

## Review

# An oocentric view of folliculogenesis and embryogenesis



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## Abstract

The mammalian oocyte undertakes a highly complex journey to maturity during which it successively acquires a series of characteristics necessary for fertilization and the development of a healthy embryo. While the contribution of granulosa cells to oocyte development has been studied for many years, it has recently become apparent that the oocyte itself plays a key role in directing its own fate as well as the growth and differentiation of the follicle. This regulatory capacity is achieved through the synthesis and secretion of oocyte-specific factors, such as growth and differentiation factor 9 and bone morphogenetic protein 15, which act on granulosa cells to modify their proliferation, function and differentiation, as well as through direct physical contacts that occur at the granulosa cell–oocyte interface. This review describes key mechanisms by which the oocyte manipulates its own environment in order to achieve meiotic and developmental competence. The potential consequences of assisted reproductive technologies, such as in-vitro maturation and cryopreservation, on oocyte–granulosa cell interactions are also discussed, along with the impact of impaired oocyte development on early embryogenesis.

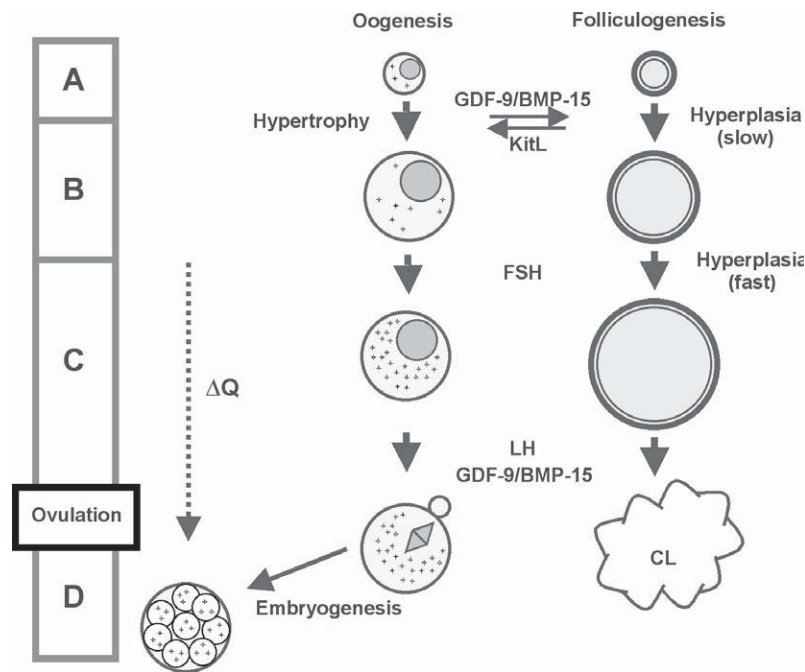
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## Introduction

There is an ever increasing awareness within the field of human and animal assisted reproductive technologies that establishment of pregnancy and offspring health are invariably linked to properties exhibited by oocytes at the time of fertilization. While specific determinants of oocyte quality have eluded rigorous physiological definition, compelling evidence now favours the idea that the follicular environment both prior to and during ovulation ultimately dictates the developmental competence of the preimplantation conceptus. This review will fashion an oocentric perspective in addressing critical phases of folliculogenesis that impart the molecular, organellar, and organizational determinants needed to successfully journey through the preimplantation stages of embryogenesis. Two phases of folliculogenesis are evaluated that encompass the growth or vegetative phase of oogenesis, typically restricted to the protracted pre-antral follicle and the maturative phase that is associated with ovulation of the Graafian follicle in response

to the LH surge. By no means is omission of the generative or proliferative phase of oogenesis intended to suggest that it is of less importance than later stages in the ontogeny of a mature oocyte. Rather, the intention is to emphasize what is and what is not known about how the non-quiescent oocyte commencing its growth influences the microenvironment of the follicle to assure, somewhat selfishly, that it acquires the necessary ingredients to support the placental and fetal fates of the conceptus. As stated by Anderson, 'it is obvious that while one of the goals of oogenesis is to commence embryogenesis, an early objective of this phenomenon is the production of a mature egg' (Anderson, 1974).

