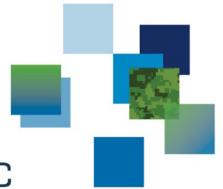
Psychological, Physiological, and Neurological Effects of Repeated Low-level Blast Exposure: Data from the Canadian Armed Forces

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Shawn Rhind, Ph.D.

Defence Research & Development Canada









Overview

- Brief overview of recent DRDC research on blast:
 - 1. Vartanian et al. (2020, 2021),
 - 2. Nakashima et al. (2021).
- Review latest results from ongoing research involving CAF operators (snipers and breachers):
 - 1. Neuropsychological effects (post-concussive symptoms),
 - 2. Brain imaging results (task-related fMRI activity).
- Blast exposure and neurotrauma:
 - 1. Multi-omics lab approaches,
 - 2. Neurological biomarkers of blast injury.
 - 3. PET-Tau imaging for chronic neurodegeneration
- Future directions.



Blast effects (2011-2018):

- Repetitive exposure to low-level blast has been associated with:
 - 1. Greater levels of post-concussive symptoms,
 - 2. Greater reports of musculoskeletal difficulties,
 - 3. Lower levels of self-reported health (e.g., energy, physical health),
 - 4. Higher rates of self-reported tinnitus,
 - 5. Difficulty in visuomotor integration,
 - 6. Less grey matter volume in prefrontal cortex measured with MRI,
 - 7. Alterations in neurological biomarkers profiles.

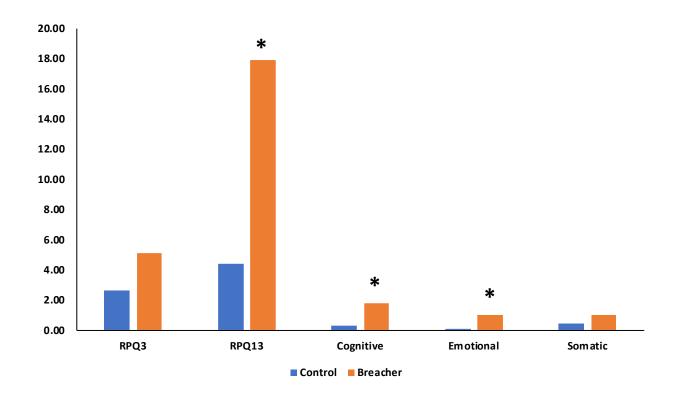


Ongoing research (2018-present):

- N = 90 (operators + sex- and age-matched CAF controls).
- Measures:
 - 1. Background history (injury, health and occupation),
 - Neuropsychological testing,
 - 3. Neurocognitive testing,
 - 4. Balance and ataxia,
 - 5. Hearing,
 - 6. Brain imaging:
 - 1. Structural MRI.
 - 2. Resting-state fMRI,
 - Task-based fMRI.
 - 7. Biomarker analysis:
 - 1. Blood,
 - 2. Saliva.



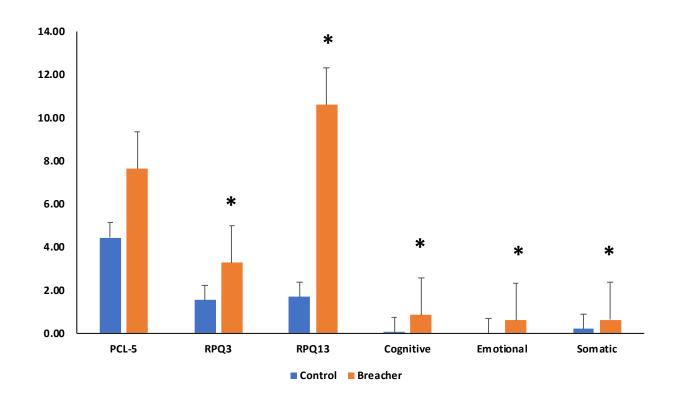
Post-concussive Symptoms: Special Ops Breachers (2011-2015):



Vartanian et al. (2021)



Post-concussive Symptoms: CFSME breachers (2015-2018)



Vartanian et al. (2020)

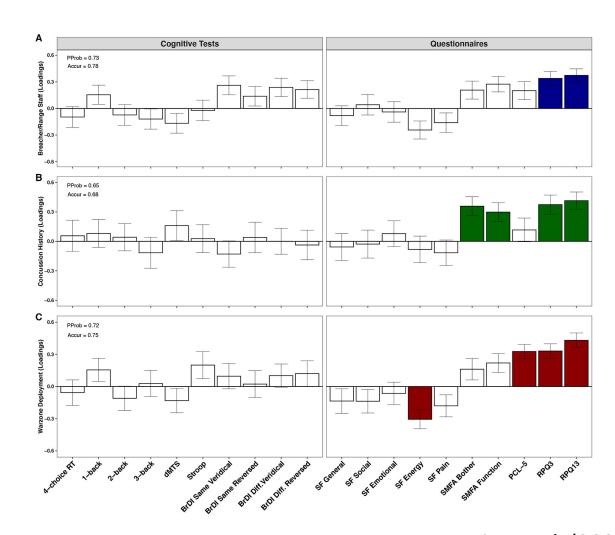


CFSME breachers (2015-2018): Multivariate analysis

Breaching

Concussion

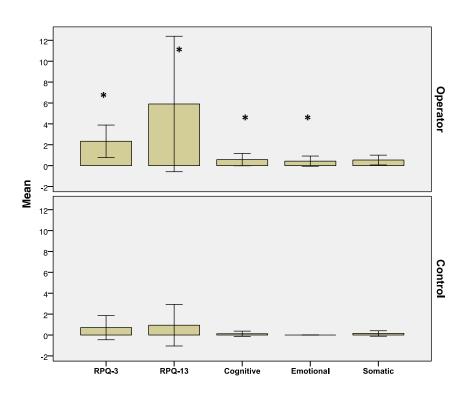
Warzone deployment



Vartanian et al. (2020)

