

1 **The role of the mucosa in normal and abnormal bladder function**

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1 **Abstract**

2 The internal face of the detrusor smooth muscle wall of the urinary bladder is covered by a
3 mucosa, separating muscle from the hostile environment of urine. However, the mucosa is
4 more than a very low permeability structure and offers a sensory structure that monitors
5 the extent of bladder filling and composition of the urine. The mucosa may be considered as
6 a single functional structure and comprises a tight epithelial layer under which is a basement
7 membrane and lamina propria. The latter region itself is a complex of afferent nerves, blood
8 vessels, interstitial cells and in some species including humans a *muscularis mucosae*. Stress
9 on the bladder wall through physical or chemical stressors elicits release of chemicals, such
10 as ATP, acetylcholine, prostaglandins and nitric oxide, that modulate the activity of either
11 afferent nerves or the muscular components of the bladder wall. The release and responses
12 are graded so that the mucosa forms a dynamic sensory structure and there is evidence that
13 the gain of this system is increased in pathologies such as overactive bladder and bladder
14 pain syndrome. This system therefore potentially provides a number of drug targets against
15 these conditions, once a number of fundamental questions are answered. These include:
16 how is mediator release regulated; what are the intermediate roles of interstitial cells that
17 surround afferent nerves and blood vessels; and what is the mode of communication
18 between urothelium and muscle - by diffusion of mediators or by cell-to-cell
19 communication?

20

1 **Introduction**

2 The urinary bladder has two functions: to store urine, up to 500 ml in the normal adult, and
3 to completely void its content when expeditious. Storage is associated with very little
4 increase of intravesical pressure and low bladder wall tension; whilst voiding occurs with a
5 sustained rise of pressure, sufficient to overcome outflow resistance, due to contraction of
6 detrusor smooth muscle. This two-state system is controlled by the central nervous system
7 but modulated by interaction between different cell types in the layers of the bladder wall.
8 In pathological conditions such as overactive bladder this on-off process may be disrupted
9 by uncontrolled activity that could elicit unpleasant sensations of urinary urgency or pain
10 and also contractions that may be powerful enough to cause involuntary loss of urine. It is
11 therefore important to understand how storage and voiding modalities of the bladder are
12 controlled to provide therapies that minimize these pathologies.

13

14 **Structure of the bladder wall**

15 The smooth muscle (detrusor) of the bladder wall is protected by an external serosa and on
16 the vesical face overlain by a mucosa that itself consists of a tight transitional epithelium
17 (urothelium), basement membrane and lamina propria (LP; Figure 1A). The urothelium
18 itself is covered by a mucopolysaccharide glycocalyx that offers protection for the
19 urothelium from the hostile medium of urine. The urothelium is made up of three layers: a
20 basal cell layer attached to a basement membrane, an intermediate layer and a superficial or
21 apical layer composed of large hexagonal cells known as the “umbrella cells”. An essential
22 function of the urothelium is to offer an effective barrier between urine and underlying
23 tissues, achieved by tight junctions between umbrella cells, severely limiting solute and
24 water movement across the barrier [1,2]. Damage to the urothelium, evident on exposure to
25 noxious agents or associated with pathologies such as spinal cord injury [3], are
26 accompanied by irritative lower urinary tract symptoms. However, the urothelium has
27 transport functions as evidenced by the development of a finite membrane potential, solute
28 and water movement and the presence of aquaporins, urea transporters, ion channels (eg
29 ENaC) and mineralocorticoid receptors [4-6]. Moreover, the different composition of urine
30 sampled from the bladder lumen and renal pelvis is consistent with post-renal urinary tract
31 salt and water exchange [7].

32

1 The LP that separates the urothelium from the detrusor layer is composed of an extracellular
2 matrix containing interstitial cells, fibroblasts, adipocytes, afferent and efferent nerve
3 endings, blood vessels and, in some species including humans, a more ill-defined muscular
4 layer – the *muscularis mucosae*. The functional interaction of these different cells and how
5 they communicate with the urothelium and detrusor layers is crucial to understand how this
6 layer has essential roles to sense bladder filling as well as exert control over detrusor
7 contractile activity.

8

9 The detrusor layer itself constitutes the mass of the bladder wall and consists of smooth
10 muscle bundles separated by connective tissue and interstitial cells. Parasympathetic
11 postganglionic nerves provide the excitatory input.