The production of a mature egg is best characterized as a symbiotic process (**Figure 1**). The germ line first engages the metabolic support of somatic cells to achieve the mass equivalence of an embryo. In so doing, the oocyte in many mammalian forms



**Figure 1.** Schematic representation of growth and maturation stages of oogenesis illustrating the relative sequence of factors coordinating folliculogenesis and embryogenesis. Oocytes entering the growth phase exit from quiescence in primordial follicles (top) and under the influence of growth and differentiation factor 9 (GDF-9) and bone morphogenetic protein 15 (BMP-15) establish a feedback loop that condones germ cell hypertrophy while limiting somatic cell hyperplasia. Acquisition of FSH sensitivity, typically near the end of the oocyte growth phase in rodents, launches somatic cell hyperplasia and specification of mural and cumulus lineages. While a fully-grown oocyte prior to exposure to FSH has the mass equivalence to form a compacted embryo, FSH and LH follicular exposure is necessary to complete acquisition of developmental competence. Physical separation of the germ line from the mural lineage encourages and supports transformation of the Graafian follicle into the corpus luteum (CL). Note that the acquisition of developmental competence ( $\Delta Q$ ) is gradual and may be apportioned to different stages of this developmental progression depending on the species. (A) Primordial follicle activation and initial growth; (B) pre-antral development; (C) antral development; (D) early embryogenesis; KitL = kit ligand.

acquires a molecular and organellar quota either just before or during the stage when the follicle differentiates into an oestrogen-producing gland. The consumer identity of the oocyte continues through the shorter FSH-dependent phase of antral follicle growth while preventing 'muralization' of the cumulus lineage of granulosa cells. The peri-antral phase also coincides with the time during which meiotic cell cycle competence is achieved. Oocyte dominance continues through ovulation as factors of germ cell origin facilitate cumulus expansion and meiotic progression through complex feedback mechanisms modulated by LH. How the oocyte impacts follicle growth and differentiation is first discussed, especially with reference to the establishment and maintenance of bidirectional feedback loops at the somatic germ cell interface.

## Growth phase of folliculogenesis

Female gametes are stored within the ovary in the form of primordial follicles, which are comprised of small, non-growing functionally immature oocytes surrounded by a single layer of squamous granulosa cells. Throughout the reproductive lifespan

of most mammals, a continuous trickle of primordial follicles are released from dormancy and enter the growing follicle pool. Once growth is initiated, the follicle embarks on a complex path of development during which the oocyte progresses through a series of highly co-ordinated phases of development that are necessary for its successful ovulation and fertilization. This process begins as soon as the pool of primordial follicles is established in the ovary and continues until the pool is exhausted and folliculogenesis ceases, a time corresponding to the transition to menopause in humans. It has been known for many years that the granulosa and theca cells of the follicle support the oocyte on this journey, through the provision of essential nutrients, information molecules, metabolic precursors, growth factors and hormones (Biggers *et al.*, 1967; Donahue and Stern, 1968; Brower and Schultz, 1982; Haghighat and Van Winkle, 1990). However, it is also becoming apparent that the oocyte itself plays an active and dominant role in directing follicle growth by synthesizing factors that regulate the proliferation, function, survival and differentiation of granulosa cells, the recruitment of theca cells, and the secretion of extracellular matrix components (Buccione *et al.*, 1990; Salustri *et al.*, 1990; Canipari *et al.*, 1995; Eppig *et al.*, 2002; Hussein *et al.*, 2005).

In this regard, the oocyte manipulates its own environment to ensure it is adequately supported throughout pre-antral, antral and pre-ovulatory development.

The pre-antral phase of folliculogenesis is characterized by zona pellucida formation, granulosa cell proliferation, which is at first slow, the recruitment of thecal cells to the follicular basal lamina and a dramatic increase in oocyte volume (Pedersen, 1969). Pre-antral follicle growth occurs independently of extra-ovarian hormonal stimuli (Halpin *et al.*, 1986; Kumar *et al.*, 1997) and its regulation predominantly involves direct interactions between granulosa cells and oocytes and the local production of growth factors. In particular, two oocyte-specific members of the transforming growth factor (TGF) $\beta$  super family, growth differentiation factor 9 (GDF-9) and bone morphogenetic factor 15 (BMP-15), have been shown to play important regulatory roles during pre-antral follicle development (Hanrahan *et al.*, 2004).

