

Culture Media

- Several media utilized in an IVF lab
- Each must consider the specific requirements of the respective cells
 - sperm
 - cumulus-oocyte-complex
 - denuded oocyte
 - cleavage embryo
 - post-compaction embryo
- Many companies, each with multiple media & related products for the same procedural steps
 - Oil (mineral, paraffin, light, washed)
 - Protein (HSA, recHSA, globulins)
- Other culture environment variables

Sperm Isolation

Sperm Washing

Oocyte Collection

Oocyte Maturation

Oocyte Denuding

Insemination / ICSI

Embryo Culture

Biopsy

Transfer

Cryopreservation

Thawing

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Embryo culture media and IVF/ICSI success rates: a systematic review

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L. Mastenbroek¹

RESULTS: Twenty-two RCTs were included that evaluated 31 different comparisons. Conventional meta-analysis was not possible for any of the outcomes as nearly all trials compared different culture media. Only four trials reported on live birth, and one of them reported a significant difference. Nine trials reported on ongoing and/or clinical pregnancy rates, of which four showed a significant difference. Pooling the data did not reveal a superior culture medium.

"...did not reveal a superior culture medium"

Media as a Therapeutic Agent

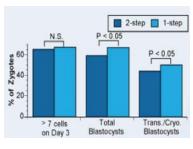
- Specific medium for specific patients/populations
 - -Database of commercial media performance for specific patients/diagnoses?
 - -Therapeutic additives for specific patients
 - some commercial media already include GM-CSF or insulin
- Embryo-specific media (the embryo as the patient)
 - -molecular profiling of spent media
 - -identify & add embryo-trophic secreted factors
 - -customize substrate profile for specific embryos
 - -other additives (macromolecules, vitamins, etc)

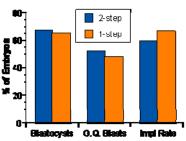
One medium may not be optimal for all embryos

Uninterrupted Culture

- Medium renewal every 48-72h
 - Prevent substrate depletion,
 - Remove ammonium
 - Remove other byproducts
 - Reduce concern of VOC accumulation
- Uninterrupted Culture 5-6 days
 - Accumulation of "good" factors
 - Less stress from handling
 - Useful for time-lapse imaging
 - Requires dipeptide glutamine
 - Requires low oxygen/VOC free gas/air

Several single-step media now available





Embryo Culture Media

- Each approach has its criticisms & limitations
- Embryos develop well in various media
- Distinguish "fact" from "fetish"

Developmental plasticity (but can be exceeded)

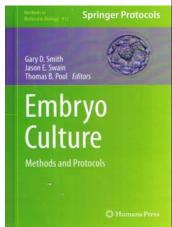
Determine "best" product in your own lab

The Culture System

- Other factors can influence embryo development and culture media efficacy – must be considered when evaluating
 - Contact materials/toxicity
 - Group embryo culture vs. individual
 - Incubator type/management
 - Low O2 vs. atmospheric O2
 - Air quality/VOCs
 - Technician

The medium is just one component!

(generally well-controlled)

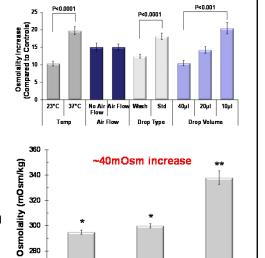


Lab Controlled Media Variables

IVF laboratories can impact efficacy of culture media

Osmolality

- Proper media osmolality ~260-290mOsm
- >300mOsm can inhibit embryo development in vitro (Hadi et al. 2005)
- Lab technique can inadvertently raise media osmolality (Swain et al. 2012)



40µI/23°C/No Air Flow/Wash

Control Medium 10µl/37°C/Air Flow/Std

рН

- pHo higher than pHi to combat acidification (~7.2)
 - Human embryo pHi is ~7.1 -7.2 (Phillips et al. 2000)
- <7.4 to avoid reduced development</p>
- No proven need to change pHo during embryo culture (Swain 2012)
 - Slightly higher pHo/bicarbonate may benefit sperm/fertilization
 - Later stage embryos may do better with higher bicarb (pHo)
 - Later stages regulate acidic pHi more effectively
 - Uterus appears more acidic that oviduct
- Optimum pHo likely varies from medium to medium
 - Ingredients can impact pHi independently from pHo (lactate, AAs)

