carcinoma neuroendocrine	lb
2	male	73	Adenocarcinoma	llb
3	female	53	Squamous cell carcinoma	lla
4	female	54	Typical carcinoid	lb

72

73 Fig. 1. Experimental design

74 Tumor tissue samples from 4 lung cancer patients were cut into aliquots and

processed after 4 different periods of time, with 3 different methods before long term

⁷⁶ storage and subsequent RNA isolation.

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78 Sample Processing, nucleic acid extraction and cDNA

79 synthesis

80 Frozen samples were mounted on a precooled object plate for cutting in a NX70

81 microtome (Thermo Fisher Scientific, Waltham, Massachusetts) at -30°C, using

82 MX35 tempered microtome blades for hard tissue (Fisher Scientific, Waltham,

 $\,$ 83 Massachusetts) . After trimming, a 4 μm section was cut for HE staining and

pathological evaluation. 5 x 10 µm sections were cut for RNA isolation, followed by

another 4 μ m HE section, before 5 x 10 μ m section were cut for DNA isolation and a

⁸⁶ final 4 μm HE section.

87 RNA and DNA were isolated using RNeasy Mini Kit or QiaAmp Mini Kit (Qiagen,

88 Hilden, Germany) respectively, according to the manufacturer's instructions. Quantity

and quality of nucleic acids was assessed by measuring OD at 260/280 nm in a P330
nano photometer (Implen, Munich, Germany) and determination of RIN values (only
RNA) using the Agilent 2100 BioAnalyser[™] (Agilent Technologies, Waldborn,
Germany). 1 µg of total RNA was reversed transcribed into cDNA using random
hexamer primers and superscript II reverse transcriptase (Life Technologies /
ThemoFisher Scientific, Waltham, Massachusetts).

96 Real-Time qPCR

RT-qPCR Assays for EGFR, ERCC1, RRM1 and HIF1 and TBP as a so called 97 housekeeping gene were performed on LC480 light cycler (Roche, Mannheim, 98 Germany), either using a SYBR-Green assay (MesaBlue, Eurogentec, Liège, 99 100 Belgium), or light cycler FRET probes from Roche's universal probe library. Primers and probes and cycling parameters are depicted in table 2. 18S rRNA was used to 101 102 normalize expression levels. Expression values were expressed as absolute expression levels (copies/18S) for each gene, or as relative expression levels to the 103 average expression measured in the 12-sample set of each patient to make 104 intersample differences easily comparable among different genes, regardless of their 105 absolute expression levels. 106

109 Table 2. Real-time qRT-PCR Assays

A:		
18S rRNA	Primer	concentration
Forward	CCCTGTAATTGGAATGAGTCCAC	300 nM
Reverse	GCTGGAATTACCGCGGCT	300 nM
TBP		
Forward	GCTGGCCCATAGTGATCTTT	300 nM
Reverse	Reverse TCCTTGGGTTATCTTCACACG	
EGFR		
Forward	ACACAGAATCTATACCCACCAGAGT	300 nM
Reverse	ATCAACTCCCAAACGGTCAC	300 nM
ERCC1		
Forward	CGGACCTCCTGATGGAGA	300 nM
Reverse	CACGGTGGTCAGACATTCAG	300 nM
RRM1		
Forward	CCAGAAGCTTTGTTATGGACTCA	300 nM
Reverse	GCCTTGGATTACTTTCATGGTG	300 nM

95 °C	05:00	
95 °C	00:05	
60 °C	00:30	45 x
72 °C	00:10	
95 °C	00:05	
60 °C	01:00	
97 °C	melting	
40 °C	00:01	

B:		
HIF1	Primer	concentration
Forward	TTTTTCAAGCAGTAGGAATTGGA	300 nM
Reverse	GTGATGTAGTAGCTGCATGATCG	300 nM
Probe	Roche UPL Probe 66	125 nM