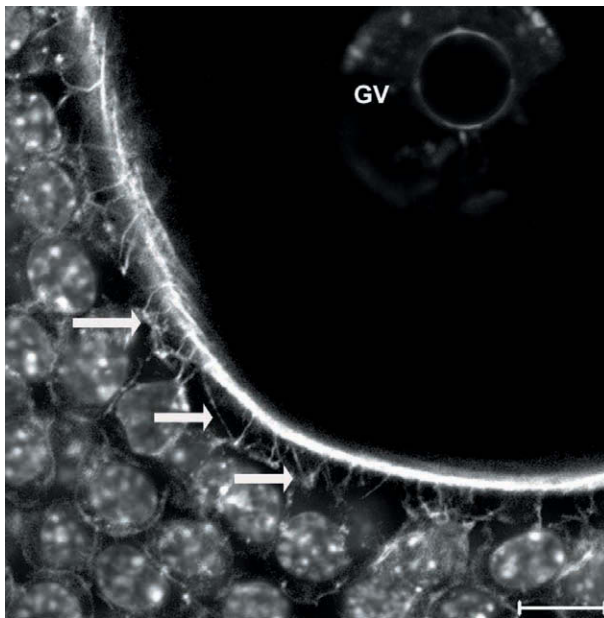
GDF-9 is expressed by the oocyte throughout folliculogenesis and is required for progression beyond the primary stage of development (Dong *et al.*, 1996; Carabatsos *et al.*, 1998; Elvin *et al.*, 1999a). Female mice that are homozygous for a targeted deletion of exon 2 of the *gdf-9* gene are infertile and their ovaries contain oocytes that grow rapidly and undergo nuclear remodelling consistent with oocyte differentiation, though granulosa cells only undergo limited proliferation and theca cells fail to assemble around the follicle (Carabatsos *et al.*, 1998; Elvin *et al.*, 1999b). The oocytes of these defective follicles eventually degenerate. These observations, along with other studies, suggest that GDF-9 is important for both granulosa cell proliferation and theca cell recruitment (Vitt *et al.*, 2000; Gilchrist *et al.*, 2004). Based on the accelerated growth rate of oocytes in GDF-9-deficient animals, it has also been postulated that GDF-9 may participate in a negative feedback pathway to temper oocyte growth (Combelles and Albertini, 2003). While the mechanism by which GDF-9 exerts this effect is yet to be elucidated, there is some evidence to suggest that GDF-9 may restrain oocyte growth by down-regulating granulosa cell expression of the oocyte growth factor kit ligand (KitL) (Joyce *et al.*, 2000). This work emphasizes the necessity for a complex intra-follicular signalling pathway at the oocyte–granulosa cell interface. The physiological and structural determinants that mediate the dialogue remain to be fully established.

BMP-15 is a sequence homologue of GDF-9 that is expressed by oocytes throughout folliculogenesis. In sheep that are homozygous for inactivating mutations in the *bmp-15* gene, follicles fail to develop beyond the primary stage and oocytes are soon lost from within activated follicles, though granulosa cells remain in an empty cluster (Braw-Tal *et al.*, 1993; Galloway *et al.*, 2000; Hanrahan *et al.*, 2004). Additionally, Juengel *et al.* (2002) have shown using in-vivo immunoneutralization studies that both GDF-9 and BMP-15 are essential for follicle development in sheep. Collectively, these observations suggest that BMP-15 is required for follicle progression, granulosa cell proliferation and for their sensitivity to apoptosis in this species. Interestingly, inactivating mutations in the *bmp-15* gene of mice has little effect on the progression of folliculogenesis, suggesting that the relative importance of BMP-15 during early folliculogenesis varies between species. Though BMP-15 may not be required for the earliest stages of follicle development in mice, important roles for BMP-15 have been established for

this molecule in this species. Such roles include the promotion of granulosa cell proliferation and modification of granulosa cell differentiation by suppressing FSH receptor expression. In contrast to GDF-9, BMP-15 stimulates KitL expression, while KitL down-regulates BMP-15 expression, creating a paracrine negative feedback loop between granulosa cells and the oocyte. Otsuka and Shimasaki found that signalling via the KitL receptor Kit, located on oolemma, is important, though not essential, for BMP-15 mediated granulosa cell mitosis *in vitro* (Otsuka and Shimasaki, 2002). Studies in mice have also shown that the addition of partly grown oocytes to granulosa cell cultures increases KitL expression, while fully grown oocytes suppress granulosa cell KitL production, and this activity is thought to be regulated by temporal changes in the relative oocyte expression levels of BMP-15 and GDF-9 (Joyce *et al.*, 1999, 2000). While little is known about the role of BMP-15 during human folliculogenesis, one recent study has linked a mutation in the *bmp-15* gene with ovarian failure in women (Di Pasquale *et al.*, 2004). Thus, it seems likely that that BMP-15 is highly important for human fertility.

