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Cortisol levels after cold exposure are independent of

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adrenocorticotrophic hormone stimulation

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21

1 **Abstract**

2 We previously showed that postmortem serum levels of adrenocorticotrophic hormone
3 (ACTH) were significantly higher in cases of hypothermia (cold exposure) than other
4 causes of death. This study examined how the human hypothalamic-pituitary-adrenal axis,
5 and specifically cortisol, responds to hypothermia. *Human samples:* Autopsies on 205
6 subjects (147 men and 58 women; age 15-98 years, median 60 years) were performed
7 within 3 days of death. Cause of death was classified as either hypothermia (cold exposure,
8 $n=14$) or non-cold exposure (controls; $n=191$). Cortisol levels were determined in blood
9 samples obtained from the left and right cardiac chambers and common iliac veins using
10 a chemiluminescent enzyme immunoassay. Adrenal gland tissue samples were stained
11 for cortisol using a rabbit anti-human polyclonal antibody. *Cell culture:* AtT20, a mouse
12 ACTH secretory cell line, and Y-1, a corticosterone secretory cell line derived from a
13 mouse adrenal tumor, were analyzed in mono- and co-culture, and time courses of ACTH
14 (in AtT20) and corticosterone (in Y-1) secretion were assessed after low temperature
15 exposure mimicking hypothermia and compared with data for samples collected
16 postmortem for other causes of death. However, no correlation between ACTH
17 concentration and cortisol levels was observed in hypothermia cases. Immunohistologic
18 analyses of samples from hypothermia cases showed that cortisol staining was localized

19 primarily to the nucleus rather than the cytoplasm of cells in the zona fasciculata of the
20 adrenal gland. During both mono-culture and co-culture, AtT20 cells secreted high levels
21 of ACTH after 10-15 minutes of cold exposure, whereas corticosterone secretion by Y-1
22 cells increased slowly during the first 15-20 minutes of cold exposure. Similar to autopsy
23 results, no correlation was detected between ACTH levels and corticosterone secretion,
24 either in mono-culture or co-culture experiments. These results suggested that ACTH-
25 independent cortisol secretion may function as a stress response during cold exposure.

26

27 **Introduction**

28 Many reports have documented the pathologic changes observed in humans
29 affected by hypothermia due to cold exposure, and “classic” morphologic findings
30 supporting a diagnosis of hypothermia have been established [1-7]. However, as other
31 etiologies of hypothermia include drug abuse, dementia, malnutrition, and infectious
32 disease, only a few studies have specifically examined pathologic findings after cold
33 exposure [8,9], especially from a biochemical perspective, such as the presence and levels
34 of ketone bodies [10-13]. Furthermore, only a few reports have estimated hormone levels
35 as part of the pathophysiologic findings of cold exposure [14-16].

36 The primary stress response system is the sympathetic/adrenomedullary (S/A)
37 system, which includes the chromogranin A [14] and hypothalamic-pituitary-adrenal
38 (HPA) axis [16, 18]. Previous studies have suggested that postmortem serum
39 adrenocorticotrophic hormone (ACTH) concentration is a useful biomarker of death due
40 to cold exposure and the magnitude of physical stress responses during cold exposure
41 [17]. Increased serum concentrations of ACTH associated with activation of the HPA axis
42 and S/A system can be biochemically evaluated by measuring catecholamine and
43 chromogranin A levels [19-23]. With respect to the HPA axis, it is known that cortisol
44 levels are correlated with ACTH levels, and a precursor of cortisol, which is an activator,
45 also inactivates cortisone accounting for 4-5% and corticosterone exhibiting only weak
46 activity [24, 25]. Thus, this study evaluated cortisol as a biomarker of cold exposure-
47 related stress by analyzing cases of human death due to hypothermia. We also assessed
48 the relationship between ACTH and corticosterone levels during cold exposure using a
49 mouse cell culture model.

50

51 **Material and Methods**

52 **Autopsy samples**

53 Autopsies were performed within 3 days postmortem at our institute. The study
 54 included 205 serial cases (147 men and 58 women), and the median age was 60 years
 55 (range 15-98 years). Cortisol levels were determined in blood samples collected
 56 aseptically from the left and right cardiac chambers and the common iliac vein using
 57 syringes.

58 Cause of death was determined based on findings from a complete autopsy as
 59 well as macromorphological, micropathologic, and toxicologic examinations. Cases were
 60 classified as either hypothermia (cold exposure, $n=14$) or control. Cause of death in the
 61 latter group included blunt injury ($n=37$ total; head injury [$n=28$], non-head injury [$n=$
 62 $=9$]), sharp-instrument injury ($n=8$), fire fatality ($n=43$), asphyxia ($n=28$), intoxication
 63 ($n=12$ total; methamphetamine-related fatality [$n=3$], psychotropic drugs [$n=6$], other [$n=$
 64 $=3$]), drowning ($n=12$), hyperthermia (heat stroke, $n=10$), acute ischemic heart disease
 65 ($n=20$), and natural causes ($n=22$). Case profiles are shown in Table1.

66 **Table1. Case profile.**

Cause of Death	Number	Gender (male/female)	Age-structure (mean)	Survival period (mean)	Postmortem period (mean,	Hospitalization (male/female)

				n, h)α	h)α	
Hypothermiaα	14α	9/5α	34-89¶ (62)α	6-24¶ (18)α	24-72¶ (52.6)α	0/0α
Blunt injury ¶ (head injury)α	28α	19/9α	15-98¶ (66)α	<0.5- 1056 ¶ (128. 7)α	12-60¶ (29.3)α	9/6α
Blunt injury¶ (non-head injury)α	9α	9/0α	52-85¶ (67)α	<0.5- 960¶ (122. 6)α	24-60¶ (30.6)α	4/0α
Sharp instrument injuryα	8α	7/1α	40-85¶ (67)α	<0.5- 24¶ (6.3) α	12-36¶ (27.4)α	3/1α
Fire fatalityα	43α	34/10α	28-95¶ (73)α	<0.5- 3600 ¶ (142. 4)α	12-60¶ (27.8)α	6/2α
Asphyxiaα	29α	19/10α	21-83¶	<0.5-	12-60¶	4/2α

			(57) α	240 \parallel (23.7) α	(33.4) α	
Intoxicatio n α	11 α	8/3 α	25-59 \parallel (38) α	<0.5- 48 \parallel (11) α	12-36 \parallel (32.7) α	0/1 α
Drowning α	11 α	7/4 α	44-85 \parallel (62) α	<0.5- 2 \parallel (3) α	12-48 \parallel (29.6) α	0/0 α
Hyperther mia α	10 α	3/7 α	28-92 \parallel (70) α	6- 240 \parallel (33.1) α	24-48 \parallel (32.7) α	2/1 α
Acute ischemic heart disease α	20 α	19/1 α	19-88 \parallel (61) α	<0.5- 144 \parallel (16.5) α	6-60 \parallel (33.6) α	1/1 α
Other natural death α	22 α	14/8 α	21-88 \parallel (70) α	<0.5- 4320 \parallel (243. 5) α	24-48 \parallel (29.2) α	5/3 α

67 ^aMethamphetamine-related fatalities, n=3; psychotropic drugs, n=5; others, n=3

68 Cases of hypo- and hyperthermia due to drug abuse and bathing, respectively, were
69 excluded. Postmortem interval was defined as time elapsed from estimated time of death
70 to autopsy, whereas survival period was defined as the time from the onset of fatal insult
71 to death. Only clearly described cases were examined in this study.