95 °C	05:00	
95 °C	00:05	
60 °C	00:30	45 x
72 °C	00:10	
40 °C	00:01	

115 A: SybrGreen Assays; B: Light-Cycler FRET-Probe Assay

118 Statistical analysis

Statistical analysis was performed using IBM SPSS Statistics for Windows, version 119 23 (IBM Corp., Armonk, N.Y., USA) and R 3.4.2 (R Foundation for Statistical 120 Computing, Vienna, Austria). The distribution of gualitative and guantitative variables 121 is described by absolute and relative frequencies and means ± standard deviation, 122 123 respectively. Repeated measures ANOVA was used for hypothesis testing of differences in asservation methods and time points. Bland-Altman analyses were 124 performed by the alternating regressions approach to account for repeated 125 measurements and assuming a constant bias in the conversion of methods (4). All 126 statistical tests were conducted on two-sided, exploratory 5% significance levels. 127 128

129 **Results**

Except for the standardized delay times, sample collection fully resembled the routine collection procedure. Delay times were chosen to mimic the intersample variability regularly imposed onto the samples on their way from the operation room to pathology and finally to the biobank, whereat a delay time of less than 5 minutes is essentially never met during daily collection. Most of the samples reach the biobank within 20 minutes of cold ischemic time, and all samples with cold ischemic times of more than 60 minutes are usually discarded.

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138 Histological evaluation

Pathological examination is critical before using archived human material. We
 compared HE-stained slices of fresh frozen or RNAlater preserved tissue. To be able
 to cut tissue samples treated with RNAlater, it turned out to be necessary to cool the

142	cryostat to -30 °C to ensure the sample kept frozen, and to use tempered blades
143	normally used to cut hard tissues like bone. Doing so, we were able to cut these
144	tissues without removing RNAlater. Both – tissue that was snap frozen and tissue
145	preserved in RNAlater, were equally well suited for histological evaluation (Fig. 2)
146	

147 Fig. 2. Histological evaluation

148 HE stained histological section of adenocarcinoma, patient 2.

- 149 A: tissue preserved in RNAlater for 1 day; B: tissue snap frozen in liquid N_2
- 150

151 Influence of asservation method and cold ischemic times

152 on nucleic acid quantity and quality

Due to the heterogeneity of the tissue, the quantity of nucleic acids isolated from the 153 tissue specimens is influenced by a variety of factors such as tissue size, cell 154 number, percentage of necrosis etc.. It is assumed that DNA would be stable under 155 all conditions tested. RNA quantity relative to DNA quantity was also rather stable, 156 regardless of shorter or longer ischemic times (data not shown). With regard to RNA 157 quality, we measured the RIN values (RNA integrity number) for all samples. RIN 158 values showed negligible variation. 60 % (29) of all samples had RIN values of 9 or 159 higher, 27 % (13) of 8-9, 10 % (5) of 7-8 and 2 % (1) of lower than 7, with a mean of 160 9.07 (SD 0.86). There was only a minor difference between mean RIN values of 161 fresh frozen tissues samples and RNAlater preserved ones (9.04, SD 0.86) vs. 9.08, 162 SD 0.86, Fig.3.). 163

RIN-values – whether from tissue preserved in RNAlater or fresh frozen in liquid
 nitrogen - were not notably influenced by prolonged ischemic times up to 3 hours.
 Mean RIN values were 9.18 (SD 0.66) for an ischemic delay of 5 minutes, 8.79 (SD

1.11) for 20 minutes, 9.13 (SD 0.84) for 60 minutes and 9.14 (SD 0.69) for 180
 minutes .

169

Fig. 3. Influence of cold ischemic time and asservation procedure on RNA

171 quality

172 Overall RNA quality isolated was assessed on an Agilent BioAnalyser. RIN (RNA

173 integrity numbers) were compared between different ischemic times and different

asservation methods (blue: shock frozen in liquid N₂; red: RNAlater, 1 day 4 °C;

175 green: RNAlater, 7 days 4°C; all samples were stored at -80°C thereafter.

