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Buccal micronucleus assay as a useful tool to evaluate the stress-associated genomic damage in shelter dogs and cats: new perspectives in animal welfare

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Buccal Micronucleus Assay as a useful tool to evaluate the stress-associated genomic
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Highlights

- 1. Group-housing can increase stress levels and contribute to physiological problems
- 2. We evaluated, by MNi assay, the level of genomic damage in shelter cats and dogs
- 3. We recruited 30 shelter cats and dogs and 30 family cats and dogs used as control
- 4. Significant differences in the MNi frequency were found between the two groups
- 5. The ethotest confirms the increased levels of aberrations in stressed animals

Graphical Abstract

Manuscript File

- Title: Buccal Micronucleus Assay as a useful tool to evaluate the stress-associated genomic $\mathbf{1}$
- damage in shelter dogs and cats: new perspectives in animal welfare $\overline{2}$
- Running Head: Micronuclei frequency in shelter dogs and cats R
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- 15

Abstract 16

17 Shelters play a key role in saving animals from straying. However, the space restrictions, the lack of 18 resources and the high animal turnover can increase stress levels and the rate of infectious diseases in cats and dogs. The aim of this study is to evaluate, through the buccal micronucleus assay, the 19 level of genomic damage in shelter cats and dogs with respect to that observed in family cats and 20 dogs. The hypothesis is that stressful environmental conditions, such as those potentially present in 21 shelters, can affect the level of genomic damage. Study population included thirty healthy mixed 22 breed cats and dogs with a minimum two-year presence in a shelter. The control group consisted of 23 thirty healthy cats and dogs living in a home environment, using age/sex matching. The 24 micronucleus assay was performed on one thousand exfoliated buccal cells per subject. Significant 25 differences were found between shelter and family cats and dogs in terms of micronuclei frequency. 26 indicating that a condition of stress found in sheltered animals may increase the levels of genomic 27 damage. The ethotest confirms the increased levels of total aberrations in both stressed shelter cats 28 and dogs. Conversely, no significant differences in the level of genomic damage were found 29 between the sexes, as well as no correlation was found between age and the frequencies of 30 micronuclei. In conclusion, we provided evidence of a possible correlation between physiological 31 stress conditions and increased levels of genomic damage in a sample of sheltered cats and dogs. 32 The results of our study also suggest that the buccal micronucleus assay, also considering the 33 relatively low cost of laboratory procedure and its non-invasiveness, could be potential additional 34 tool that, combined with the ethotest, may be able to provide a more comprehensive picture of the 35 health status of animals living in communities. 36

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Keywords: Genomic Damage; Nuclear Buds; Mammals; Welfare; Companion Animals 38

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1. Introduction 42

Shelters play a key role in saving animals from straying. However, living in shelter can contribute 43 to the development of various welfare-related problems for animals by causing less adoptability 44 and, consequently, complicating the management of shelters (Wells et al., 2002; Lord et al., 2013; 45 Kubesova et al., 2017). Since the animal welfare in shelters is both an ethical and an economical 46 issue, it is important to better understand and evaluate it in order to improve the service provided by 47 shelters (Normando et al., 2006). 48

It is generally accepted that many animal shelters can be potentially stressful places for animals. 49

mainly due to space restrictions, lack of resources and high animal turnover (Kessler and Turner, 50

1999; Wells et al., 2002). 51

In addition, euthanasia on cats and dogs in shelters is forbidden in Italy. As a consequence, this 52 "no-kill policy" extends their stay in shelters, increasing the number of animals housed (Anderson 53 et al., 2015; Righi et al., 2019). 54