72 Tissue specimens of the bilateral adrenal glands were collected and fixed in 4%
73 paraformaldehyde in phosphate-buffered saline (PBS; pH 7.2) for histopathologic and
74 immunohistochemical analyses.

75

76 **Biochemical analysis**

77 Blood samples were immediately centrifuged to prepare serum, and ACTH and
78 cortisol levels were measured using an AIA-360[®] analyzer (TOSOH Bioscience GmbH,
79 Griesheim, Germany) [27,28]. This analyzer utilizes a competitive fluorescent enzyme
80 immunoassay format and is performed entirely within small, single-use test cups
81 containing all necessary reagents. The analyte in the sample competes with the enzyme-
82 labeled hormone and incubated with a fluorogenic substrate, 4-methylumbelliferyl
83 phosphate. The amount of enzyme-labeled hormone that binds to the beads is inversely
84 proportional to the hormone concentration in the test sample. Calibration, daily checks,
85 and maintenance procedures were carried out as described in the Systems Operator's

86 Manual. Accurate performance data for human ACTH and cortisol, including analyte
87 recovery and dilution studies, had been previously evaluated and were available in the
88 manufacturer's technical bulletins. The time required to obtain the first result using this
89 assay is 20 minutes, with additional results obtained every minute thereafter.

90 Serum samples (150 μ L each) were placed in the test cups, and both hormones
91 were measured using the above-mentioned immunoassays. The lower (and upper)
92 reported values for the ACTH and cortisol assays were 2.0 (2000.0) pg/mL and 28.0
93 (1656.0) nmol/L, respectively.

94

95 **Oxyhemoglobin measurement**

96 Blood oxyhemoglobin was determined using a CO-oximeter system
97 (ABL80FLEX System; Radiometer Corp., Tokyo, Japan) in hypothermia patients [29,
98 30]. Blood alcohol levels were determined using headspace gas chromatography/mass
99 spectrometry (GC/MS), and amphetamine and psychotropic drugs were detected by
100 GC/MS [17].

101

102 **Immunohistochemistry**

103 Harvested adrenal glands were fixed in 4% paraformaldehyde in PBS (pH 7.2) for 12 h,
104 embedded in paraffin, and sectioned at a thickness of 4 μ m. Deparaffinization (Sakura
105 tissue TEK DRS 2000, Tokyo, Japan) of each section was followed by heat-mediated
106 antigen retrieval in citrate buffer (pH7.0) for 10min, after which each section was
107 immersed in 0.3% H₂O₂-methanol for 10 min to inactivate endogenous peroxidases. After
108 washing in PBS for 5 min, slides were incubated overnight with anti-cortisol-binding
109 globulin antibody (ab107368; Abcam). Immunoreactivity was visualized by the polymer
110 method using Dako Envision+ Dual Link System-HRP (K4063; Dako, CA, USA) and the
111 Dako liquid DAB+ Substrate Chromogen System (K3468; Dako), according to the
112 manufacturer's instructions and with hematoxylin counterstaining [13, 17]. The total
113 number of cells in the adrenal gland and number of cells exhibiting cytoplasmic or nuclear
114 cortisol immunoreactivity were determined microscopically under 400 \times magnification.
115 Three random fields were independently enumerated, and the data are presented as
116 number of cortisol-positive cells (cytoplasm or nucleus, respectively)/ total number of
117 adrenal gland cells \times 100. As cells in the zona fasciculata of the adrenal gland are known
118 to produce cortisol in the cytoplasm, immunostaining for cortisol in each group was
119 evaluated by technicians blinded to sample grouping. Three sections were randomly
120 selected for cell counting [31, 32].

121

122 **Cell culture models**

123 *Mono-culture models of pituitary and adrenal cells*

124 Mono-culture models of ACTH-secreting AtT20 pituitary cells [33-37] and
125 corticosterone-secreting Y-1 adrenal cells [38-42] derived from mice were developed to
126 verify whether these cells secrete hormones only upon stimulation by exposure to cold.
127 For both cell types (AtT20 and Y-1), the culture medium consisted of a 1:1 ratio of
128 DMEM-F12 and 15% charcoal stripped fetal bovine serum (FBS; Biological
129 Industries,CT.,USA) with 4mM L-glutamine, 50 U/mL penicillin, and 50 µg/ml
130 streptomycin. Initially, cells of both types were seeded and cultured at 37°C. Growth was
131 controlled at 54,618 cells/cm² for AtT20 and 57,803 cells/cm² for Y-1, and the cells were
132 allowed to proliferate until they covered the surface of the culture dishes. The culture
133 medium for Y-1 cells was replaced once every 2 days. Once the AtT20 and Y-1 cells
134 reached confluence, they were transferred to 4°C and maintained. The amount of ACTH
135 and corticosterone in the culture medium was measured at 5, 10, 15, 20, 30, 40, 60, 180,
136 and 360 min; at 12 and 24 h; and at 3 and 5 days. ACTH was measured using a mouse
137 ACTH assay kit (FEK-001-21; Phoenix Pharmaceuticals, Inc., USA) [43,44], and
138 corticosterone was measured using a mouse corticosterone assay kit (Assay MAX

139 EC3001-1; ANG, USA) [45-47]. At the end of the experiment, adherent cells were
140 dissociated from the surface using trypsin and then counted; hormone concentrations
141 were calculated using a correction formula and the measured values.

142

143 ***Co-culture model development***

144 We developed a co-culture system for AtT20 ACTH-secreting cells (ECACC no.
145 87021902) [36,37] and Y-1 corticosterone-secreting cells derived from mice [45-47] as a
146 model of the pituitary-adrenal system. The co-culture model was used to investigate
147 whether these cells interact as part of the HPA axis during cold-stimulated hormone
148 production. Both AtT20 and Y-1 cells were cultured in medium containing DMEM-F12
149 supplemented with 15% inactivated FBS, 50 µg/ml streptomycin, 50 µM penicillin, and
150 0.25 µg/ml fungizone. To inactivate ACTH included in the culture medium, 0.2 mL of
151 rabbit anti-mouse ACTH (1-24) serum (Siemens, Immulyze) was added to 200 mL of
152 culture medium, we decided about the proper amount of the rabbit serum using an ACTH
153 ELISA kit (MDB, M046006) [48].

154 Initially, both AtT20 and Y-1 cells were cultured separately at 37°C, with AtT20
155 and Y-1 cells on the top and bottom of the filter, respectively. The cells were then co-
156 cultured at 4°C. The insert for 6-well plate (Greiner Bio-One, Frickenhausen, Germany)

157 used to separate the AtT20 and Y-1 cells had a diameter of 23.1 mm, pore size of 3.0 μm ,
158 and pore density of 2×10^6 pores/ cm^2 . Initially, corticosterone-secreting Y-1 cells were
159 cultured on the bottom of the filter with the filter placed upside down so that the cells
160 formed a mono layer. Subsequently, the filter was placed upright in the culture medium.
161 Schroten H, (2016) established this method in a choroid plexus model [49-53], and we
162 previously described this method in a report on the physiologic significance of the blood-
163 cerebrospinal fluid barrier and prolactin [54].