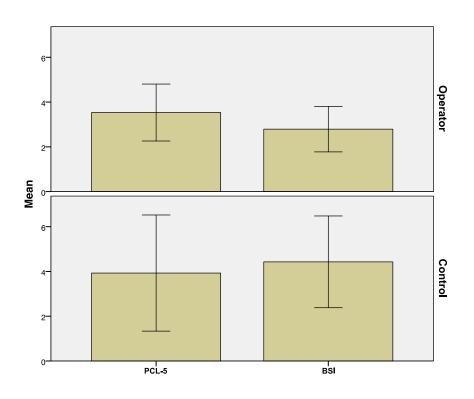


Post-concussive symptoms: Rivermead





Mental health: PCL-5 and BSI





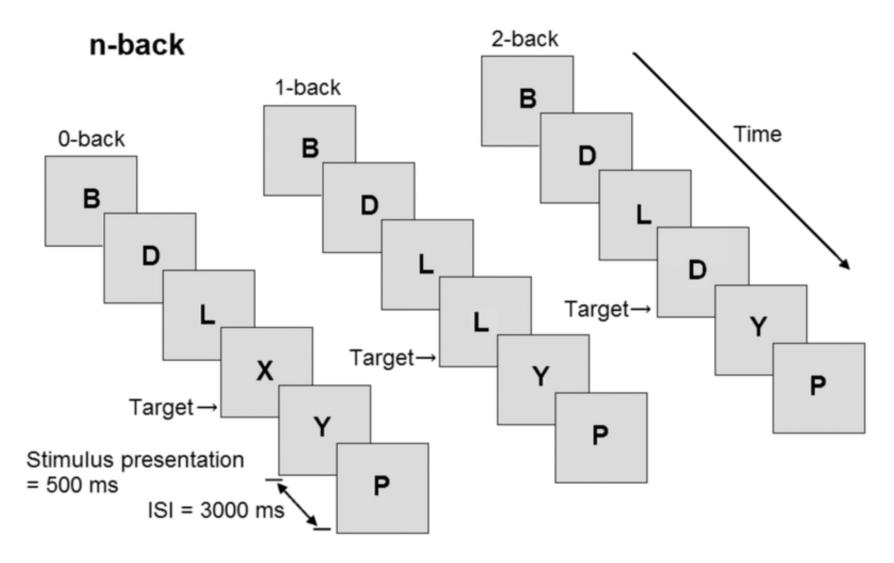
Neuroimaging at York University + The Royal Hospital





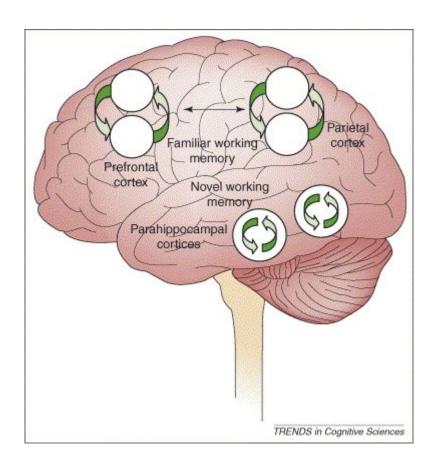


Task-based fMRI: Working Memory





Working Memory System





Working Memory: Neural Activation

	1-back	2-back	3-back
New recruits			
CAF Control			
Operators			



Scope of the Problem

- Exposure to low-level occupational blast overpressure (BOP) is common for military members during training and operational deployments.
- Current Findings: from experimental animal models of blast-induced neurotrauma and human studies of subconcussive brain trauma link repeated BOP to measurable performance decrements and health symptomologies; including development of long-term neurological disease and/or psychiatric disorders.
- The physiological and neurological manifestations from cumulative exposure to repetitive low-intensity BOP events are distinct, but not currently well understood in humans.
- Available evidence suggests repeated exposure to BOP may lead to persistent and progressive subconcussive neurological deficits that are reflected by alterations in fluid biomarkers in the absence of clinically diagnosed injury.
- Blast intensity and frequency matter yet, lower limit thresholds for injury are not well defined. Need for studies to in target populations to report health & performance outcomes concurrently with BOP measurements to facilitate the establishment of a "dose-response" relationship in order to understand what constitutes safe exposure limits and assist in development of evidence-based exposure guidelines/ countermeasures.

Background: Human Studies on the Effects of Low Level Military Occupational Rlast Exposure on the Nervous System

MILITARY MEDICINE, 00

Case \$ Biomarker Analysis Be

Journal of Neurotrauma C Mary Ann Liebert, Inc.

DOI: 10.1089/neu.2019.6742

Stephanie E. Christin

Acute and Chronic Molecular Signatures and Associated Symptoms

of Blast Exposure in Military Breachers

ABSTRACT

exposure duri sufficient data

symptom prof Data collectio Committees o with no prior l that completed

held in the m days, with mu resonance ima and ubiquitin product 150 of

Running Title: Chronic & Acute Biomarkers of Blast Exposure

AUTHORS

Wang, Zhaoyu³*, Wilson, Caroline M^{1,3}*, Mendelev, Natalia^{1,3}, Ge, Yongchao⁴, Galfalvy, Hanga^{1,6}, Elder, Gregory^{2,4,5}, Ahlers, Stephen⁸, Yarnell, Angela M⁷, LoPresti, Matthew L⁷, Kamimori, Gary⁷, Carr, Walter^{7,9}, Haghighi, Fatemeh^{1,3}**