176

177 Influence of asservation method and cold ischemic times

178 on gene expression

RIN values only give a global impression of RNA integrity, precisely of the integrity of 179 18S and 28S rRNA. mRNAs might be prone to more or less rapid degradation or 180 changes in expression profile. We therefore measured the expression levels of 5 181 mRNAs by gRT-PCR on a LC480 light cycler device. All results were normalized to 182 the content of 18S rRNA, as measured by gRT-PCR. The genes tested were TBP as 183 a housekeeping gene, EGFR, ERCC1 and RRM1 as genes with potential predictive 184 roles for lung cancer therapy, and HIF1 as a gene regulated by hypoxia, at least 185 partially on RNA level. Reliable results were obtained with all RNA samples. As 186 expected, expression levels varied between the four patients to a great extent. To 187 compare gene expression between patients, we used the mean measured values of 188 all 12 tested samples (Fig. 4). Mean expression values of the housekeeping gene 189 190 TBP varied by a factor of 2 between individual patients. The maximal interindividual difference was 40 % for ERCC1, 60 % for RRM1 and 280 % for HIF1. A 23fold 191

variation was found for EGFR, with the squamous cell carcinoma sample showing
 the highest expression.

Intraindividually, between the samples of one patient, variability was mostly within the
range of a factor of 2, and ranging up to a factor of 5 in rare cases. There was no
general trend towards lower mRNA content for longer ischemic delay, or for one of
the asservation methods. None of the genes seems to be more susceptible to
degradation within 3 hours after sampling. Fig. 5 exemplarily shows the results for
HIF1, demonstrating the arbitrary distribution of variation.
As expected, the greatest source of variation is introduced by interpatient differences

202 more general conclusion about the comparability of the asservation methods, we

normalized the data for each individual patient and each gene separately to the mean

in expression, superposing the influence of all other variables. In order to draw a

values of all 12 samples for this patient. Doing so, absolute expression levels no

longer influence further analysis, and data oscillate around 1, with relative variation

unaffected. It thus became possible to match genes with great differences in

207 expression levels. A repeated measures ANOVA was used for hypothesis testing on

differences between the asservation methods (p = 0.450) and the different ischemic

times (p = 0.963). The variation for the average normalized expression values within

the set of the 12 samples per patient for individual genes did not show preferences

for a method or shorter ischemic times (Table 3). Scatter plots as well show no

evidence for a trend in ischemic time (Fig. 6).

To further evaluate the conformance of the methods, we performed Bland-Altman analyses (Fig. 7). Agreement between RNAlater RNA-preserving methods is slightly stronger (95% of expected relative deviations lie between 0.48 and 2.00) than between any of the RNA-later preserving methods and the liquid nitrogen snap

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- freezing method (95% of expected relative deviations lie between 0.33 and 2.38), but
- there is no evident trend favoring one or the other method.
- 219

Table 3: Variation for average gene expression

			95% Confidence Interval	
		Std.	Lower	Upper
Time points	Mean	Error	Bound	Bound
5(±2)	1.010	0.083	0.745	1.275
20(±5)	0.997	0.085	0.728	1.266
60(±10)	1.030	0.056	0.853	1.207
180(±10)	0.963	0.095	0.659	1.267

221

			95% Confidence Interval	
		Std.	Lower	Upper
Methods	Mean	Error	Bound	Bound
N2	1.100	0.093	0.805	1.395
RNAlater 1d	0.962	0.074	0.726	1.199
RNAlater 7d	0.937	0.052	0.773	1.102

222 Variation for the average normalized gene expression values for individual genes

²²³ with regard to ischemic time and asservation method as assessed by repeated

measure ANOVA.

225

Fig. 4. Expression levels of 5 mRNAs in 4 patients

227 Copy numbers were determined by qRT-PCR, normalized to 18S rRNA content as

measured by qRT-PCR. Mean values of 12 aliquots are presented for each patient

(blue: patient 1; red: patient 2; green: patient 3; purple: patient4).

230

231 Fig. 5. Expression of HIF1 mRNA

- 232 Expression was measured by qRT-PCR in four individual patients. Samples were
- either fresh frozen in liquid nitrogen (blue), or preserved in RNAlater for 1 day (red) or

²³⁴ 7 days (green) before long term storage at -80 °C.