Must measure pH at some point (correctly)

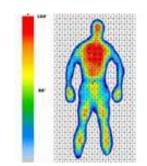
Maintain a narrow and stable pHo

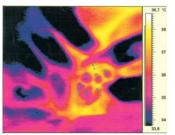
pHo Measurement Same Basal Medium- Different Companies Same Medium - Same Company w/ protein added or adding your own 7.45 Commercial pH @ 37°C ■ Media #1 ■ Media #2 Medium (mean ± SEM) 7.4 (HEPES-HTF) Ha 7.35 Medium #1 7.28 ± 0.005 Medium #2 7.27 ± 0.003 Medium #3 7.26 ± 0.003 7.2 Medium #4 7.08 ± 0.007 7.15 Medium #5 7.08 ± 0.005 6.0% CO2 6.5% CO2 Swain et al. 2013

Temperature

- Question as to what is the best temperature to use in the IVF lab for gametes and embryos
- Body temperature 36.6-37.3°C
 - Most use 37°C
- Estimated temp inside the follicle is ~2.3°C cooler than core body temp Grinstead et al., 1985
- Animal data indicate a potential temp gradient in the fallopian tube 1.5° cooler than core body temp David et al. 1971, Hunter & Nichols 1986

Should we culture @ <37°C?





TECHNIQUES AND INSTRUMENTATION

FERTILITY AND STERILITY® VOL. 77, NO. 6, JUNE 2002 pyright ©2002 American Society for Reproductive Medicine published by Elssvier Science Inc.

Rigorous thermal control during intracytoplasmic sperm injection stabilizes the meiotic spindle and improves fertilization and pregnancy rates

Wei-Hua Wang, Ph.D.,^a Li Meng, Ph.D.,^b Richard J. Hackett Rudolf Oldenbourg, Ph.D.,^d and David L. Ke M.D