164 Excessive growth on the filter was controlled by trypsinization to maintain a
165 single layer of cells; the number of Y-1 cells on the filter was limited to 57,803/ cm^2 . As
166 the Y-1 cells formed tight junctions, movement of ACTH between the cells was
167 prevented. Thereafter, the culture medium was replaced once every 2 days. Once
168 culturing of the Y-1 cells was complete, AtT20 (ACTH secreting) cells were similarly
169 grown on the other side of the filter (i.e., the side opposite to Y-1 cells). The filter was
170 immersed in the culture medium by placing the ACTH-secreting (AtT20) cells side facing
171 up and corticosterone-secreting (Y-1) cells side facing down. Levels of ACTH and
172 corticosterone in the culture medium were measured at 5, 10, 15, 20, 30, 40, and 60 min,
173 as indicated above. After measurement of both hormones, the adherent cells were

174 dissociated from the filter using trypsin and counted. Accurate hormone concentrations
175 were calculated using a correction formula and the measured values.

176

177 **Statistical analysis**

178 For comparisons between groups, we used the nonparametric Mann-Whitney *U*
179 test. The Games-Howell test was used for analyses involving multiple comparisons. All
180 analyses were performed using Microsoft Excel and IBM SPSS statistic viewer 24. Lines
181 in each box represent the median, whereas lines outside each box represent the 90%
182 confidence interval. The sensitivity and specificity for distinguishing between two groups
183 using cut-off cortisol values based on blood collection site (i.e., left and right cardiac
184 chambers and common iliac veins) were estimated using receiver operating characteristic
185 (ROC) curve analysis. Areas under the curve were calculated and analyzed using a 1-
186 tailed test. The optimal compromise between sensitivity and specificity was determined
187 graphically.

188

189 **Ethics statement**

190 This study was evaluated by the Independent Ethics Committee of the Osaka
191 City University Graduate School of Medicine, which approved opt-out for informed
192 consent regarding the autopsy data analysis (authorization no.4153).

193

194 **Results**

195 **Relationship between cortisol levels and sex, age, survival period, and** 196 **postmortem period**

197 Serum cortisol levels were not associated with postmortem period, survival
198 period, sex and related differences, or age.

199

200 **Relationship between cortisol levels and collection site**

201 Cortisol levels exhibited correlation ($R=0.63-0.92$) with blood collection site,
202 namely, left and right cardiac chambers and external iliac vein.

203

204 **Relationship between cortisol levels and cause of death**

205 At all blood collection sites, cortisol levels were approximately three times
206 higher in hypothermia cases than in cases involving other causes of death ($p<0.05-$
207 $p<0.0001$; Fig 1a-c). Specifically, serum cortisol levels were significantly higher in

208 hypothermia cases compared with other causes of death: left cardiac blood, 20-120 µg/dL
209 (median 50 µg/dL); right cardiac blood, 20-100 µg/dL (median 50 µg/dL); iliac vein, 20-
210 130 µg/dL (median 60 µg/dL) versus left cardiac blood, 0-50 µg/dL (median 20 µg/dL);
211 right cardiac blood, 0-40 µg/dL (median 10 µg/dL); iliac vein, 0-20 µg/dL (median 20
212 µg/dL). Furthermore, most cases exhibited lower cortisol levels, except in hyperthermia
213 cases (heat stroke: left cardiac blood, 0-60 µg/dL [median 30 µg/dL]; right cardiac blood,
214 0-42 µg/dL [median 20 µg/dL]; iliac vein, 0-60 µg/dL [median 20 µg/dL]). There was no
215 correlation between ACTH concentration and cortisol in hypothermia cases at any of the
216 collection sites tested (left cardiac blood: $Y = 0.0103x + 3.237$; $r=0.065$; $p > 0.05$ versus
217 right cardiac blood: $Y = 0.0217x + 2.7124$; $r=0.113$; $p > 0.05$ versus iliac vein: $Y =$
218 $0.026x + 2.4458$; $r=0.170$; $p > 0.05$).

219 Sensitivity and specificity cut-off values for distinguishing between groups with
220 higher (hypothermia) and lower (other cause of deaths) cortisol levels were determined
221 using ROC curve analysis and estimated as 30 µg/mL (0.917 and 0.852) for the left
222 cardiac chamber, 25 µg/mL (0.917 and 0.836) for the right cardiac chamber, and 30
223 µg/mL (0.917 and 0.872) for the common iliac veins.

224 **Fig 1. Cortisol levels in blood collected from three sites.** Cortisol levels by cause of
225 death in the left (a) and right (b) cardiac chambers and the common iliac vein (c).

226

227 **Cortisol immunopositivity in the adrenal gland**

228 Cortisol immunostaining analysis indicated that in hypothermia cases, cortisol
229 was primarily localized in the nucleus, whereas cortisol staining was predominant in the
230 cytoplasm in cases involving other causes of death (Fig 2 a-c). the Graph in Fig 3a shows
231 the cortisol positivity rate in the nucleus by cause of death. Hypothermia (0-70%, median
232 50%) cases exhibited significantly higher cortisol positivity rate than the other groups (0-
233 30%, median 5%). The graph in Fig 3b shows the number of cells that were positive for
234 cortisol in the cytoplasm; however, it was not significantly different compared with the
235 nucleus.

236 **Fig 2. Immunostaining of cortisol in the adrenal gland.** Micrographs showing
237 hematoxylin-eosin staining (i) and immunostaining (ii) of cortisol in the adrenal gland in
238 cases of (a) hypothermia, (b) intoxication, and (c) acute cardiac death (original
239 magnification $\times 100$).

240 **Fig 3. Cortisol positivity rate in the nucleus and cytoplasm by cause of death.**

241 Cortisol immunopositivity in the nucleus (a: hypothermia; $p < 0.05$), cytoplasm (b:
242 hypothermia; $p > 0.05$), and nucleus to cytoplasm (c: hypothermia; $p > 0.05$) ratio by
243 cause of death.

244

245 **Mono-culture model**

246 In the mono-culture models, ACTH- and corticosterone-secreting cells were
247 cultured separately at 4°C to ensure the absence of ACTH in the culture of corticosterone-
248 secreting Y-1 cells (Fig 4a). AtT20 cells secreted ACTH after 10~15 min of cold exposure
249 (10 min: median 120 pg/mL; 15 minutes: median 100 pg/mL), which subsequently
250 decreased by 30 min (median 15 pg/mL) (Fig 5a). Corticosterone secretion by Y-1 cells
251 increased slowly during the first 30 min of cold exposure (median 30 ng/mL) and
252 subsequently decreased by 60-180 min (60 min: median 25 ng/mL; 180 min: median 20
253 ng/mL) (Fig 5b). However, cell culture studies did not reveal a correlation between ACTH
254 and corticosterone secretion in mono-culture experiments, and these results thus suggest
255 that corticosterone secretion after cold exposure is independent of ACTH (Fig 5c).

256 **Fig 4. Mono- and co-culture of ACTH- (AtT20) and corticosterone-secreting (Y-1)**
257 **cells.** Schematic illustration of mono-culture (a) and co-culture (b) models of pituitary
258 and adrenal gland cells.

259 **Fig 5. Patterns of ACTH (AtT20) and corticosterone (Y-1) secretion over time.**
260 ACTH (a) and corticosterone (b) concentrations over time under cold conditions (4°C) in
261 mono-culture.