trauma ctional MRI Level Blast

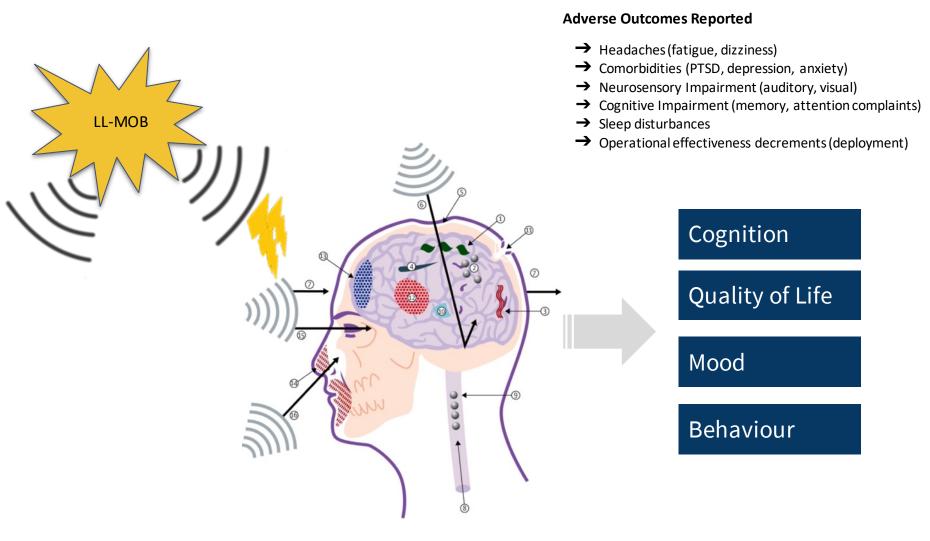
AJ Walter Carr*: ate, MD§

erpressure (OP) g, which lacked ise a subjective xposed to blast. Subjects Review 0-year-old male er training team ractical training, ractical training otoms, magnetic ry acidic protein ived breakdown ctive markers of

mild TBI remain elusive, but support for serum biomarkers as an early detection mechanism is promising. Additionally, this case study demonstrated an association between OP and high level of neurotrauma biomarker in an individual.



LL-MOB Health & Performance Dimensions





Operational Definitions of Blast

	Acute	Chronic/Cumulative	
Exposure	Exposure resulting from a single origin at a specific point in time that is relatively short in duration and transient	Multiple acute exposures sustained over a prolonged period of time	
Outcomes	Outcomes that occur in close temporal proximity to the exposure and are short in duration	Outcomes that occur over time, not necessarily within close temporal proximity to the exposure	

- Low-level blast (LLB): overpressure exposure that results from outgoing (i.e., user directed) munitions being fired at an enemy or target.
- High-level blast (HLB): overpressure exposure that results from incoming enemy munitions (e.g., IEDs, rocket-propelled grenades).



Assessments of Low-Level Blast Exposures / Outcomes

	Acute	Chronic/Cumulative	
Exposure	Shot counts and blast sensor measures taken during discrete training exercises	 Estimated relative quantification Career/service records Self-reported lifetime/career history 	
Outcomes	Objective assessments or symptom reporting performed during discrete training exercises	Objective assessment or symptom reporting performed distally from training exercises and/or career exposure Analysis of healthcare utilization or medical diagnoses	



Blast Exposure and Neurotrauma

Dimension	Moderate-Severe TBI	Mild TBI	Sub-concussive
Blast Frequency	single 6	multiple events	
Blast Peak Pressure (psi)	20+	11-20 ?	4-11 ?
Physical Forces	1°, 2° & 3°	1º & 3º	1º
Acute Clinical Manifestations (GCS)	LOC, closed & penetrating head trauma, polytrauma GCS <12	closed head injury, LOC/AOC GCS 13-15	None detectible, so far
Clinical Onset	event-related		emergence after multiple exposures
Conventional radiographic findings	CAT/MRI, obvious hemorrhage, edema	negative	Negative, so far
Pathology	obvious hemorrhage, edema, damage to white & gray matter, vasospasm	diffuse	unknown, <mark>so far</mark>
Biomarkers	N/A	GFAP, UCH-L1, Tau	none, <mark>so far</mark>
Major Studies	TRACK TBI/TED	TED, TRACK TBI, CENC	Exp. Standards, ESiT, others

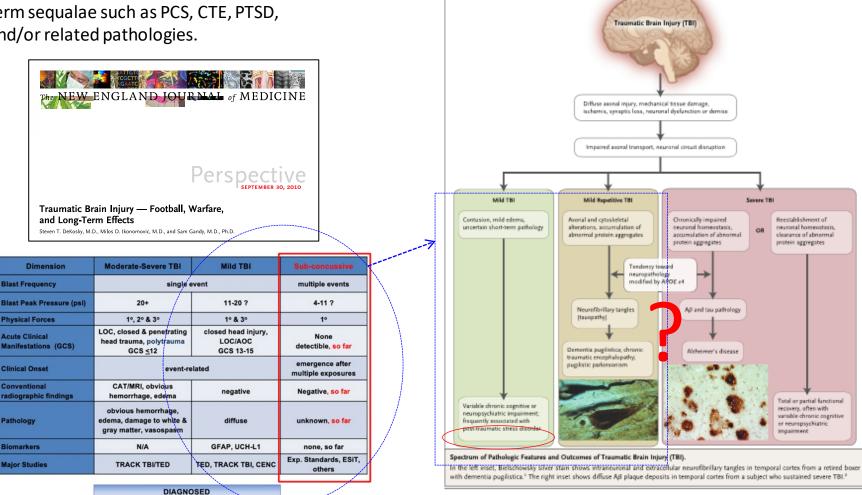
DIAGNOSED



Potential Neuropathological Trajectories

Repetitive exposure to blast or impact concussive or sub-concussive events may result in the manifestation of long-term sequalae such as PCS, CTE, PTSD, and/or related pathologies.