In addition to the local production of soluble factors that act in an autocrine and paracrine fashion during pre-antral follicle development, oocytes communicate with and modify their surroundings via direct physical contacts with granulosa cells (Hertig and Adams, 1967; Anderson and Albertini, 1976; Albertini and Barrett, 2003; Albertini, 2004). Though a variety of different somatic cells can support oocyte survival, only granulosa cells provide the appropriate heterocellular interaction required for the generation of a fully mature and developmentally competent oocyte (Cecconi and Colonna, 1996). The foundation of this relationship lies partly in highly specialized oocyte–somatic cell contacts called trans-zonal projections (TZP) that are established at the onset of folliculogenesis and which are dynamically modified throughout the course of follicular development (Albertini and Anderson, 1974; Anderson and Albertini, 1976). TZP are cytoplasmic processes comprised of microtubules, microfilaments and intermediate filaments that extend from granulosa cells and pass through the zona pellucida to directly interact with the oolemma (Figure 2) (Suzuki *et al.*, 2000; Albertini *et al.*, 2001). TZP mediate gap junction-based communication that facilitates the transport of nutrients and small molecules, such as biosynthetic substrates and meiosis-arresting signals, between the cytoplasm of the granulosa cell and oocyte (Biggers *et al.*, 1967; Donahue and Stern, 1968; Haghighat and Van Winkle, 1990). The importance of this interaction is emphasized by studies demonstrating that deletion of the gene for the oocyte-specific gap junctional subunit Cx37 causes female sterility associated with a failure in follicle development at the pre-antral–antral transition (Simon *et al.*, 1997; Carabatsos *et al.*, 2000).

Adhesion junctions involving anchoring integral membrane proteins located at the interface of the oocyte and granulosa cells facilitate the prolonged interaction of these two cell types. Adhesive contact sites such as these may serve as active signalling domains for the interaction of receptor kinases with growth factors and it has been proposed that TZP enable the processing, activation and delivery of certain oocyte- and granulosa cell-derived paracrine factors, such as GDF-9 and KitL respectively, to the appropriate receptor targets (Fagotto and Gumbiner, 1996; Albertini *et al.*, 2001). Whether oocyte-derived factors in turn regulate TZP structure and stability



**Figure 2.** Confocal micrograph depicting trans-zonal projections (arrows) emanating from cumulus cells and contacting the oolemma of a germinal vesicle (GV)-stage oocyte. Scale bar represents 10  $\mu$ m.

during pre-antral follicle development is yet to be determined. However, the observation that follicles from GDF-9 deficient mice have reduced TZP density and altered structural integrity suggests that GDF-9 is important for maintaining appropriate interactions between somatic cells and the oocyte (Carabatsos *et al.*, 1998).

## Antral and pre-ovulatory follicle development

Whereas the pre-antral phase of folliculogenesis is primarily reliant on the supply of local growth factors, follicles become dependent on the cyclical secretion of pituitary hormones, FSH and LH, for progression through the antral and pre-ovulatory phases of development. Progression through antral follicle development is promoted by FSH and coincides with cessation of oocyte growth, acquisition of competence to complete meiosis, continued granulosa cell proliferation and the differentiation of cumulus and mural granulosa cells upon formation of the follicular antrum. The phenotypic differentiation of these two granulosa cell populations is regulated by the oocyte, which suppresses the expression of the LH receptor and promotes the cumulus cell phenotype in those cells closely associated with it (murine: Eppig *et al.*, 1997a; bovine: Li *et al.*, 2000). Fully grown oocytes also induce cumulus cells to provide them with metabolic support. For instance, oocytes secrete factors that promote cumulus cell uptake of amino acids that are then transported to oocytes via gap junctions (Eppig *et al.*, 2005).

FSH is a key regulator of oocyte–cumulus cell interactions during antral follicular development and the density and organization of the highly dynamic TZP network changes dramatically in response to this stimulus. Studies in which FSH was injected into mutant mice unable to produce functional endogenous FSH demonstrate that FSH causes TZP retraction coincident

with changes in oocyte transcriptional activity and acquisition of meiotic competence (Combelles *et al.*, 2004). Moreover, the spatial and temporal regulation of TZP by FSH appears to be crucially important for the production of oocytes of high quality (Combelles *et al.*, 2004).