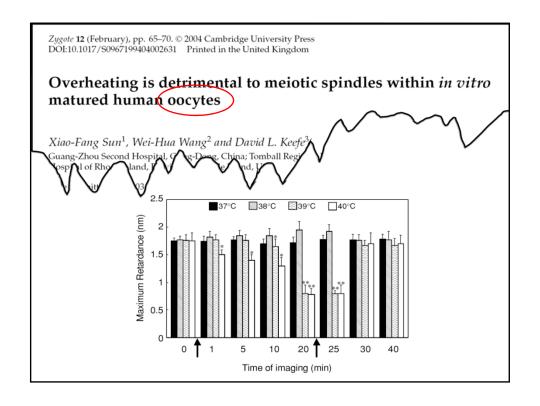
on or

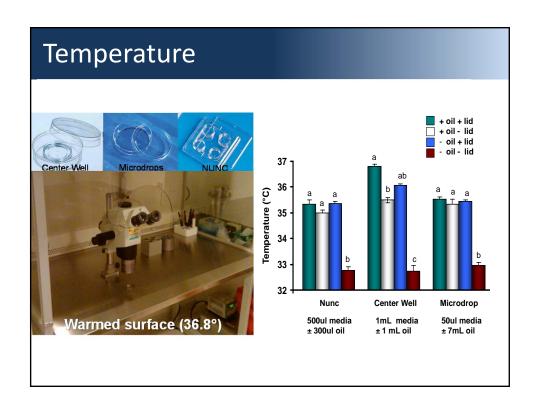
System 1: 34°C

System 2: 37°C

System 3: 33°C

	System 1	System 2	System 3
No. of patients	40	29	52
Average patient's age	33.8 ± 4.4	34.1 ± 4.6	34.1 ± 4.4
Average no. of cycles	2.3 ± 1.4	2.8 ± 1.2	2.6 ± 1.8
Day 3 FSH	6.1 ± 1.8	6.3 ± 2.6	6.2 ± 2.5
E ₂ level (pre-hCG)	1346.4 ± 608.3	1344.8 ± 552.4	1417.6 ± 763.5
E2 level (day for hCG)	1780.3 ± 805.1	1809.0 ± 815.6	1926.8 ± 980.8
No. of eggs examined	402	298	433
No. of eggs/patient	8.3	10.0	10.3
Eggs with spindle (%)	61.4 ^a	81.2ª	NA
Fertilization rate (%)	56.7 ^a	78.8ª	64.0 ^a
Pregnant rate (%)	25.0 ^a	51.7 ^a	23.1 ^a





Examining the temperature of embryo culture in in vitro fertilization: a randomized controlled trial comparing traditional core temperature (37°C) to a more physiologic, cooler temperature (36°C)*

Kathleen H. Hong, M.D., Ab Hokyu and Richard T. Scott Jr., M.D.,

	MII's (n)	Fert Rate	Day 3 Cell #	Blast Rate	Usable Blast Rate	Aneuploidy Rate	Implantation
36°C	399	86.2%	7.0±0.1ª	51.6%ª	41.2%ª	42.5%	67.4%
37°C	406	82.0%	7.7±0.1 ^b	60.1% ^b	48.4% ^b	46.1%	73.3

Low O₂ & Embryo Culture

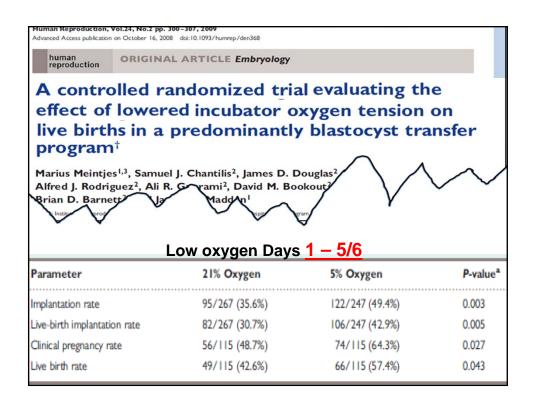
- Used extensively in various animal models
 - mouse, cat, sheep, pig, cow, rat
- Confounding variables sometimes "muddies" the waters of results in existing studies
 - Length of time, incubator, endpoint assessment, etc

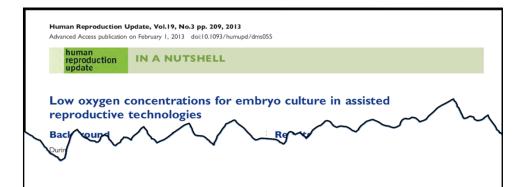
Are there any publications where low O₂ <u>decreases</u> embryonic development or other measured parameters? NO!

Low O₂ & Human Embryos

- Dumoulin et al. 1995 Fert Steril 63:115-119
- Dumoulin et al. 1999 Hum Reprod 14:464-469
- Dumoulin et al. 2000 Hum Reprod 15:402-409
- Catt and Henman 2000 Hum Reprod 15(suppl 2):199-206
- Bahceci et al. 2005 RBMonline 11:438-443
- Bedaiwy et al. 2004 Fertil Steril 82:593-600
- Bedaiwy et al. 2006 Fertil Steril 86:304-309
- Petersen et al. 2005 Acta Obstet Gynecol Scand 84:1181-1184
- Kea et al. 2007 Fertil Steril 87:213-216

- Anderson et al. 2007 Fertil Steril 88(suppl 1):S91
- Waldenstrom et al. 2009 Fertil Steril 91:2461-2465
- Kovacic and Vlaisavljevic 2008 RMBonline 17:229-236
- Meintjes et al. 2009 Hum Reprod 24:300-307
- Ciray et al. 2009 Fertil Steril 91(4 Suppl):1459-61
- Higdon et al. 2009 J Clinical Embryology (Fall) 12:6-11
- Nanassy et al. 2010 Fertil Steril 93:579-585
- Guo et al. 2014 Int J Clin Exp Path. 7(9):6191-8
- Kasterstein E. 2013 J Asst Reprod Genet 30(8):1073-9





Conclusions

The results of this systematic review and meta-analysis suggest that culturing embryos under low oxygen concentrations improves the success rates of IVF/ICSI, resulting in an increase in the live birth rate.