262 **Pituitary–adrenal cell co-culture model**

263 In the co-culture model (Fig 4b), ACTH secretion peaked at 10~15 min (10 min:
264 median 130 pg/mL; 15 min: median 120 pg/mL) and slowly decreased from 20 min
265 onwards (median 20 pg/mL). Corticosterone levels slowly increased beginning at 10 min
266 (median 30 ng/mL), peaked at 20 min (median 300 ng/mL), and decreased after 30 min

267 (median 150 ng/mL) (Fig 6). These co-culture results suggest that corticosterone secretion
268 is ACTH independent, as seen in mono-culture experiments (Fig 7).

269 **Fig 6. Secretion of ACTH and corticosterone over time in co-culture of AtT20 and**
270 **Y-1 cells.** Concentrations of ACTH and corticosterone over time in co-culture of ACTH-
271 (AtT20) and corticosterone-secreting (Y-1) cells under cold conditions (4°C).

272 **Fig 7. Correlation of ACTH and Corticosterone in mono-culture and co-culture**

273 The correlation between ACTH and corticosterone levels in mono-culture. The mono-
274 culture study demonstrated that corticosterone secretion following cold exposure is
275 independent of ACTH ($Y = 1.28x + 11.34$, $r = 0.3$, $p > 0.05$). In co-culture the correlation
276 between ACTH and corticosterone levels results demonstrated that corticosterone
277 secretion following cold exposure is independent of ACTH ($Y = 0.03x + 52.04$, $r = 0.07$,
278 $p > 0.05$).

279

280 **Discussion**

281 The correlation between cortisol levels and blood collection site in the present
282 study suggests there were differences in cortisol levels at the various collection sites tested.
283 Therefore, we assessed the relationship between cortisol levels in blood collected from
284 each site and cause of death and found that cortisol levels in cases of hypothermia were
285 three times higher than those in other causes of death. No significant correlations were
286 observed between cortisol levels and causes of death other than hypothermia. There was
287 no correlation between ACTH concentration and cortisol levels in hypothermia,
288 suggesting that cortisol can be produced by the adrenal gland during cold stress without
289 stimulation by ACTH. Such ACTH-independent production of cortisol might be

290 protective during prolonged (but not acute) periods of cold stress, as cold exposure
291 promotes glucose production [55]. Importantly, micromorphologic changes in hormone
292 expression in the adrenal cortex appear to be important for cold-induced cortisol secretion.

293 Cortisol is produced primarily in the zona fasciculata of the adrenal gland. Cell
294 counts and nuclear and cytoplasm staining by technicians blinded to cause of death
295 showed that during hypothermia, cortisol staining was primarily localized in the nucleus
296 rather than the cytoplasm. Furthermore, nuclear staining of cortisol was significantly
297 greater in cases of hypothermia than cases involving other causes of death, whereas no
298 significant difference between groups was noted in terms of cytoplasmic staining. These
299 findings support studies showing that glucocorticoid receptors are inactive in the
300 cytoplasm, as they are complexed with other proteins [56]. When glucocorticoids bind,
301 they become active dimers, move into the nucleus, and promote transcription. Here, we
302 found high levels of cortisol staining in the nucleus during cold exposure. Considered
303 together, these observations suggest that cortisol is secreted in large quantities in response
304 to the stress of cold exposure and that re-uptake might also occur [57-59].

305 In this study, we used a novel co-culture system to assess ACTH and
306 corticosterone secretion secondary to cold stimulation. We demonstrated that ACTH and
307 corticosterone secretion levels and patterns differed and were not correlated. Mono-
308 culture of ACTH- and corticosterone-secreting cells under ACTH-free conditions at 4°C
309 resulted in a sudden peak in ACTH at 10 min that decreased after 30 min. This can be
310 explained by the half-life of mouse ACTH [60]. However, in an ACTH-free environment,
311 the increase in corticosterone was lower than that seen under co-culture conditions, and
312 there was no correlation between corticosterone and ACTH levels. These results suggest
313 that cold exposure leads to independent increased secretion of cortisol.

314 There are some limitations to this study. The correlation between ACTH and
315 corticosterone levels in mouse cell culture may differ from that observed in human
316 autopsy examples. The half-life of hormones may also differ in the cell culture models
317 and in humans. Furthermore, it is necessary to examine differences between human
318 cortisol and mouse corticosterone and address problems associated with temperature
319 settings in the cell culture model [61].

320

321 In conclusion, the present study showed that serum cortisol level can be used as
322 a biomarker for cold exposure and that cortisol production in response to cold stress does
323 not depend on ACTH-based activation. As immunostaining for cortisol revealed high
324 expression levels in the nucleus after cold exposure, it is possible that cortisol production
325 following cold exposure is independent of ACTH stimulation.

326

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328

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507

508 **Supporting information**

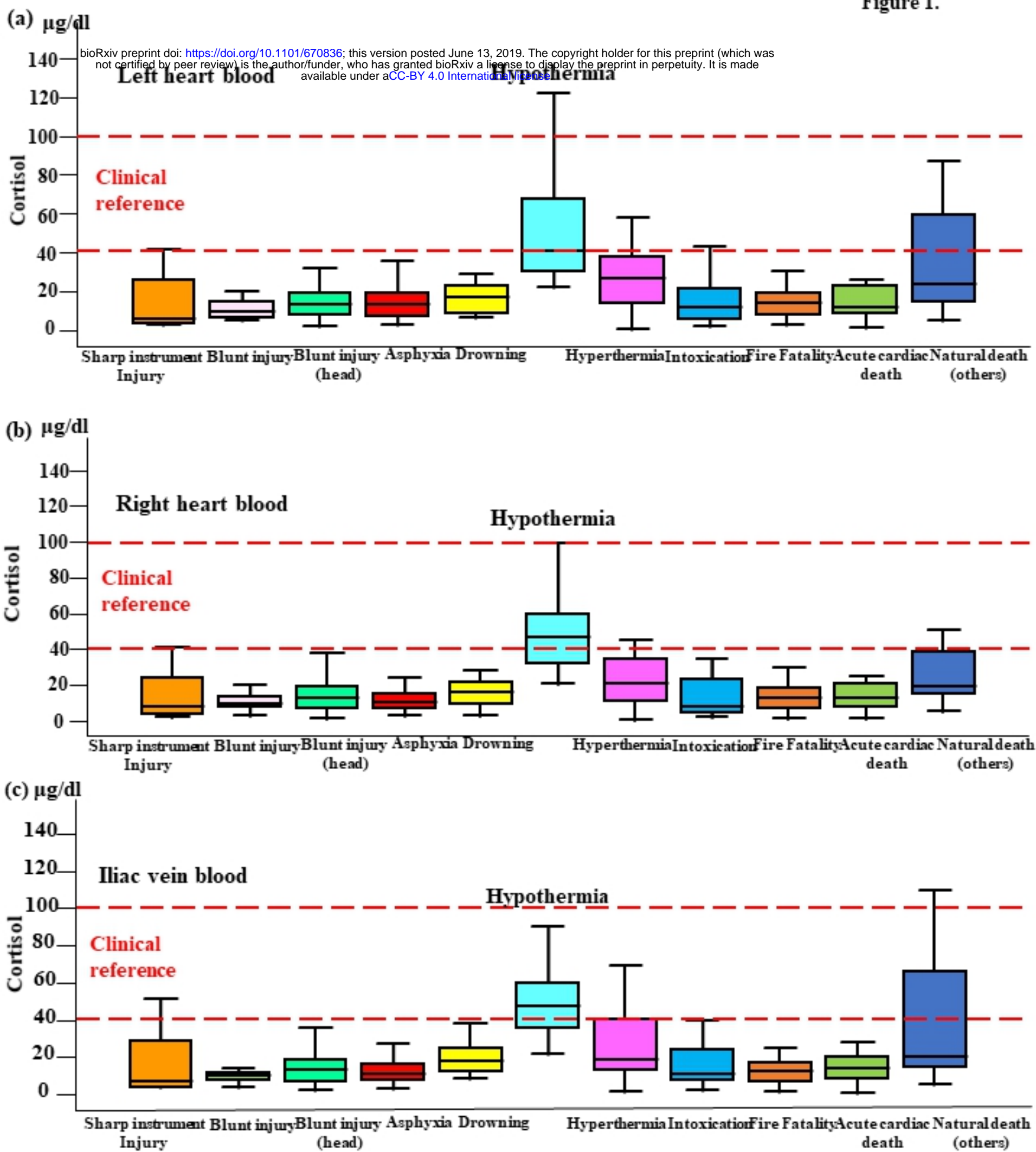
509 **Fig S1. Correlation with cortisol level.** Relationship between cortisol level in blood
510 collected at different sites and sex (a), age (b), survival period (c), and postmortem period
511 (d).