The final phase of folliculogenesis is precipitated by a surge of LH that results in the generation of a metaphase II-arrested oocyte capable of being fertilized and able to support embryonic development. Pre-ovulatory follicle development involves resumption of meiosis, cytoplasmic maturation, the termination of TZP-mediated gap junction communication and cumulus cell expansion (Eppig *et al.*, 1993). The oocyte continues to direct the fate of the follicle by producing factors that regulate the production of steroids (Vanderhyden *et al.*, 1993), plasminogen activator (Canipari *et al.*, 1995), LH receptors (Eppig *et al.*, 1997b), hyaluronic acid (Tirone *et al.*, 1997), cumulus expansion (Eppig *et al.*, 1993) and cumulus survival (Hussein *et al.*, 2005). The oocyte also produces factors that inhibit luteinization of mural granulosa cells until it is released at ovulation, by suppressing progesterone production and enhancing granulosa cell proliferation (Shimasaki *et al.*, 1999; Otsuka *et al.*, 2001; Gilchrist *et al.*, 2004; McNatty *et al.*, 2005). Many of these activities are supported by GDF-9 and BMP-15 *in vitro*. Moreover, the differential expression of GDF-9 and BMP-15 has been implicated in the selective sensitization of follicles to FSH, which ultimately leads to selection of the dominant follicle (Otsuka *et al.*, 2001).

## The relationship between oocyte and embryo quality

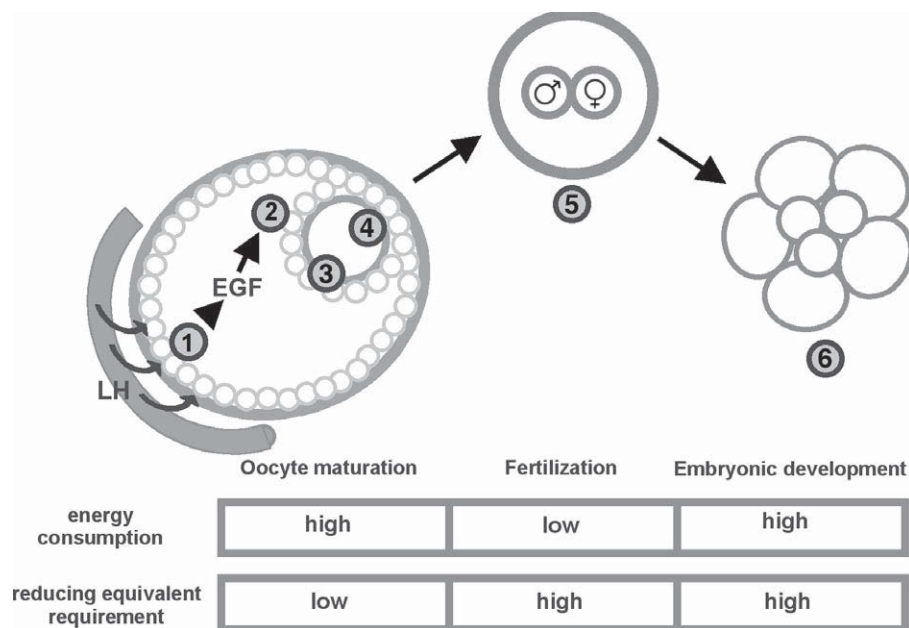
Thus far, the two essential processes required to produce a developmentally competent oocyte have been discussed: the vegetative or growth phase of oogenesis and the maturative phase of oogenesis. While classic studies referred to the



generative or proliferative phase anteceding the growth phase of oogenesis, more and more emphasis has been placed on the final peri-ovulatory maturation of the oocyte for several reasons, as summarized in **Figure 3**. First, achieving a state of maturity that allows the oocyte to complete maturation of both the cytoplasm and the nucleus engenders a complex and rather poorly understood series of modifications in the bidirectional signalling that occurs between the oocyte and the surrounding cumulus oophorus (Eppig, 1991). Thus, even though meiotic competence is known to arise at earlier stages of follicle development in most mammalian species, acquisition of embryonic competence appears to involve metabolic, molecular, and structural changes prior to and following the LH surge (Eppig *et al.*, 1994). This basic principle, of course, guides all assisted reproduction programmes by attempting to elicit maturation through ovulation induction prior to egg retrieval and presumably recapitulates the cascade of signalling events that lead to the production of a developmentally competent ovum (**Figure 3**). Second, the longstanding observation that oocytes undergo spontaneous resumption and completion of meiosis upon removal from the Graafian follicle has reinforced the importance of the timing of meiotic progression in oocytes matured under in-vivo or in-vitro conditions (Sanfins *et al.*, 2004). This fact again illustrates the importance of co-ordinating the final stages of oocyte and follicle maturation and in recent years has instructed investigators seeking to optimize conditions for the use of in-vitro maturation in clinical and experimental