12

13 **The release of mediators and sensations arising from the bladder wall**

14 Physical or chemical stressors applied to the bladder itself, isolated sections of the bladder
15 wall, strips of mucosa dissected free of detrusor, or isolated urothelial cells evoke release of
16 several small molecules including: ATP, acetylcholine (ACh), prostaglandins or nitric oxide
17 [4,8-10] - Figure 1B. The fact that all these preparations release these compounds assumes
18 that the source is the urothelium, although the contribution from other cells has not been
19 systematically evaluated. Physical stressors include longitudinal strain or tension; the rate of
20 change of these variables; transmural pressure changes; osmotic swelling; or shear stresses
21 to cells; chemical or cellular stressors include extracellular acidosis [11], noxious
22 compounds such as doxorubicin [12] and inflammatory conditions [13]. Primary sensory
23 neurons also release several neuropeptides such as calcitonin gene related peptide (CGRP)
24 and substance-P that may mediate local inflammatory responses [14]. However, this is
25 beyond the scope of this article and will not be considered further.

26

27 The pathways for release and their signaling roles have been mostly investigated for ATP
28 and ACh. Overall, their action will be largely autocrine or paracrine as extracellular ATPases
29 (eNTPDases) and cholinesterases will limit their half-time. In principle, these mediators can
30 either affect local afferent nerves to convey sensations of filling to the central nervous
31 system, regulate local blood flow by affecting vessel resistance, or modulate detrusor
32 contractile function. Mucosa afferents express a number of receptors that include: P2X and
33 P2Y purinergic families; transient receptor potential channel (TRP)-V, -M, and -A families; as

1 well as pituitary adenylate cyclase type-1 activating polypeptide (PACAP)-selective
2 receptors. P2X_{2/3} receptors are understood to mediate the excitatory effects of locally
3 released ATP. P2X₃ knock-out mice showed a diminished micturition reflex whereby greater
4 stretch of the bladder wall was required to elicit a given degree of afferent signaling.
5 However, activity was not abolished [15] completely, which may suggest additional roles for
6 CGRP, TRPV1 and PACAP receptors [15,16] although their functional ligands are yet to be
7 fully elucidated. The lifetime and extent of the effect for ATP released from the urothelium
8 will be limited due to the presence of ectoATPases (E-NTPDase3) on the basal surfaces of
9 urothelial cells [17]. This would be anticipated for a dynamic sensory modulator but also
10 raises the question of the roles of ADP, AMP and adenosine in also modulating signalling
11 responses.

12
13 The quantity of ATP released during imposition of stressors alters with the age and the
14 pathology of the parent tissue, suggesting an underlying cause of pathological lower urinary
15 tract sensations. Thus, ATP release is raised in bladder wall tissue from: old animals and
16 humans compared to younger counterparts [18,19], tissue biopsies of patients with
17 overactive bladders [20] and cultured urothelial cells of patients with painful bladder
18 syndrome/ interstitial cystitis [21].

19
20 Urothelial cells also have the capacity to synthesise and exhibit stretch-activated release of
21 acetylcholine (ACh) [22,23]. There is inconsistent evidence as to whether release is
22 enhanced [24] or diminished [18] with age, but several other agents including the cytotoxic
23 drug, doxorubicin, and lipopolysaccharide reduced ACh release stimulated by cell stretch
24 [24,25]. Comparison of ACh and ATP release reveals some interesting differences: stretch-
25 activated release of ACh is much greater than ATP per unit mass of tissue; the magnitude of
26 stresses required to release ACh is much smaller, as is the dynamic range of stresses that
27 release ACh [26]. Moreover, the release of ATP is modulated by muscarinic receptor
28 activation independently of physical stressors; muscarinic receptor agonists increase ATP
29 release whilst antagonists, particularly to M2 but not M3 receptors, inhibit it. Thus, it has
30 been suggested that ACh release is the first step in a sensory transducer system that itself
31 regulates the further release of ATP with consequent downstream effects [26,27]. Two
32 observations follow which question perceived wisdom about the use of antimuscarinic
33 agents to manage overactive bladder (OAB) symptoms: firstly their site of action may not

1 solely be on detrusor M3 receptors at the efferent nerve/smooth muscle junction, as
2 assumed, but also on the mucosa; secondly drugs with a mixed M2/M3 profile may be more
3 effective than selective M3 receptor antagonists. Certainly, antimuscarinic agents increase
4 cystometric capacity in patients with OAB, which can be explained by their action on storage
5 rather than solely on voiding mechanisms.