Fig. 6. Variability between asservation methods and ischemic delay times.

- ²³⁷ Mean normalized expression values of five selected genes. Individual expression
- levels were normalized to means for each gene and patient and then averaged over
- all patients for four different ischemic time points. Asservation methods: blue: liquid
- 240 N₂; red: RNAlater, 1day; green: RNAlater, 7d
- 241

242 Fig. 7. Scatterblots of mRNA expression values

- 243 Samples were processed in RNAlater (1 or 7 days) or by snap freezing in liquid
- nitrogen. Assuming a log-normal distribution of expression values, all computations
- were performed on a log scale.
- 246

247 Fig. 8. Conformance of RNA processing

- Bland-Altman Plot demonstrating the conformance of RNA processing in RNAlater for
 249 24 h or 7 days or snap freezing in liquid N2. The colours represent the different
 250 ischemic times (black 5', red 20', green 60', blue 180').
- 251

252 **Discussion**

Biobanks constitute research infrastructures, providing samples for a wide variety of scientific purposes and methods. Randomly collected samples are compiled into cohorts with specific features such as diseases or therapies. It is of outstanding importance, that during the procedure of sample collection, processing and storage, the inherent characteristics of the samples are preserved, while introducing as little alterations as possible. Immediate stabilization of the expression pattern is a prerequisite if samples are to be used in mRNA expression analysis later.

Several authors could demonstrate good overall DNA and RNA stability and 261 preservation of the global expression profile has been demonstrated in various ex 262 vivo or post mortem conditions (1-3). Nevertheless, in tissues, briefly after harvesting, 263 changes in the mRNA expression pattern are suspected to and have been shown to 264 occur in a fraction of mRNAs, and is more pronounced if the tissue is exposed to 265 room temperature rather than kept on ice (1, 3). This may be due to degradation 266 processes, but also due to transcriptional changes induced by the altered 267 environment, like lack of oxygen supply, and may vary in different types of tissue. 268 269

The gold standard to ensure preservation of the in vivo expression profile is to collect 270 samples in a very standardized way, and to keep the time from harvesting to freezing 271 as short as possible. Clinical studies or population based efforts of biobanking. 272 collecting samples in the study context, adhere to strict standard operation 273 procedures for sample acquisition. Sample collection in clinical context follows a 274 different concept of biobanking. At the time of collection there is no specific scientific 275 question or no specific sample characteristic to define inclusion criteria, however, 276 samples are collected during routine clinical procedures, at various sites of the clinic, 277 278 and often as remains after completion of several diagnostic procedures. A 100 % standardization of preanalytic procedures is thus impossible. 279 There are several ways to minimized intersample variability: keeping time from 280 sample acquisition to freezing as short as possible, standardizing samples handling 281 once arrived in the biobank's lab and the use of protective reagents such as 282 RNAlater, among others. 283

284

RNAlater is a high salt ammonium sulfate aqueous solution specified to stabilize RNA
 in solid tissue by precipitating out RNAses in a concentration and ph-dependent
 manner, which has been describe as early as 1974 (5).

288

Several studies have demonstrated good preservation of expression profiles in 289 RNAlater preserved vs shock frozen tissue. This holds true for selected genes as 290 measured by real-time PCR (6-9), and for RNA expression microarray analysis (10-291 12). DNA suitable for PCR analysis can be extracted from RNAlater stabilized tissue, 292 but it remains uncertain whether protein analysis is possible in these samples. It has 293 been shown, that quantitative proteomic analysis yields comparable results for snap 294 295 frozen and RNAlater preserved biopsies of colon mucosa (13). Preliminary experiments using protein extracts of NSCL cancer biopsies in Western Blots 296 suggest, that the protein and phospho-protein analysis will also be possible for 297 selected proteins, but it remains to be demonstrated that this is generally conferrable 298 (data not shown). Further experiments will be needed before the widespread use of 299 RNAlater samples for protein or proteomic research. 300