In Vitro Culture Platforms

"small microdrops were used for culture, and enlarged when the embryos were eight celled. The embryos were left undisturbed for long periods after this time"

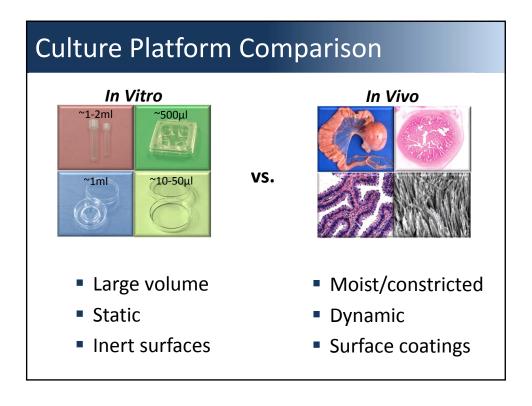
Steptoe et al. 1971, Nature

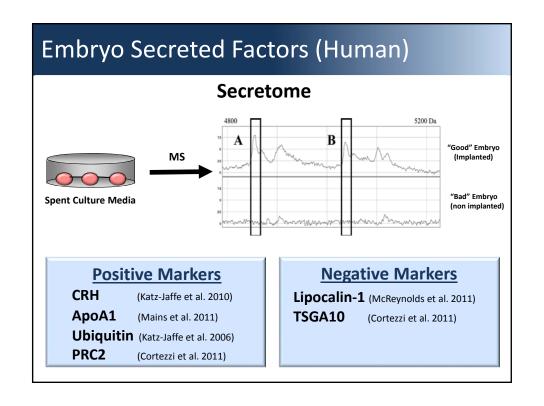
"culture with medium in a <u>multidish</u> under 5% CO₂ in air at 37°C in an open system"

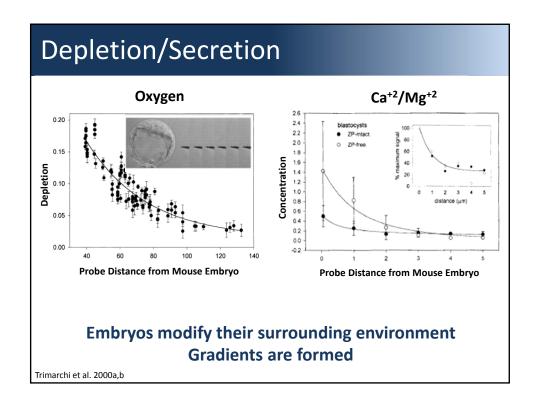
Feichtinger et al. 1983 Acta Eur Fertil

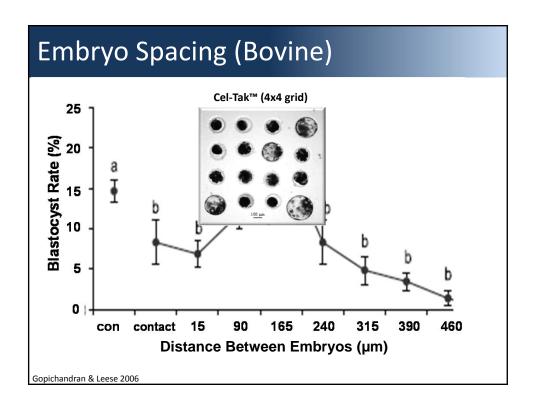


As we gain tools to better understand embryo physiology, we should modify the in vitro environment to better suit their needs – <u>this</u> <u>includes the culture platform (physical culture environment)</u>