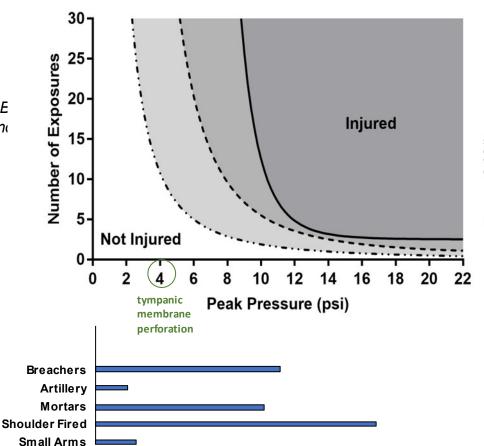


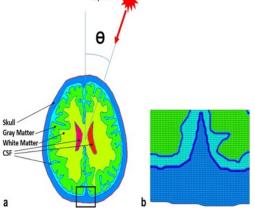
Exposure Standards and Modelling

A Repetitive Blast Exposure Algorithm

Theoretical Algorithm Curves: Repetitive Blast Exposures vs Intensity

Does a repetitive LL-MOE exposure algorithm extended beyond the acute blast exposure standard?





putational analyses of blast mechanics can establish puships between blast sure on the head, internal biomechanical response, and locations of induced brain injury.

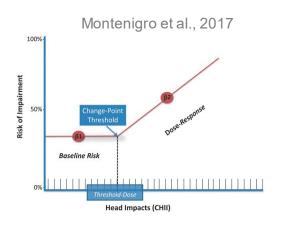
 This insight is useful in understanding injury mechanisms and designing improvement of protection systems.



Generalized Blast Exposure Value (GBEV)

- Analogous to cumulative head impact index (CHII)
 - Characterize populations
 - Identify and associate with health outcomes
 - Identify threshold for risk



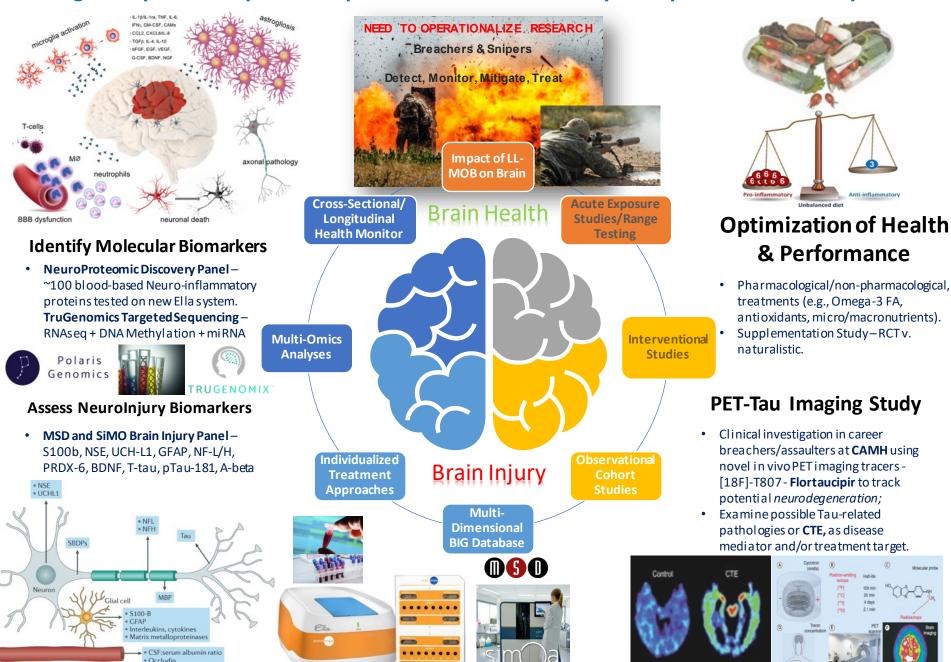


• *GBEV* = 0.976 * 1 *BEC* + 0.751 * (383 * 2 *BEC*) + 0.753 * (55 * 3 *BEC*) + 77 * 4 *BEC* * (4*freq*) + 75 * 5 *BEC* * (5*freq*)

BEC (blast exposure count) = years of experience with a weapon * months of experience per year * days of experience per month * number of exposures per day.



Biological Aspects of Repetitive Exposure to Low-Level Military Occupational Blast Overpressure



Nature Reviews | Neurology

Multi-Omics Lab Approaches



Next Gen-Sequencing

- RNA-seq/Transcriptomics
- Epigenetics
- 30x-Exome Seq/SNPs
- Salivary miRNA

NeuroProteomics

- Ella, SimOa, MSD multiplex
- HPLC, GC-MS

Cellular Analysis

- Flow/imaging cytometry
- Ex vivo TC functional assays
- Robotic Liquid Handling



Cellular and Molecular Profiling Tools Genomics **Proteomics** Antibody Profiling DNA Sequence Variation Methylation Serum Proteins Abundance In Vitro Cellular Assays Polychromatic Flow Cytometry

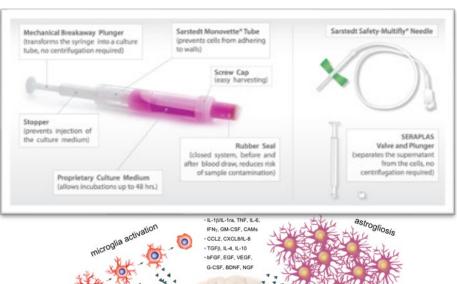
Cellular

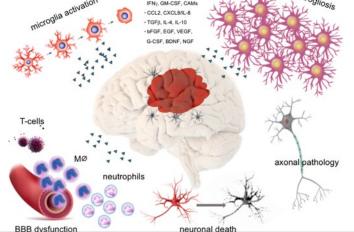






TruCulture - Integrated Blood Collection and Culture System







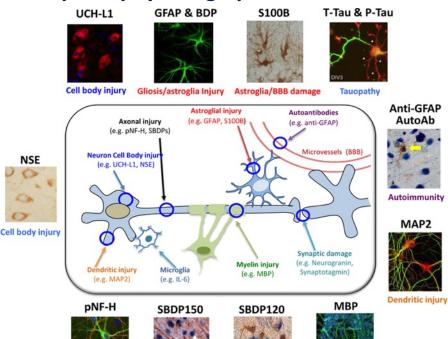
TruCulture Advantages

- TruCulture is simple, reliable, easy to use, reproducible – eliminates need for cell manipulation in sample collection/ analysis.
- Standardized to ensure consistent performance across multiple users/sites.
- Retains all blood components, granulocytes, platelets, red blood cells, soluble factors.
- TruCulture is designed to reproducibly and accurately capture ex vivo immune cell activity to explore disease states, or develop new diagnostic tests.