512

513 **Fig S2. Relationship between cortisol level and blood collection site.** Left and right
514 cardiac blood (a), left cardiac blood-iliac vein blood (b), and right cardiac blood-iliac vein
515 blood (c).

516

Figure 1.



Figure_1.

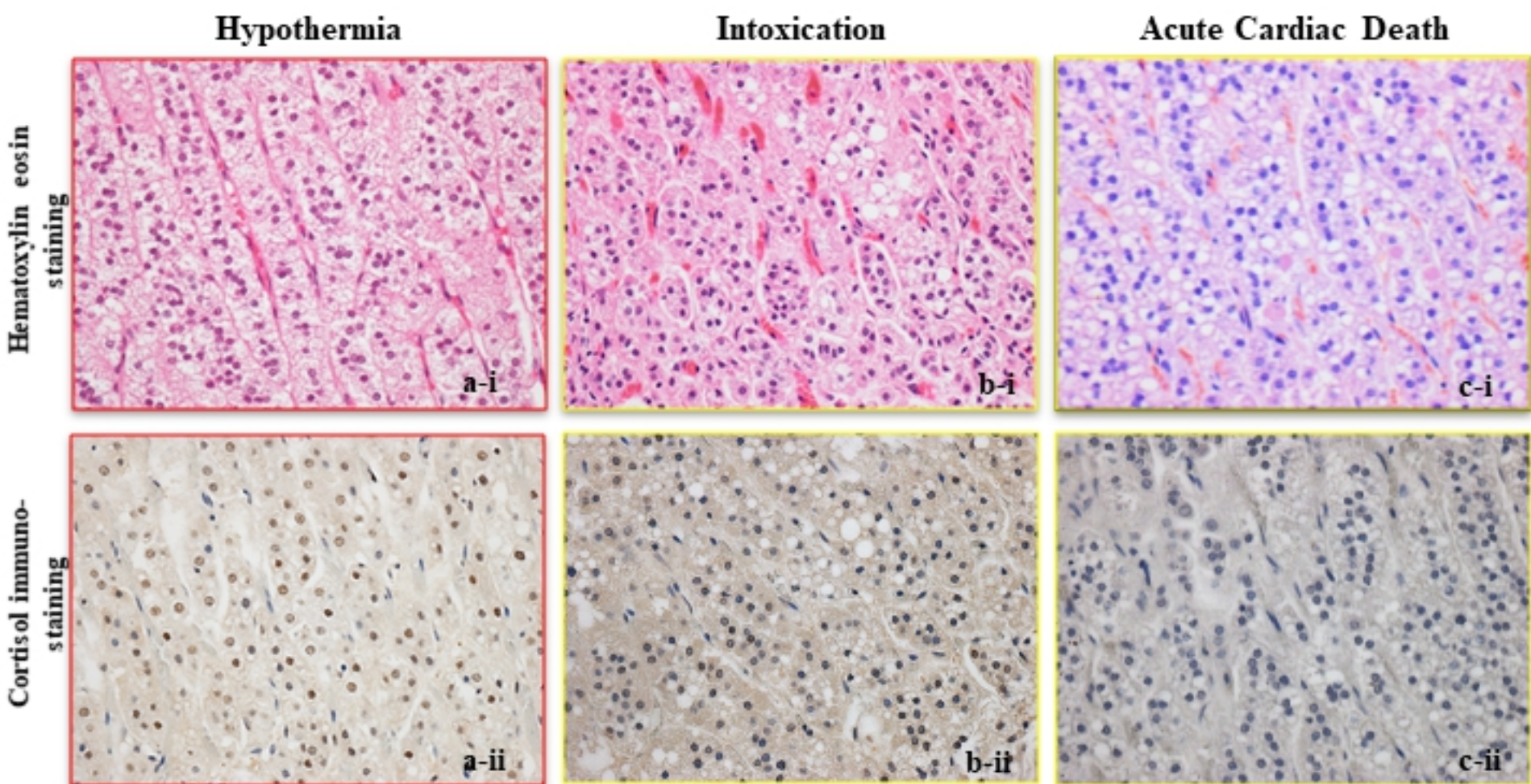


Figure 2.