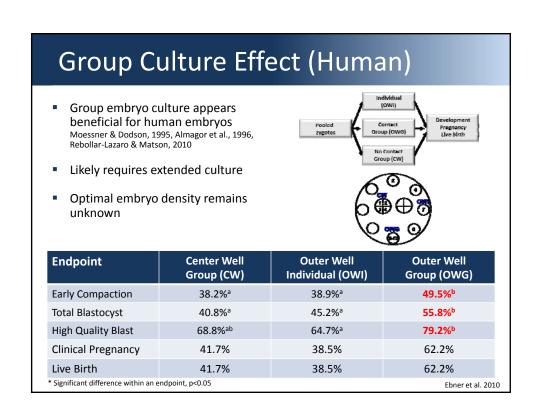






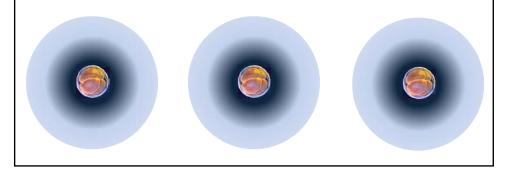


Benefit of Group Embryo Culture						
Species	Reference	Optimal Embryo #	Volume (μl)	Embryo Density (embryo/ul)		
Mouse	Wiley et al. 1986	20	10-12	0.5-0.6		
	Paria & Day 1990	5-10	25-50	2.5-10		
	Canseco et al. 1992	5	10	2		
	Lane & Gardner 1992	2-16	5-320	0.3-40		
	Kato & Tsunoda 1994	20	10	0.5		
	Salahuddin et al. 1995	10	20	2		
	Donnay et al. 1997	20	20	1		
	Larson & Kubisch 1999	40	25	0.6		
Cow	Nagao et al. 2008	25-100	50	0.5-2		
	Ferry et al. 1994	40	40	1		
Cat	Spindler et al. 2006	10	20	2		
Hamster	Schini & Bavister 1988	2	<1	<0.5		
Sheep	Gardner et al. 1994	2-4	20	5-10		



Thinking Big by Thinking Small

 Customized culture devices can create a confined culture area/volume that regulate embryo density and spacing and produce/regulate a <u>microenvironment</u> that may benefit embryo development



Embryo-Specific Dishes

- Rounded bottoms/edges for easy location
 - Rapid identification, embryo spacing
- Prevent microdrop dispersion or displacement



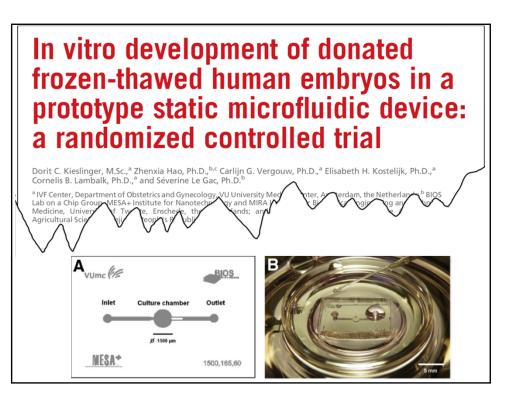




Microdroplet Dish

Embryo Corral®

Embryo GPS®

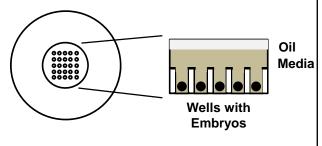




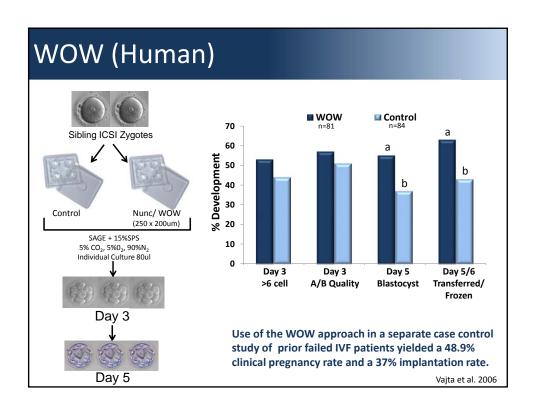
Well-of-the-Well (WOW)