6
7 Stretch-induced prostaglandin (PGE2) release from the mucosa has also been measured and
8 may exert direct effects on detrusor contractile function or, via an EP1 receptor, enhance
9 local ATP release to increase afferent activation [28]. Moreover, a positive feedback process
10 is suggested by the ability of ATP to augment PGE2 release [29]. Urothelial cells contain the
11 enzymatic machinery to synthesise nitric oxide (NO) [30] and there is evidence that it
12 suppresses afferent nerve activity [31]. Increase of NO production, as occurs for example in
13 a cat model of bladder pain syndrome, is also associated with a loss of barrier function [32]
14 that in turn will augment afferent activity by allowing noxious components of urine more
15 direct access to suburothelial structures.

16 17 **Pathways for mediator release**

18 Significant effort has been expended to identify the cellular routes for mediator release and
19 suggests the involvement of several pathways. ATP release has been identified via hemi-
20 channels of connexin or pannexin proteins, or even through vesicles [33,34]. However, these
21 conclusions are generally based on inhibitors of hemichannel proteins or vesicular transport
22 and there is debate about the specificity of these agents (35). In addition, release is
23 enhanced by an increase of intracellular $[Ca^{2+}]$ that may underlie the augmentation of
24 release by TRPV1 channel activation and extracellular acidosis [11] and is attenuated by
25 extracellular Ca^{2+} that is consistent with involvement of connexin hemichannels. However,
26 the mode of action of P2Y receptor agonists that increase release of ATP, as well as of
27 adenosine (A1) receptor agonists that reduce release has not been clarified. Of interest is
28 that ATP release is reduced from the tissue of patients who have received botulinum toxin
29 type-A (BnTx-A) injections to reduce overactive bladder symptoms [36]. Moreover, direct
30 application of BnTx-A attenuates stress-dependent ATP release and the binding targets for
31 BnTx-A has been identified on urothelial cells [37]. This also raises the question whether
32 BnTx-A as an agent to reduce OAB contractions, does so by reducing transmitter release
33 from efferent nerves, as it has assumed to work, or by dampening the sensory responses to

1 bladder filling, as suggested by these observations. Release of ACh is via different routes: it
2 is unaffected by reduction of vesicular formation, blockade of hemichannels or botulinum
3 toxin. The only effective modulator identified was an inhibitor of CFTR channels, which
4 reduced release by about 50% [26].

5

6 **The mucosa and contractile functions of the bladder**

7 Contractile function in the bladder exists in two modalities: phasic contractions initiated by
8 transmitters released from efferent parasympathetic fibres that evoke large contractions to
9 void urine; spontaneous contractions that are not primarily initiated by motor nerves. The
10 origin and function of the latter remain unclear but they have several properties that
11 distinguish them from nerve-mediated contractions and imply they have a physiological and
12 pathological role:

- 13 • they are unaffected by neurotoxins, but are Ca²⁺-sensitive;
- 14 • they are greatly augmented by the mucosa overlaying the detrusor;
- 15 • they can manifest as micromotions – localised, non-propagating contractions on the
16 bladder wall – that are mirrored as small intravesical pressure fluctuations;
- 17 • they are enhanced in pathologies that manifest as overactive bladders.

18 Their normal function may be to maintain a significant tone in the bladder wall during filling
19 to ensure it maintains a roughly spherical shape but not enough to reduce the natural
20 compliance of the bladder in this phase. Several, not mutually exclusive, theories have been
21 proposed that might also contribute to the large spontaneous contractions associated with a
22 subtype of OAB called detrusor overactivity:

- 23 • a myogenic theory, due to intrinsic spontaneous activity of detrusor myocytes
- 24 • a neurogenic hypothesis whereby spontaneous nervous activity initiated in the central or
25 peripheral nervous system drives contractions.
- 26 • spontaneous release of neurotransmitters
- 27 • a urotheliogenic theory whereby the mucosa drives spontaneous detrusor contractions.
- 28 • the mucosa itself has significant, independent contractile function

29 Of these the urotheliogenic theory and an independently contractile mucosa are the most
30 consistent with experimental evidence, although a neurogenic origin is likely in a subset of
31 patients. However, the questions arise about the nature of the interaction between mucosa
32 and detrusor, as well as how the mucosa itself generates significant contractile activity.