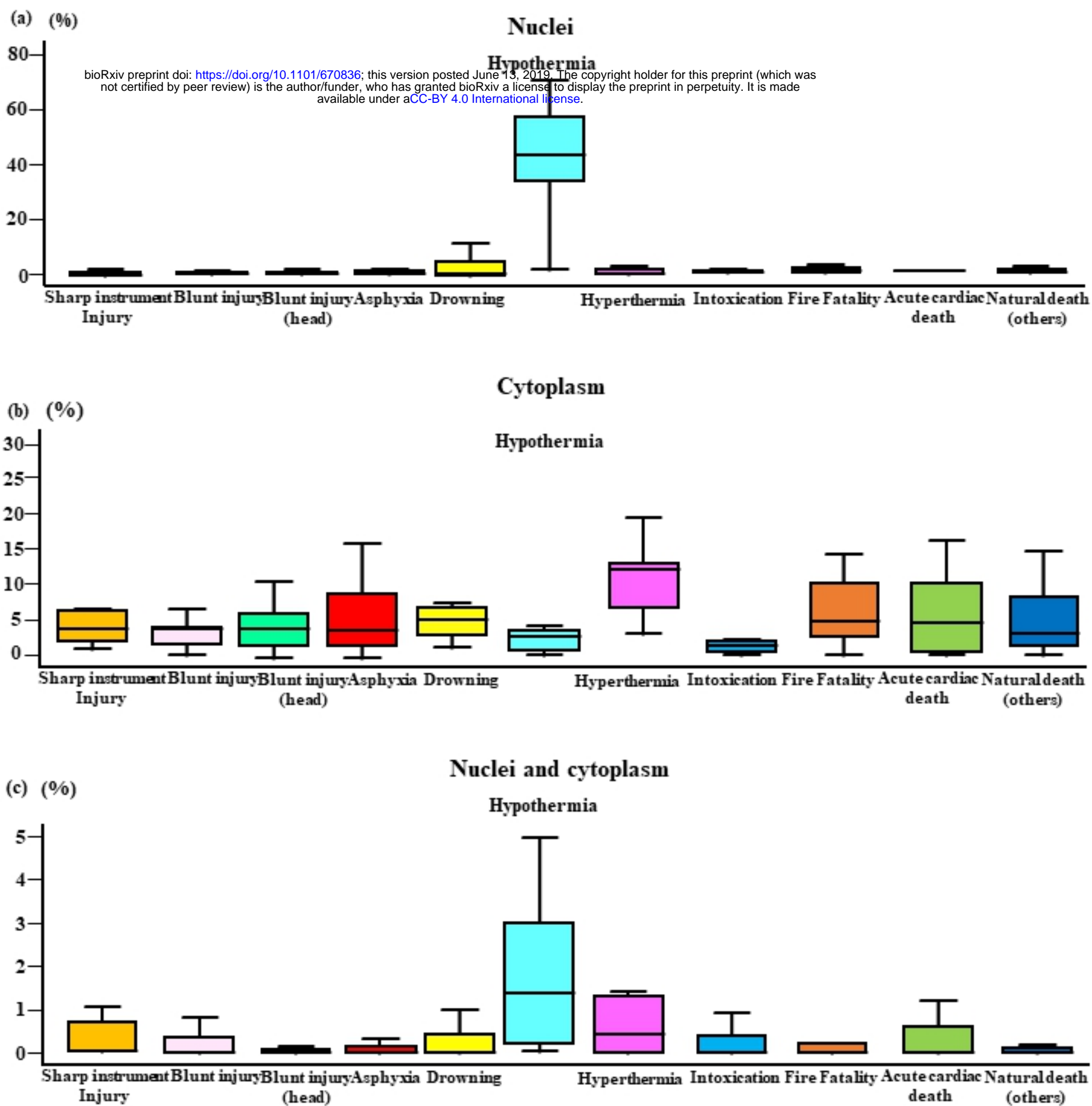


Figure. 3

Figure. 4a

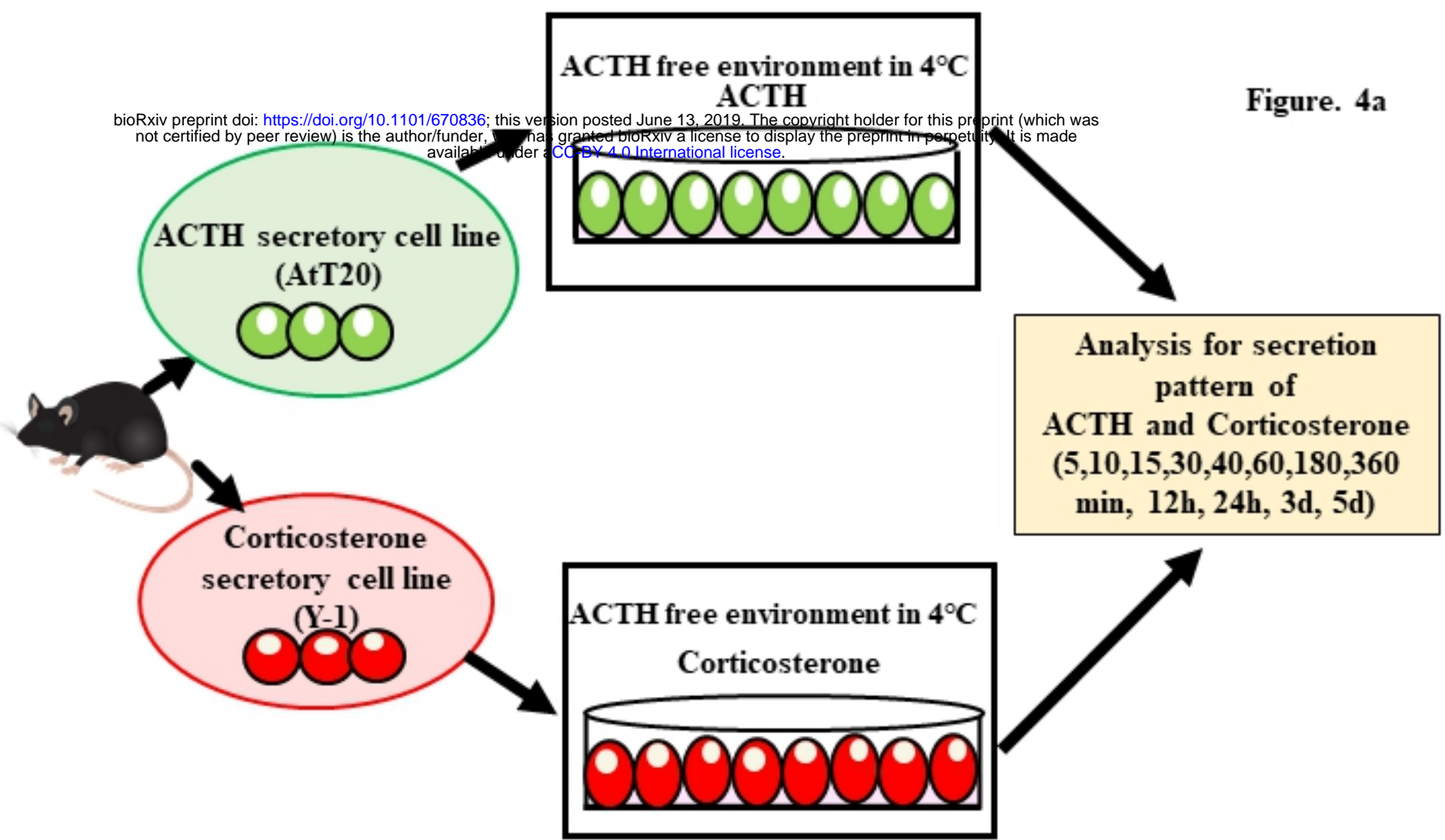
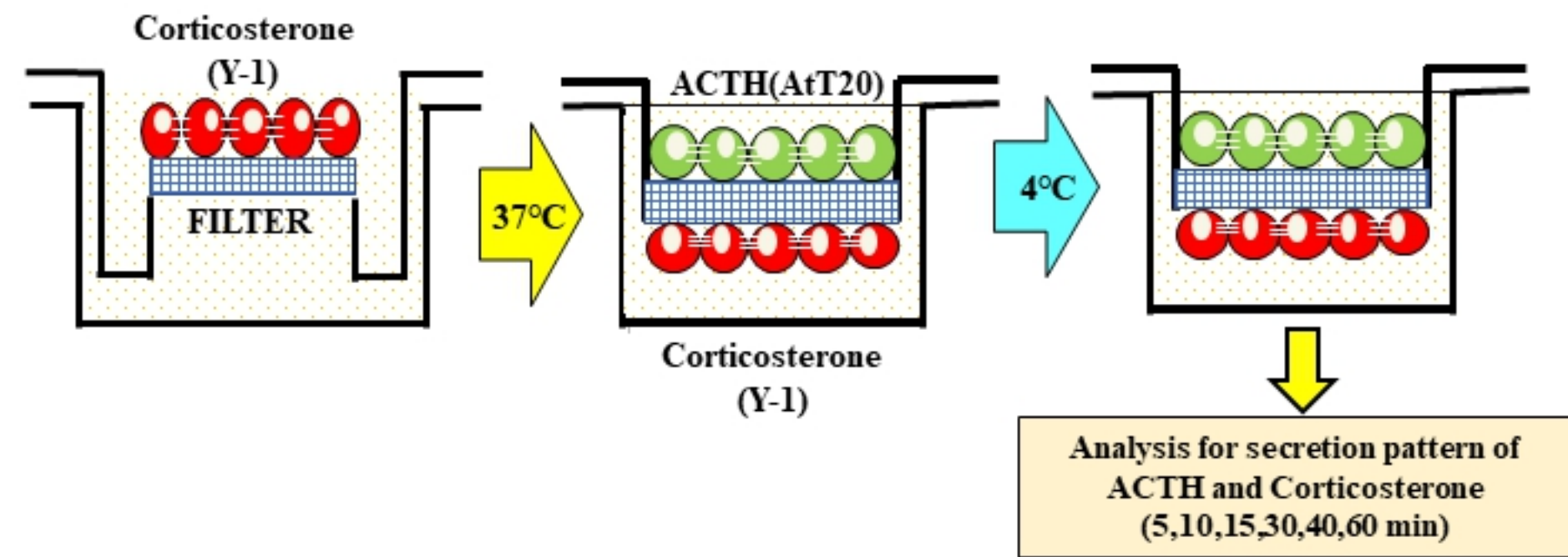