- Constrictive microenvironments
- Surface area/points of contact
- Permits individual ID with group effect
- Can regulate embryo spacing

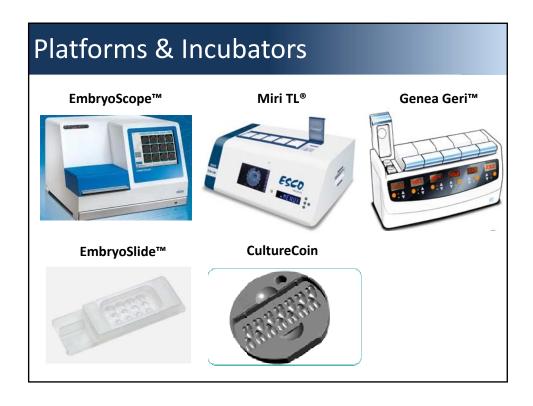


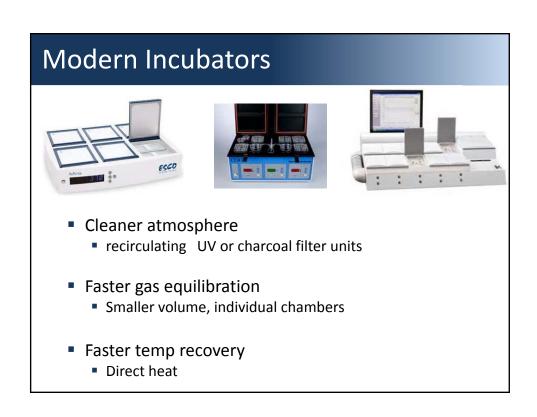


Well-of-the-Well (WOW)						
Species	Well Size (w×h)	Conditions (Test vs. Con)	Endpoint (From 1-cell)	Outcome (Test vs. Con)	Reference	
Bovine	700 × 700μm	1 embryo/WOW (16 total) /500µl 16 embryos/500µl µdrop (CR1aa media)	Blast @192h Blast Cell# Apoptosis	31 vs. 22% (p<0.05) 99.6 vs. 99.3 (NS) 2.8 vs. 2.6% (NS)	Hoelker et al., 2009	
	287 × 168μm	1 embryo/WOW (25 total) /125μl 25 embryos/125μl μdrop (CR1aa media)	Blast @168h Blast Cell# Apoptosis Pregnancy (30d)	37 vs. 36% (NS) 111.5 vs. 102.7 (NS) 9.0 vs 13.5% (p<0.05) 51.7 vs. 25% (p<0.05)	Sugimura et al., 2010	
	346 × 200μm	1 embryo/WOW (20 total) /100µl 20 embryos/100µl µdrop (IVD101 media)	Blast @192h Blast Cell#	17% vs. 18% (NS) 81.4 vs. 84.5 (NS)	Akagi et al., 2010	
	1000 × 700μm	1 embryo/WOW (20total) /100μl 20 embryos/100μl μdrop (SOF media)	Blast @168h	37 vs. 30% (NS)	Matoba et al., 2010	
Porcine	1000 × 300μm	4-5 embryo/WOW (3 total) /500μl 12-15 embryos/30μl μdrop (PZM3 media)	Blast @192h Blast Cell#	25 vs. 13% (p<0.05) 36 vs. 37 (NS)	Taka et al., 2005	
Murine	250 × 200μm	1 embryo/WOW (5 total) /400µl 1 embryo/35µl µdrop (CZB media)	Exp Blast @144h	80 vs. 40% (p<0.05)	Vajta, 2008	



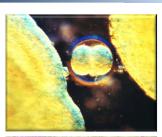






Dynamic Embryo Culture

- In vivo cilia and peristaltic muscle contractions
 - Beating frequency of 5-20Hz (Paltiel et al. 1995, Westrom et al. 1977)
 - Average speed ~0.1μm/s (Greenwald 1961)
 - Sheer force ~0-3dyn/mm²