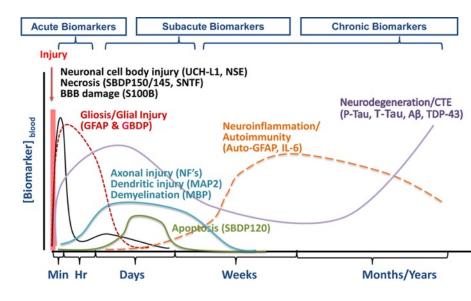


NeuroProteomic Biomarkers

Major brain biomarkers linked to different pathophysiologic processes in TBI.



A continuum of protein biomarkers in tracking different phases of TBI.



Wang, K.K. et al. Expert Rev Mol Diagn 18, 165-180; 2018.

Apoptosis

Necrosis

Axonal injury





Demyelination

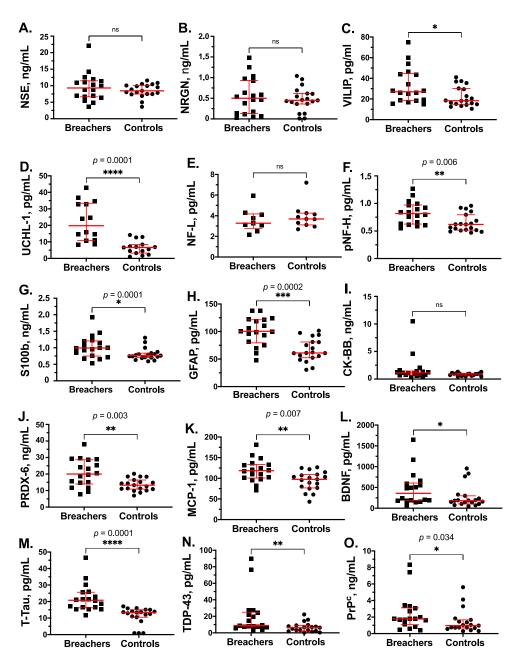
ImmunoAssay Platforms



Neurological Biomarker Profiles in CFSME Breachers



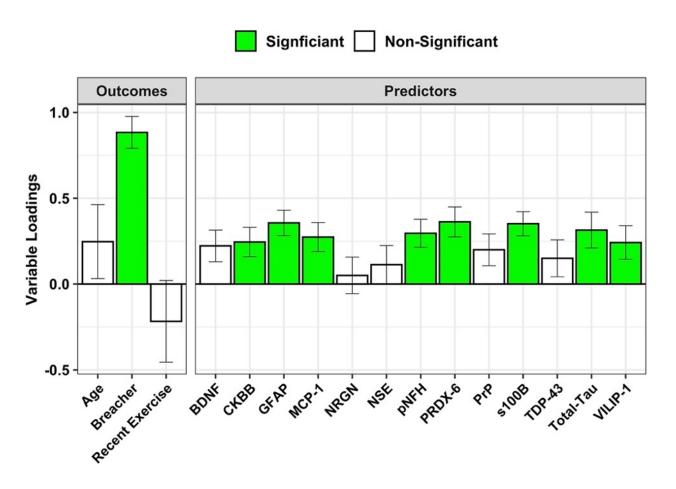






Relationship between Breaching and Blood Biomarkers

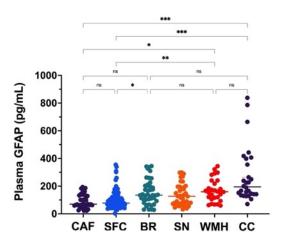
 A PLS regression analysis shows that breaching is associated with higher blood concentrations of many neurological biomarkers

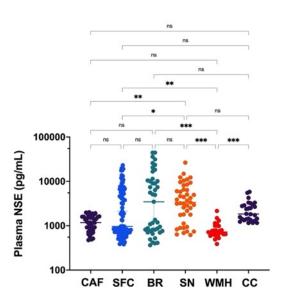


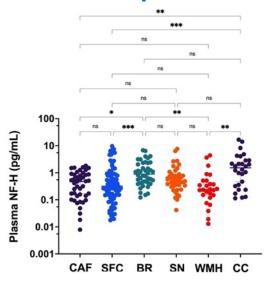


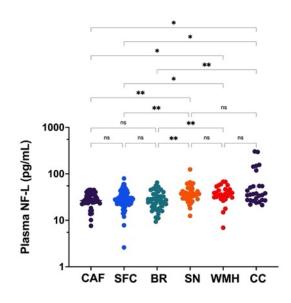
Neurological Biomarker Profiles in CAF Operators













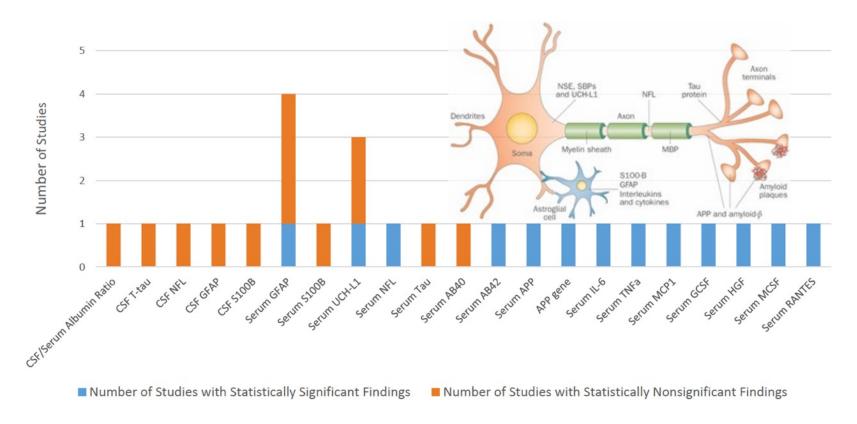
Blood Neurological Injury Biomarker Profiles in CAF Snipers
Following Heavy Weapons Training