33

1

2 **The contractile properties of the mucosa**

3 The mucosa, in most species, may be readily separated from the detrusor layer by blunt
4 dissection and *in vitro* generates spontaneous contractions, as well as tonic responses to
5 electrical field stimulation and cholinergic agonists [38-40]. Several origins, not mutually
6 exclusive, have been proposed including: interstitial cells with a contractile phenotype
7 (myofibroblasts); pericytes around blood vessels or the *muscularis mucosae*. It is evident
8 that the pharmacological profile of mucosa spontaneous contractions is different from that
9 of the detrusor layer, for example capsaicin augments detrusor activity whilst suppressing
10 mucosal activity [39]. This would argue against the possibility that in dissecting the
11 preparations there is residual contamination of detrusor smooth muscle. This phenomenon
12 is of significance as the mucosa thickens in several conditions associated with overactive
13 bladder [41] and this activity may be especially significant in these pathologies. There is
14 also evidence that such contractile activity may be influenced by mucosal ATP release.
15 Under resting conditions mucosal ATP release is cyclical with a periodicity of about 10
16 minutes and this is reflected in a similar periodicity of the integral of spontaneous
17 contractility but with a delay of a few minutes [39]. It might be suggested that ATP release
18 from urothelium diffuses within the mucosa to modulate contractility activity. It does not
19 identify the cellular targets except that they probably have a receptor phenotype to ATP or
20 its metabolites. The contractile behavior of the mucosal layer under various pathological
21 conditions has not yet been investigated: however, there is a change in the characteristics of
22 spontaneous contractions of this layer with ageing [42].

23

24 **Functional interactions between the mucosa, detrusor and associated vasculature**

25 There is also convincing evidence of mucosa-detrusor interaction in generating spontaneous
26 activity – the urotheliogenic theory. The most straightforward observation is that an *in vitro*
27 bladder wall preparation of detrusor and attached mucosa generates substantial
28 spontaneous contractions and these are dramatically reduced when the mucosa is removed
29 [43,44]. This is complicated by the fact that an intact mucosa overlaying detrusor muscle
30 also exerts a tonic negative inotropic effect [45]. This complex interaction can be by
31 diffusion of mediators between the two layers or from a cellular interaction. The
32 observation that simply placing a mucosa layer over previously denuded detrusor restores
33 some contractile activity supports a role for a diffusive interaction. However, if this was the

1 sole mode of interaction it would be expected that the pharmacological profile of
2 spontaneous contractions would be solely determined by the phenotype of detrusor and this
3 is not the case. Apart from the opposite actions of capsaicin on mucosa and detrusor activity
4 (above), the same is true of P2Y receptor agonists such as ADP, UDP and UDP. These
5 agonists generally suppress or are at least neutral on detrusor function but they increase
6 mucosa activity [39]. Moreover they greatly enhance spontaneous contractions of bladder
7 wall preparations when mucosa and detrusor are attached [46]. Optical imaging
8 experiments that map intracellular $[Ca^{2+}]$ and membrane potential propagated waves across
9 the bladder wall reveal not only that an intact mucosa required for such activity but it is
10 augmented by the above P2Y agonists. Moreover, these experiments also show that such
11 propagated activity is initiated in the sub-urothelium of the mucosa and actually propagates
12 to the detrusor – again augmented by P2Y agonists [46]. These mapping experiments also
13 suggest that local diffusion of agents is insufficient alone to explain mucosa-detrusor
14 interaction as the propagation velocity of such waves is too rapid and moreover too
15 extensive over the bladder wall and suggests cellular interaction is also likely.

16
17 One potential cellular mediator of mucosa-detrusor interaction is the dense network of
18 interstitial cells in the suburothelium – a network substantially increased in pathologies
19 associated with enhanced spontaneous activity such as spinal cord injury [40]. These cells
20 tend to have their cell bodies in the suburothelium nearest to the urothelium, but
21 projections run towards the detrusor layer where much of the immunoreactivity to the gap
22 junction protein connexin-43 is found. These cells also have the attributes of forming an
23 electrical functional syncytium: they are connected by connexin-43 gap junctions; and also
24 generate spontaneous depolarisations due to activation of a large density Ca^{2+} activated Cl^-
25 current, $I_{Cl,Ca}$ [46]. Moreover, $I_{Cl,Ca}$ is enhanced by interventions that accelerate Ca^{2+} wave
26 propagation both across the bladder wall and between mucosa and detrusor, namely P2Y
27 agonists and local reduction of pH. It may be proposed therefore that a function of
28 suburothelial interstitial cells is to provide a cellular communication between the mucosa
29 and detrusor that will augment contractile activity of the latter. The cells are ideally located
30 below the urothelium to respond to mediators released from this layer, as well as their
31 metabolites and their excitable nature means they can effectively propagate responses.