Gentle movement may be "normal" for embryos

"Rock-a-Bye-Baby"

Possible Benefits of Dynamic Culture

1) Disruption of gradients

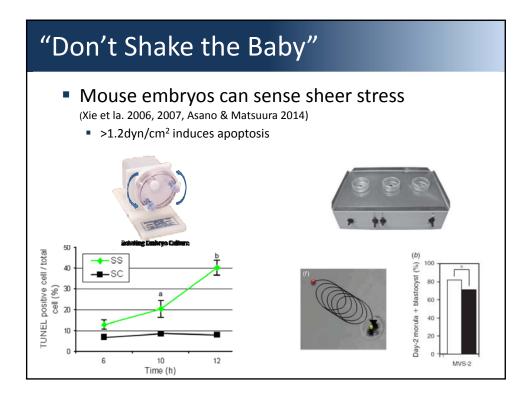
- Substrate renewal?
- Removal of harmful byproducts?

Not that simple

What about benefit of static micro-culture?

2) Mechanical stimulation

- Sensory mechanotransduction (Synthichaki & Tavernarakis 2003)
 - Cell ability to respond to physical stimuli
 - Influences ion channels, etc
- Possible activation of trophic signaling pathways



Active Embryo Hypothesis

 Excessive movement and resulting sheer forces can be detrimental to embryo development, activating signaling pathways that lead to apoptosis. Less vigorous or periodic movement or other physical stimuli, such as surface interactions, vibrations or gentle media flow, can be embryo-trophic.

Early Attempts at Dynamic Culture

- Orbital shakers (Zeilmaker et al. 1971, Hoppe & Pitts 1973, Cohen 1981)
- Macroscale perfusion systems (Pruitt et al. 1991, Lim et al. 1996, Thompson et al. 1997)
- Microchannel perfusion (Hickman et al. 2002)
 - Gravity
 - External pumps
 - Cell recovery
- Perfusion co-culture (Mizuno et al.2007)
 - External pumps
 - Cell recovery





Technical limitations to early systems

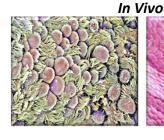
Dynamic Culture

- Dynamic embryo culture appears beneficial
- May be a role for periodic physical stimuli
 - Constant movement not required
- Still need to optimize dynamic conditions
 - Speed, duration, motion paths, embryo density
- Need a refined <u>system</u> for widespread clinical use
 - static culture is still the "norm"



Culture Surfaces

In Vitro





- Some polymers can be detrimental to embryo development (Hunter et al. 1988)
- Polystyrene dishes may compromise growth of adherent cells (Summer et al. 2012)

 Softens under water

 - Alters microenvironment
 - pH increase at interface, generation of ROS

Could a novel surface/material improve embryo development?

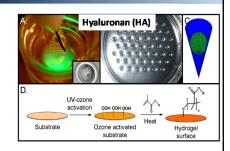
Culture Surfaces Elasticity (Pa) Petri Dish Polystyren Reduced "stiffness" of collagen and PDMS surface improved mouse embryo development (Kolahi et al. 2012) What about the zona barrier? Perhaps more likely a result of absorption/alteration in media composition?

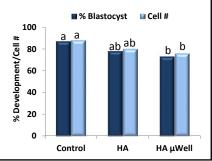
■ PDMS can leach, absorb and change media osmolality (Heo et al. 2012,

Regeher et al. 2009, Toepke & Beebe 2006)

Surface Coatings

- Matrigel coating can be beneficial or detrimental to mouse embryo development (Dawson et al. 1997, Lazzaroni et a. 1999, Carnegie et al. 1995)
 - Strain specific?
- Agarose has been used to culture zona free embryos (Brandao, et al. 2004, Peura & Vajta 2003)
 - No specific benefit noted
- Hyaluronan coating was detrimental to mouse embryo development when used for microwells (Oakes et al. 2009)





An Ideal Culture Platform?