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302 Another preserving reagent, ProtectAll, will stabilize RNA, DNA and proteins. However, it has a major disadvantage for clinical biobanking. While RNAlater 303 preserved tissue samples can be cut on a microtome and stained for histological 304 analysis, this is not possible with ProtectAll preserved samples, since even at -80 °C 305 ProtectAll will not be frozen but rather remain gelatinous and therefore samples 306 cannot be cut. Sample characterization with respect to verification of diagnosis, tumor 307 cell content etc. is thus not directly possible in these samples. 308 Using RNAlater during routine solid sample collection in various sites in the clinic has 309

310 some major advantages: dangerous and expensive handling of liquid nitrogen can be 15

omitted, samples can be placed directly into the preserving agent at the site of 311 extraction by any clinician and be processed later in the biobank's lab, and nucleic 312 acids, in particular RNAs, are stabilized. On the other hand, it has to be taken into 313 account that preservation is not as abrupt as shock freezing in liquid nitrogen, since 314 RNAlater or any other similar reagent will need to diffuse into the samples. Samples 315 have to be incubated in RNAlater for at least 24 h to ensure sufficient absorption 316 before freezing, following the manufacturer's instructions. During this time, RNAlater 317 will salt out proteins such as RNAses and inhibit their enzymatic activities. 318

319

To be sure that sample quality of tissues shock frozen or conserved in RNAlater for 320 321 various lengths of time is equally high, we compared the quality of total RNA as well as the expression of 5 different genes including one housekeeping gene (TBP), 3 322 genes relevant in NSCLC (ERCC1, EGFR, RRM1)(14-18) and one gene (HIF1) 323 regulated by ischemia at least partially on the mRNA level (19-21) in matched lung 324 tumor samples processed by the various procedures. As expected, and has been 325 shown for tissue of other origin (6, 11), we found that the dominant source of 326 variation is interpatient variability. Neither snap freezing nor RNAlater processing for 327 24 hours or 7 days introduced relevant differences, neither with regard to overall RNA 328 quality nor to the expression of the 5 genes tested. 329

330

RNA degradation after withdrawal of tissue from the body may be due to two major reasons. First, the altered environment, especially the lack of oxygen supply, may lead to altered gene expression in the living cells. Second, RNAses may degrade RNA, which, while the cells in the tissue start to die, will not be resynthesized. In both cases, after prolonged storage at room temperature outside of the body, chances in gene expression would be expected. We compared samples that were processed 16 immediately after withdrawal (5 min), or after 20, 60, and 180 min. There was no
effect on the measured expression for any of the genes during this time frame. It can
be assumed that lack of oxygen does not play a major role for the expression of
these genes, and that the cellular structures remain intact for at least up to 3 hours,
keeping RNAses compartmented in lysosomes and thus unable to attack the RNA.

Care must be taken not to thaw the samples during shipping or further handling such 343 as preparation of histological slides or isolation of nucleic acids. At this point, another 344 great advantage of RNAlater preservation comes into the play. In a snap frozen 345 tissue sample that thaws, RNA will be degraded immediately after thawing, since 346 347 freezing/thawing destroys any intracellular compartmentalization and makes RNA accessible to RNAses. In a RNAlater preserved sample protection is maintained after 348 freezing/thawing, and intact RNA with unaltered expression levels can be isolated(7, 349 9) (and own preliminary data, not shown). Though this is not a licence to interrupt the 350 cold chain, it eases sample handling during analytic procedures, and minimizes 351 temperature effects e.g. during cutting in a microtome cooled to -30°C. 352

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In conclusion, RNAlater is a protective reagent with many in the context of clinical biobanking. As has been shown for tissues of other origin like liver, it is well suitable for conservation of lung tissue prior to long term storage at -80 °C. In comparison to snap freezing in liquid nitrogen, samples show the same quality with regard to overall RNA quality and mRNA expression. Sample handling at different sites of the clinic is easier and safer and enables samples collection even in parts of the clinic not directly connected to a laboratory environment.

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