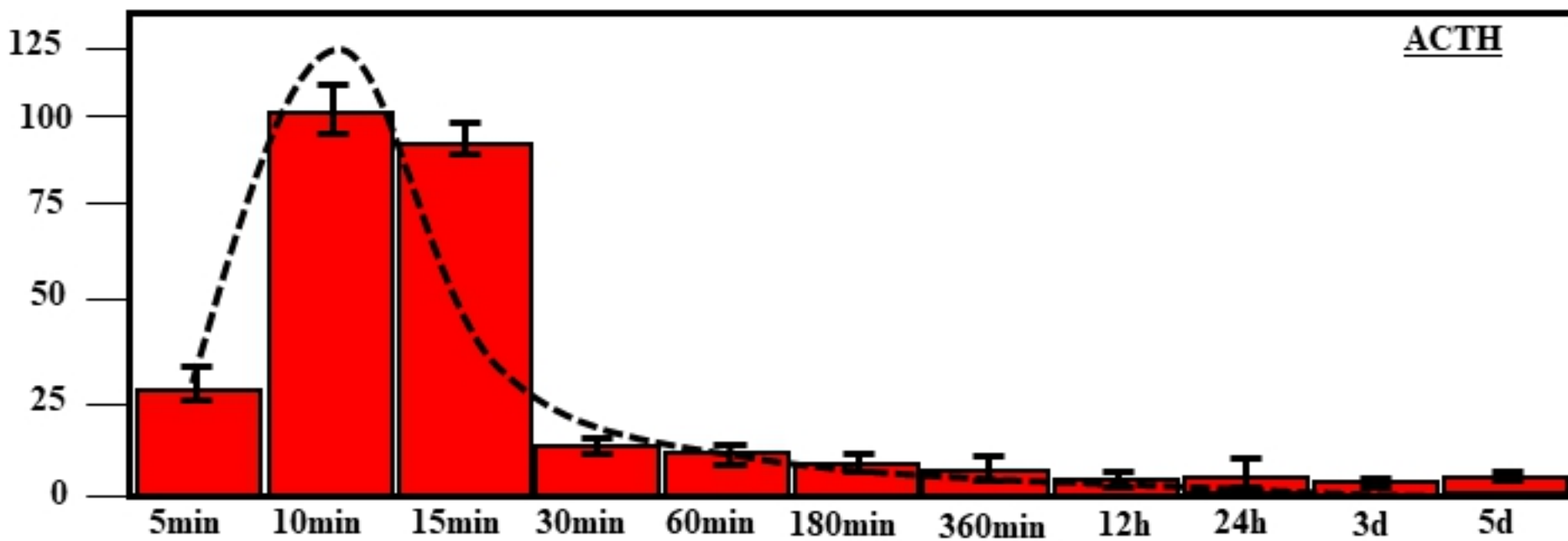
Figure. 4b



Figure_4.

Figure. 5a

(pg/ml)



(ng/ml)