В. C. 20000 400-100 GFAP (pg/mL) NSE (pg/mL) 15000 NF-L (pg/mL) 5000 100 20-Control **Before** After Control **Before** After **Before** Control After **Snipers Snipers Snipers** E. D. 2.0-300 ¬ 500000 P-Tau-181 (pg/mL) 400000 UCHL-1 (pg/mL) 200 100 100000 0.0 Control **Before** After After Control **Before** Control **Before** After Snipers Snipers **Snipers**

Brain biomarker Concentrations (pg/mL) in plasma from healthy *controls and snipers* before and after exposure to blast OP during training plotted for NSE (A), GFAP (B), NF-L (C), PRDX-6 (D), UCHL-1 (E), P-T-tau-181 (F). Each dot represents biomarker values for an individual subject, solid lines show medians. Significant differences *p<0.05, p<0.01, p<0.001 for Kruskal-Wallis one-way ANOVA are displayed for each marker.



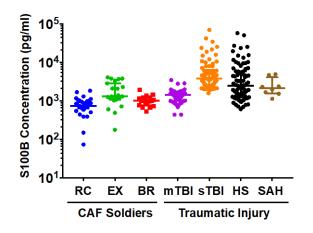
Literature Findings on LL-MOB Blood Biomarkers

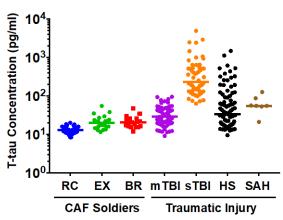


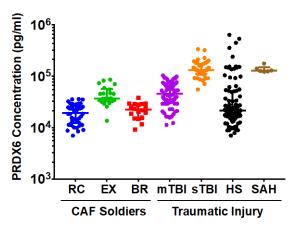
- Despite a growing number of pre-clinical studies (30+ to dates) showing significant differences in fluid biomarkers with blast exposure, there are few consistent trends and objective biomarkers of LL-MOB remain elusive.
- Need to harmonize (pre)analytical assay methods and other common data elements across studies platforms and conduct multi-site studies.

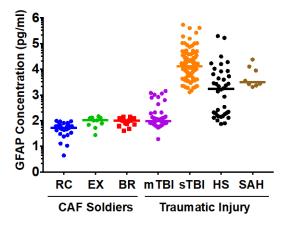


Relative Blood Neurological Biomarkers





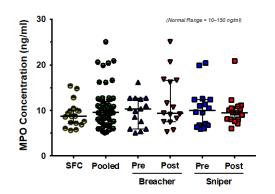


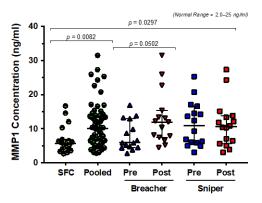


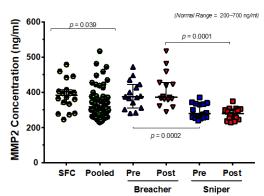
- Increases in blood neuroinjury biomarkers in breachers are modest compared to moderate to severe brain injury, hemorrhagic shock (HS) and subarachnoid hemorrhage (SAH).
- Physiological stressors, including high intensity exercise can also influence biomarker levels.
- Need to interpret blood biomarkers in context of a comprehensive multidimensional test battery, incorporating baseline assessment information into a suite of neurocognitive functional tests (memory, balance, postural), mental health status, and neuroimaging findings and other demographic and medical risk modifiers (age, sex, previous number of concussions, etc.) and self-reported symptoms.

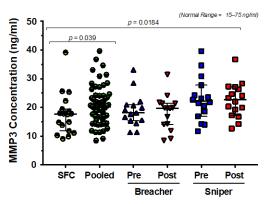


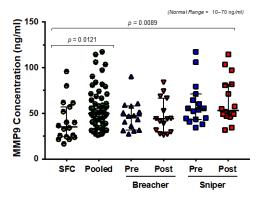
Myeloperoxidase (MPO) and Matrix Metalloproteinases (MMPs) in Breachers and Snipers