32

1 Moreover, interstitial cells might be involved in the local control of bladder tissue perfusion
2 as a subpopulation of these cells is associated with the microvessels in the LP [47]. It is
3 postulated that adjacent perivascular interstitial cells have a role in generating spontaneous
4 vasoconstrictions of venules, which might be beneficial in maintaining blood flow during the
5 filling phase of the micturition cycle [48]. Inadequate perfusion of the bladder and the
6 resultant ischemia can readily affect the urothelium and suburothelial cells, leading to
7 altered urothelial signaling/barrier function and detrusor smooth muscle overactivity [49].
8 The relationship between suburothelial microvessels, interstitial cells and the urothelium
9 needs to be further studied.

10

11 **Conclusions.**

12 The mucosa lining the inner surface of the detrusor smooth muscle layer of the bladder has
13 crucial roles other than providing an essential barrier function to protect detrusor from the
14 unphysiological environment of urine. The urothelium acts as a sensor to bladder filling,
15 although it has to be determined what is the actual physical stressor: wall stress, transmural
16 pressure, acidosis from ischaemia, etc. The urothelium responds by releasing chemical
17 mediators that eventually activate afferent nerves and/or locally influence muscle function.
18 The role of intermediate cells, such as interstitial cells, remains to be determined. However,
19 their electrically excitable nature gives them the capacity to modulate the function of nerves,
20 detrusor muscle and even local blood vessels. Overall, the mucosa offers a dynamic sensory
21 structure that allows the bladder to respond directly to the volume and composition of urine
22 and thus optimise bladder contractile function. A major unanswered question is whether
23 pathological changes to bladder function, such as overactive bladder and bladder pain
24 syndrome, are determined by alterations to mucosa behaviour.

25

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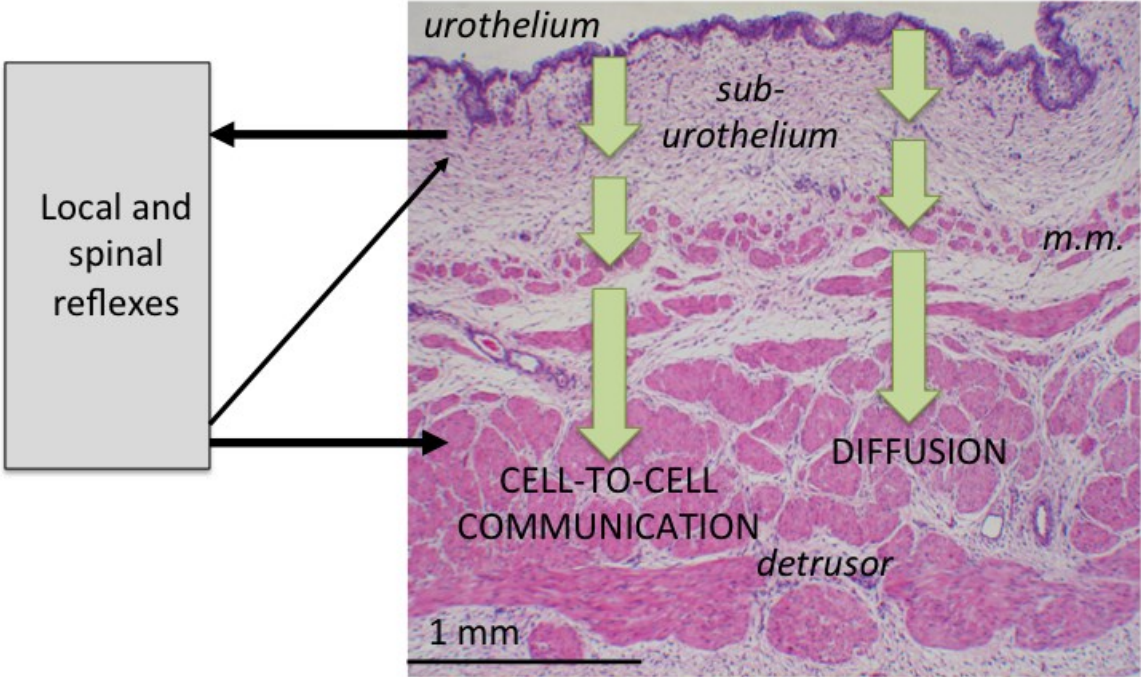
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1 Figure 1. A: Section of the sheep bladder wall. The section shows the urothelium, sub-
2 urothelium and detrusor smooth muscle layers. The suburothelium is a complex structure
3 of blood vessels, interstitial cells, afferent nerves and in this species a *muscularis mucosae*
4 (m.m.). External physical and chemical agents can cause release of mediators (arrows) from
5 the urothelium that could influence suburothelium structures to elicit nervous responses,
6 changes to blood vessel tone and contractile responses of detrusor and possibly *muscularis*
7 *mucosae*. Contractile responses could be mediated either by diffusion of mediators and/or
8 by cell-to-cell communication. B: a schematic drawing of the bladder wall, illustrating the
9 cell types in different layers, as well as the stresses that may induce mediator release.