settings, particularly as related to both the time and extent of gonadotrophin exposure (Combelles *et al.*, 2002). Finally, evidence is accumulating to suggest that factors synthesized, processed and secreted by oocytes within the cumulus impact on the developmental potential of zygotes (Hussein *et al.*, 2006). Whether these factors modify the zona and enhance binding to the pericellular moieties associated with the oocyte and preimplantation conceptus is at present unknown. It is clear, however, that many of the practices commonly used in human assisted reproductive technologies modify cumulus cell and/or zona integrity directly and therefore alter the immediate microenvironment of the oocyte normally deployed to co-ordinate the early events of development. In this context, and as discussed below, maintaining and/or re-establishing this microenvironment will be essential in the design and implementation of human oocyte in-vitro maturation and cryopreservation protocols.

Expanding the repertoire of assisted reproductive technologies into the realm of ovarian grafting, follicle culture, in-vitro maturation and oocyte cryopreservation has necessitated refocusing experimental approaches to the interface between oocytes and granulosa cells both before and during ovulation. For example, while oocyte cryopreservation strategies have generally been restricted to the use of mature metaphase II oocytes, efforts to restore functional interactions between cumulus and oocytes, especially in attempts to achieve cryopreservation of



**Figure 3.** Peri-ovulatory signal transduction events culminate in oocyte maturation, fertilization and embryogenesis in rodents. (1) Circulating LH induces a cascade of gene expression in mural granulosa cells, including the expression of epidermal growth factor (EGF)-like ligands, which act on cumulus granulosa cells (2). Cumulus cells in turn modify their physical interactions with the oocyte and secrete factors that promote nuclear and cytoplasmic maturation of the oocyte (3). (4) The oocyte resumes meiosis and accumulates cytoplasmic factors required to support pronuclear (5) and early embryonic development (6). Oocyte cytoplasmic factors known to be important for embryonic development include energy stores in the form of ATP and reducing equivalents of glutathione for protection from oxidative stress; note the divergent patterns of resource utilization.

immature germinal vesicle-stage oocytes, will require a better understanding of the cryobiological properties of both cell types. The consequences of cryoprotectants and cooling on the metabolic capacity of both cell types is another area that demands the deployment of new molecular and cell biological strategies so that impacts on specific targets such as microtubules and mitochondria can be established prior to and following recovery from freezing. The effects that these manipulations have on the connections between oocyte and granulosa cells remain completely unstudied (Younis *et al.*, 1996).

With respect to the specific case of in-vitro maturation, there is a growing sense that upon removal from the follicle, a rapid and irreversible modification in TZP occurs that would be likely to affect developmental competence of oocytes subjected to culture even in the presence of the cumulus (Moor *et al.*, 1998). For example, oocyte-specific factors, as alluded to above, are now recognized to mediate cumulus expansion and deposition of the hyaluronate matrix. The impact of BMP-15 and GDF-9 may then be mutually beneficial, as inducers of cumulus differentiation and embryo modifiers after fertilization has taken place, if their lifespan and restricted diffusion are involved with early signalling events. Certainly the implementation of volume-restrictive and nanotechnology-based microfluidics will be essential for future developments in this field should such parameters be associated with enhancements in oocyte and embryo quality.

## Concluding remarks

In conclusion, by taking an oocentric view of folliculogenesis and embryogenesis, the realization cannot be avoided that advances in understanding of the interface established between the somatic and germ cells of the ovary are required for the future development of human assisted reproductive technologies. Use of both animal and human models, in conjunction with evolving technologies, will lead to the wide scale application of in-vitro maturation and cryopreservation methodologies. In the end, the benefits afforded to the reproductive health status of patients, who need to protect their germ plasm at a young age in order to bear children after undergoing fertility-threatening disease conditions and treatments, will be a laudable goal and one that may also reduce the risks of multiple gestations following the more conventional use of assisted reproductive technologies.

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