Figure. 5b

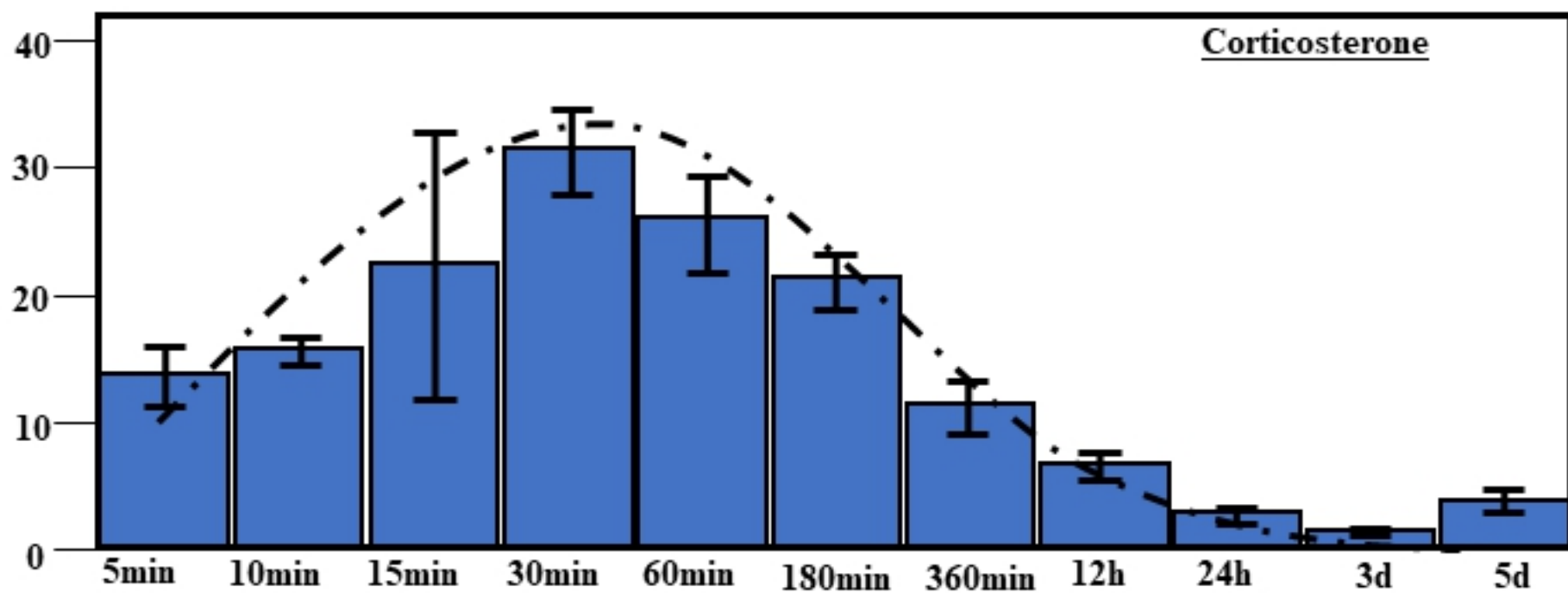
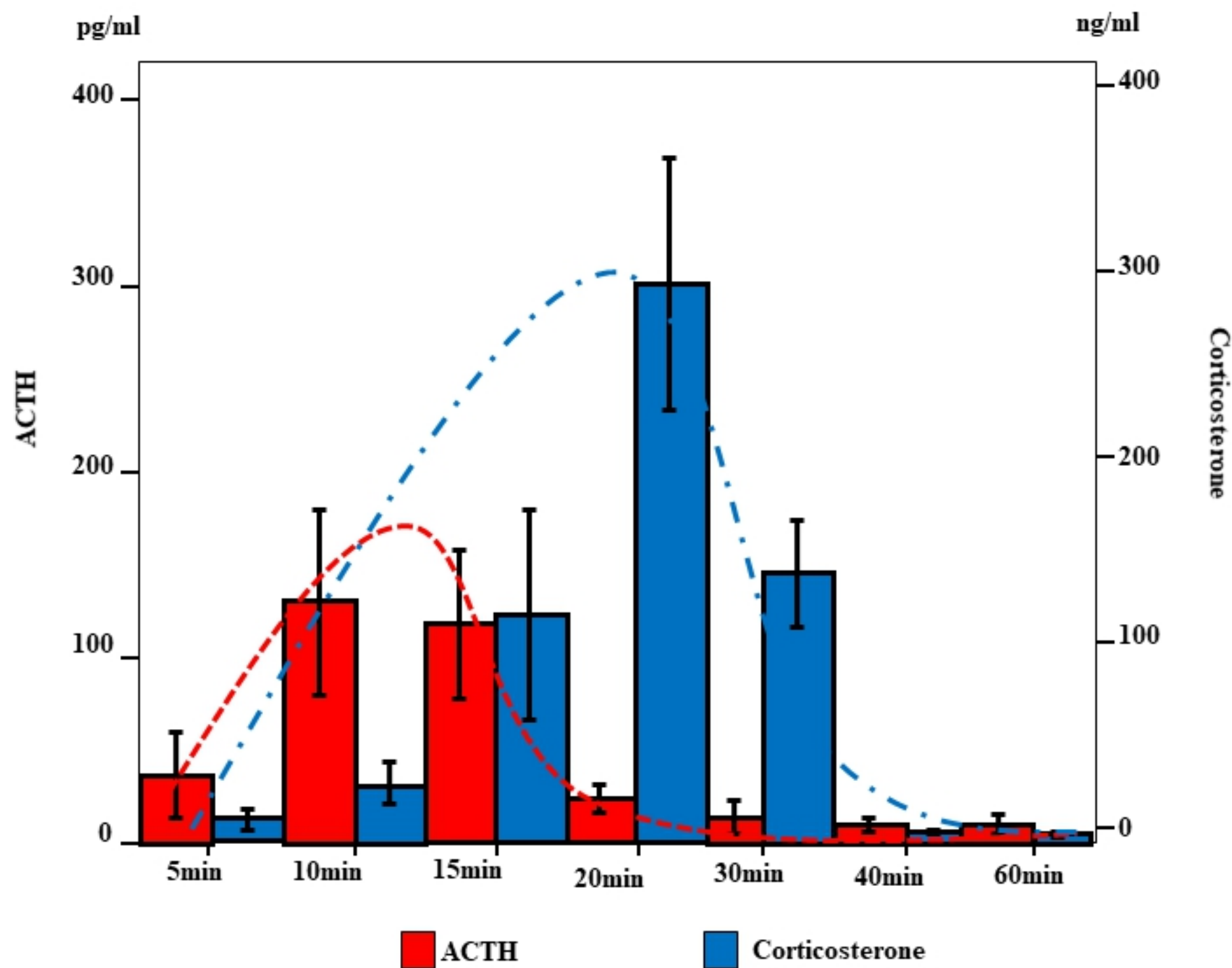


Figure. 6



Figure_6.

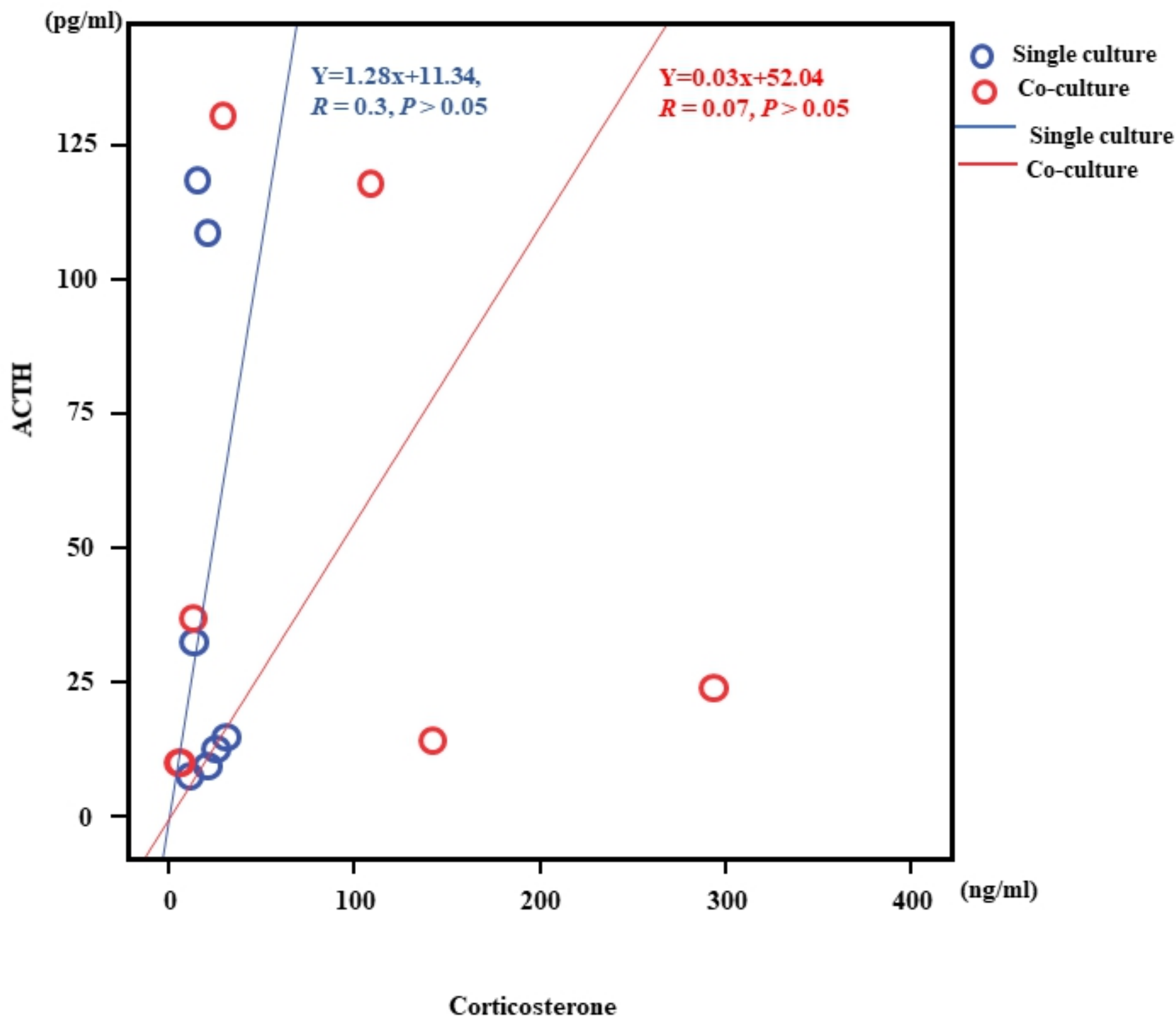


Figure. 7