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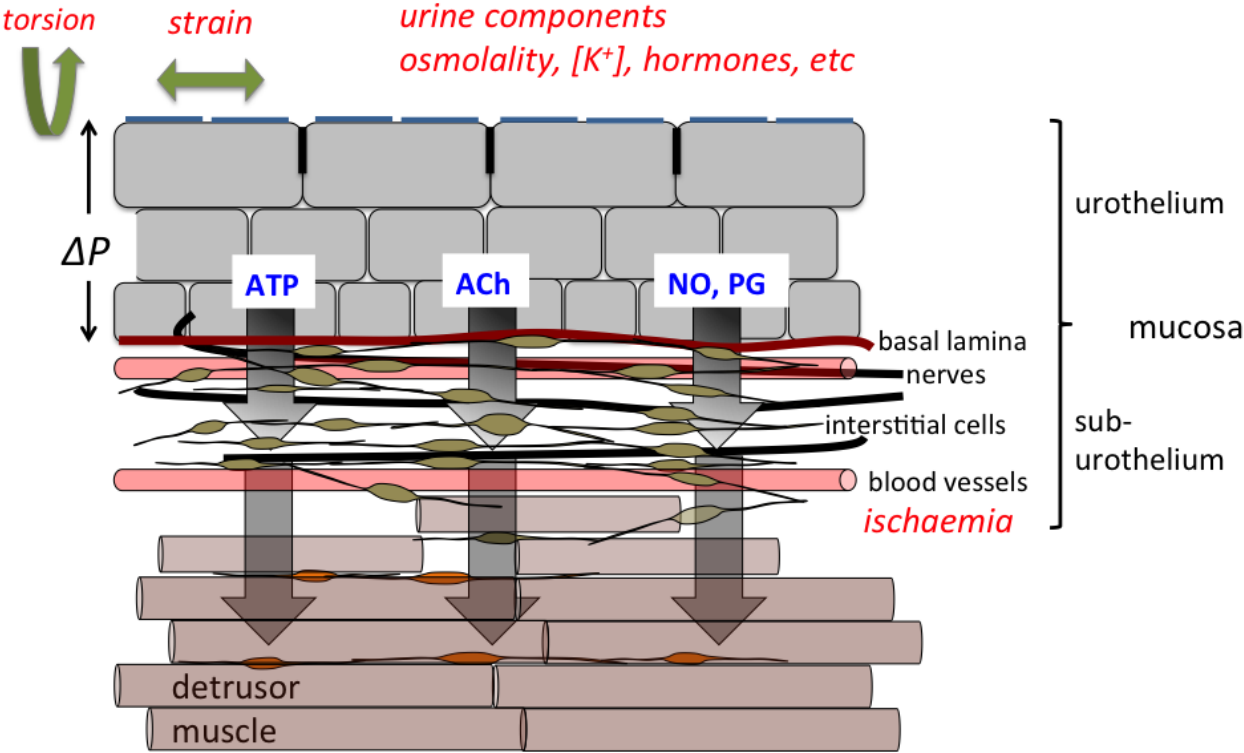
Figure 1

A



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B



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