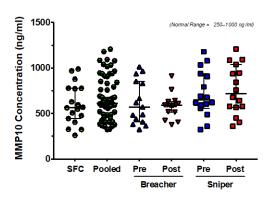


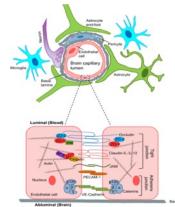


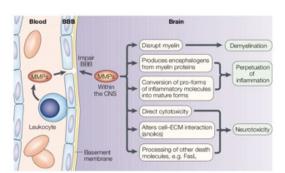














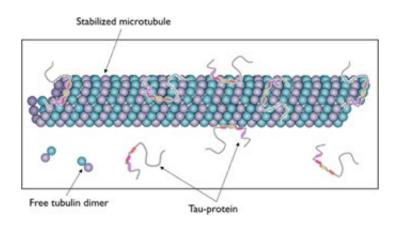
TAU as a marker of

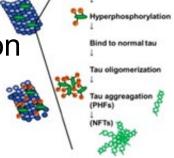
Mechanism

- † phosphorylation
 - ↓microtubule binding
 - ↑ free tau
- Fibrillation

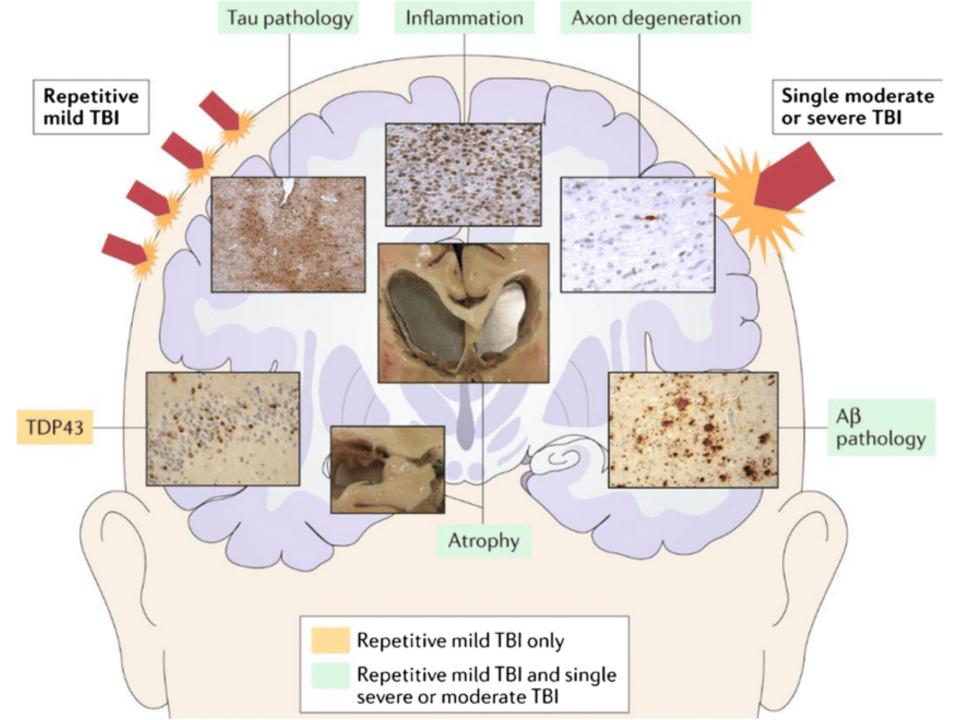


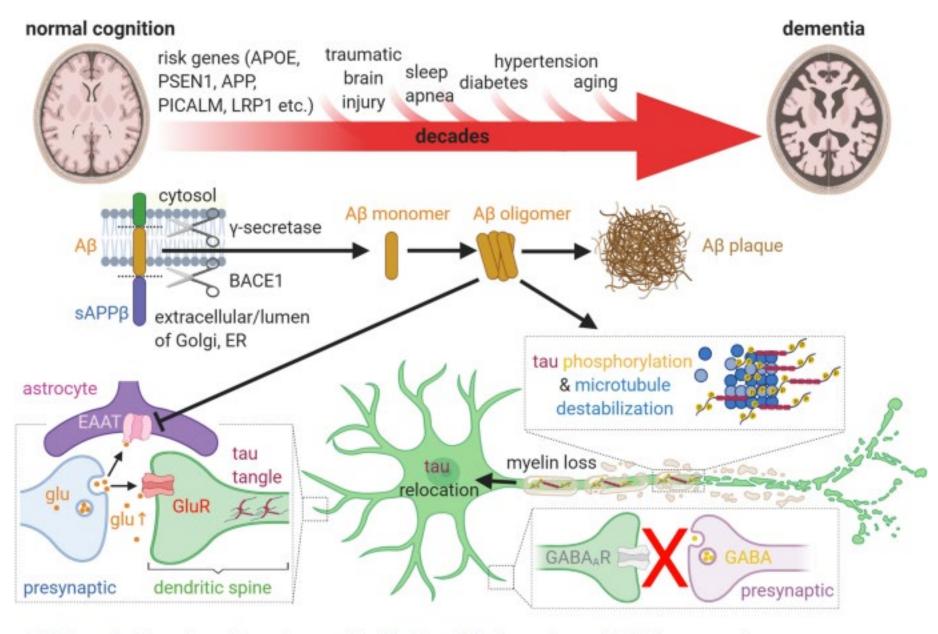
- Axonal filament protein
- Stabilizes microtubules to support axons









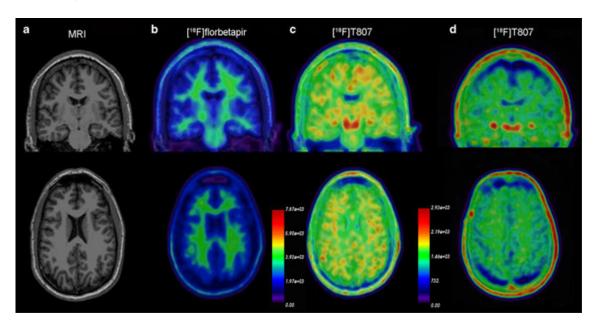


inhibition of glutamate uptake raises [glu], makes neurons hyperexcitable

Δ trafficking of GluRs decreases excitability loss of inhibition promotes hyperexcitability, ∆ brain rhythms

PET [F-18] T807 to measure TAU in living human brain

- \rightarrow [F-18] T807 is a FDA approved, highly selective flortaucupir radiotracer for PHF-tau binding (Xia 2013)
- → Rapid brain penetration (crosses BBB and rapid clearance_(Xia 2013)
- → ↑ Lipophilicity
- → Minimal Risks, favourable in vivo
- → Outcome measure for analysis of brain tau levels in ROI is SUVR (Standardized Uptake Value Ratio)



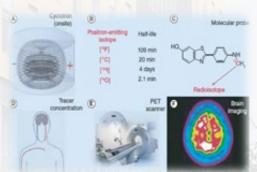


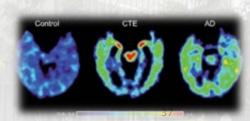
Investigating Tauopathy in Military Blast Exposure: A Positron Emission Tomography (PET) Study with the Tau Tracer [F-18] T807