- Individually housed micro-culture/dynamic platforms
 - no need for daily opening and dish removal
 - permit group culture with individual ID
- Real-time imaging
 - vibrating camera, etc
- Inline Assays/Measures
- Specialized material/surface
 - Growth improvement
 - Protective (light filtering, etc)
- Customized media exchange?
- USER FRIENDLY
- AFFORDABLE

Buffer Waste

Detection Zone

Buffer Waste

ITO Heater

Enzyme Mixture

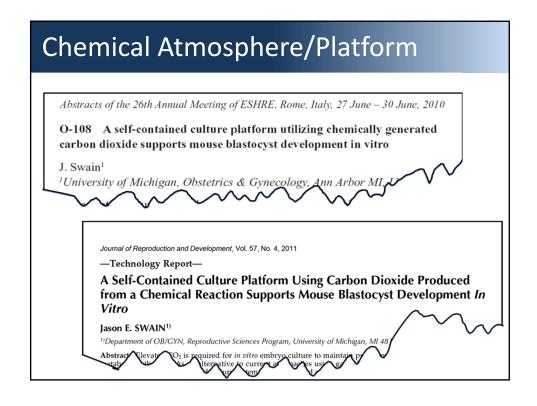
Embryo reservoir 2

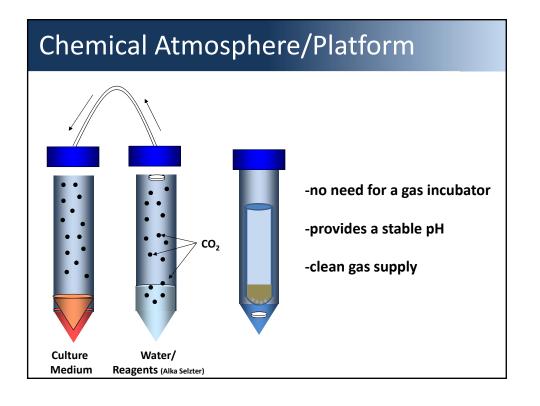
Reference reservoir 2

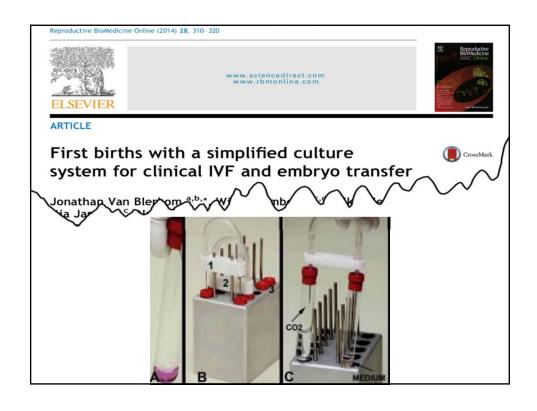
Reference reservoir 3

Heo et al. 2012

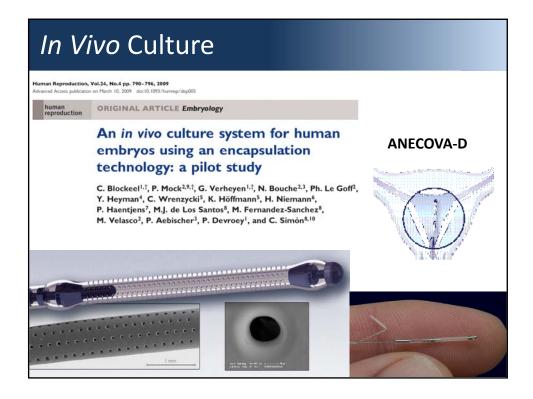
Is this feasible?











Conclusions

- Numerous procedural steps involved in IVF
 - All carry potential for cellular stress
- Conditions should be customized for the changing physiology of the respective cell types/stages in each of these steps
- Many variables to consider other than simply selecting culture media
- Consistency- knowledge, oversite & QC is essential

Acknowledgements





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