- **Background:** Chronic Traumatic Encephalography (**CTE**) is a neurodegenerative tauopathy associated with repetitive head impacts or exposure to blast waves.
- CTE is characterized by accumulation of hyperphosphorylated Tau protein in neurons, astrocytes and cell processes around blood vessels. It is found in athletes (and potentially soldiers), who have sustained repeated brain trauma, and is associated with neurocognitive decline, dementia, mood changes, and aggression.
- Specific Aims: To investigate possible Tau accumulation in the brain using Positron Emission Tomography (PET) tracer [F-18] T807 at CAMH, as an indicator of neurodegeneration in experienced CAF Operators to provide in vivo evidence of possible CTE as a potential disease mediator and treatment target.
- **Hypothesis**: Greater regional [F-18] T807 uptake will be associated with measures of mood, cognition, greater symptom severity and neurocognitive deficits.
- Study Design: Observational cohort study to evaluate three groups: 1) career breachers N=30 experienced at risk CAF members with multi-year exposure to BOP; 2) N=30 age-/sex-matched healthy CAF controls without significant blast exposure; 3) historical reference dataset of healthy civilians.
- Measures: neurocognitive assessments, neurological injury marker profiles, and PET imaging at CAMH using [18F]-T807 or Flortaucipir to track suspected neurodegeneration and examine possible tau-related pathologies or CTE.
- Deliverables: Better understanding of potential long-term neuropathological effects of blast in operators, in order to enhance safety and health of at risk military members. Provide recommendations for establishing longitudinal health monitoring to assess brain health and CTE symptomology across career trajectories.











Preliminary Results - Investigating Tauopathy in Military Blast



NRM 2021

Abstract #302 | Oral or Poster presentation

Investigating Tauopathy in Military Occupational Blast: A [18F]flortaucipir Positron Emission Tomography Study in Canadian Armed Forces Members

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- ⁴ University of Toronto, Tanz Centre for Research in Neurodegenerative Diseases, Toronto, Ontario, Canada
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- Canadian Armed Forces, Canadian Special Operation Forces Command, Ottawa, Ontario, Canada
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Introduction

Chronic traumatic encephalopathy (CTE), a tauopathy, is suspected to occur as a result of repetitive exposure to low-intensity blast overpressure during military training and operations. Although animal models putatively link explosive blast exposure with tau aggregation, studies in humans exposed to repeated low level blasts are limited. We used positron emission tomography (PET) imaging of [18F]flortaucipir (a.k.a [18F]TAUVIDTM, [18F]AV-1451; [18F]T807) to evaluate tau levels in Canadian Armed Forces (CAF) operators with significant career exposure to blast.

Methods

CAF members (5 males; 44.6 ± 6.2 years old) exposed to blast completed an MRI and a PET [¹⁸F]flortaucipir scan. Standardized Uptake Value ratio (SUVr) were calculated with the cerebellum as reference tissue. Participants performed a test of executive function (Stroop) and completed mood and clinical questionnaires.

Results

[18F]flortaucipir uptake was highest in midbrain/substantia nigra (SUVr range: 0.8 to 1.6), basal ganglia (SUVr range: 1.0 to 1.3), temporal (SUVr range: 0.8 to 1.13) and frontal cortices (SUVr range: 0.8 to 1.11). [18F]flortaucipir SUVr values were positively correlated with years of exposure to explosives and to years of breaching (r = 0.9; p-uncorrected<0.05). Greater [18F]flortaucipir SUVr values in prefrontal regions were related to poorer performance on the Stroop test of executive function (r = 0.9; p<0.05). [18F]flortaucipir SUVr did not correlate with mood or clinical symptoms.

Conclusion

These preliminary results suggest that while [1¹⁸F]flortaucipir uptake in CAF operators regularly exposed to low-intensity blast is within the range reported for normal mid-aged controls [1], our study found that

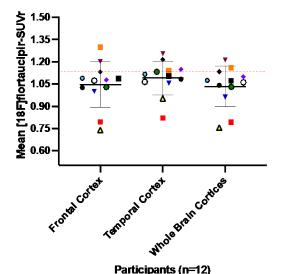


Figure 1. Regional [18F]flortaucipir SUVr in CAF exposed to Low-level Military Blast

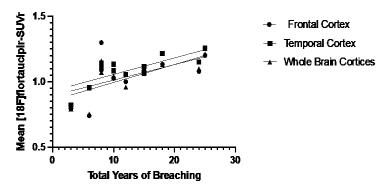


Figure 2. Pearson correlation revealed significant positive associations (r > 0.88) between mean [18 F]flortaucipir SUVr in ROIs and total years of breaching in the CAF.

CONCLUSIONS: In line with an earlier PET study linking tau deposition with dose exposure to blast³, our study finds a positive correlation between blast exposure and tau deposition – suggesting that repeated LL-MOB exposure could potentially increase tau deposition. Participant enrolment is continuing, with a current sample size of 25 and target N = 50 blast exposed breachers.

Sep 24, 2021, 2:09:09 PM Page 1/2

Overall Conclusions & Future Directions

- Conclude: there are several psychological and physiological health & performance measures that
 exhibit sensitivity to effects of repeated LL-MOB in the context of breaching and sniping.
- Valid and reliable quantification of blast effects necessary for linking exposure to clinical outcomes.
- Breaching appears to be related to sub/post-concussive symptoms, but not consistently to mental health outcomes (PCL-5, BSI).
- Necessary to operationalize research to better relate variations in clinical outcome measures to jobspecific functional targets.
- We advocate for a holistic approach that accounts for the larger occupational and operational environment within which blast is experienced for longitudinal health assessment programs.
- Future Research: focus on completion of existing blood and salivary proteo-genomic/epigenomic sample analyses for neurological and inflammatory biomarker profiles.
- Address capability gaps precluding incorporation of individual factors (i.e., genetic indicators of risk/resilience) into predictions of LL-MOB exposure effects.
- Completion of Flortaucipir T807 PET imaging study using to examine CTE risk in career breachers.
- Integrate multidimsional health & performance data into an AI-driven ML predictive algorithm/tool to
 better inform risk assessment within the operational community.

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Thank you.



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Questions?