Undoubtedly, arriving at a shelter can be extremely stressful and even traumatic for an animal. 55 Losing an emotional bond, changing daily routines and being placed in a different environment full 56 of new and unusual stimuli are all conditions that result in minimal possibilities of interaction with 57 conspecifics and humans (Hennessy et al., 2001; Coppola et al., 2006). The lack of social 58 interaction, the limited possibility of movement, the minimal control over the surrounding 59 environment and the unpredictable noise levels can make living in a shelter a stressful condition, 60 particularly, for extremely social animals such as dogs (Beerda et al., 2000; Wells et al., 2002; 61 Taylor et al., 2007; Titulaer et al., 2013). For example, it was observed that staying in a shelter can 62 induce behavioural changes in dogs as well as significantly modify their behaviour (Wells and 63 Hepper, 2000). An increased frequency of auto-grooming, circling, eating faeces, paw lifting. 64 standing upright, digging, whining, and scratching are all examples of behavioural changes (Beerda 65 et al., 1999). 66

Shelters can represent a stressful environment for cats as well. Indeed, approximately 80% of 67 Swedish shelters have experienced abnormal behaviours in sheltered cats, such as fearfulness, 68 aggression, feeding disorders and inappropriate elimination behaviours (Eriksson et al., 2009). 69 Moreover, as Gourkow et al. (2014) observed, sheltered cats display several behavioural problems, 70 such as crawling, freezing, feeling startled and retreating from humans - all signs of a poor welfare. 71 It was found that these behaviors reduced their resistance to upper respiratory tract infections 72 (Gourkow et al., 2013). Upper respiratory diseases represent the primary health issue reported in 73 cats during their stay in shelters, supporting the hypothesis that behavioural elements and activities 74 could be related to a poor health status (Gourkow et al., 2013). 75 The present work aims to assess the level of genomic damage in buccal mucosa cells of both shelter 76 and family cats and dogs by the buccal micronucleus assay. The tested hypothesis was that 77 physiological stress conditions, like those potentially present in some shelters, could affect the 78

levels of genomic damage in terms of increased frequencies of micronuclei (MNi), nuclear buds 79

(NBUDs) and other nuclear rearrangements. 80

Buccal micronucleus assay is one of the most widely non-invasive techniques used to measure 81 genetic damage in human and animal population studies (Lazalde-Ramos et al., 2017; Benvindo-82 Souza et al., 2019; Borges et al., 2019). MNi are chromosome fragments or whole chromosomes 83 that fail to segregate properly during mitosis which appear in interphase as small additional nuclei. 84 NBUDs are the result of elimination processes from cells of amplified DNA and/or excess 85 chromosomes (Fenech et al., 2011). It has been observed that the natural MNi frequency varies 86 between certain limits (ranging from 3 to 23 MNi per 1000 cells) in different human populations. 87 However, no frequency data is present in literature with regard to the prevalence of micronuclei in 88 mammals like cats and dogs. In this scenario, the further purpose of our work was to evaluate, in 89 buccal cells of these two mammals, the background level of genomic damage in terms of 90 micronuclei and nuclear buds frequencies. 91

2. Materials and Methods 93

2.1. Subjects 94

The study population included thirty healthy mixed breed cats and thirty healthy mixed breed dogs, 95 randomly sampled with a minimum two-year stay in a shelter, time that we consider sufficient for 96 genomic damage to occur. Although data regarding the average permanence of animals in shelters 97 where we sampled were not available, in Italy, it is estimated that 41 % of dogs in shelter are 98 represented by adult dogs (over 4 years old) with almost no chance of being adopted (Dalla Villa et 99 al., 2013). 100 As control groups, we selected healthy house cats ($n = 30$) and dogs ($n = 30$), using age/sex 101 matching. All animals belonging to the control group live in an apartment, where they are free to 102 roam. Moreover, all dogs have a minimum of 3-4 daily outings. 103

Purebred animals were excluded from the sample in order to avoid possible influences of the 104

inbreeding on the level of genomic damage. Shelters were located in Turin, Piedmont, in Northwest 105

Italy. All subjects were fed canned and/or packaged meat or fish food. The state of good health of 106

- 107 the animals was confirmed by the veterinarians of the shelter and, as regards the family animals, by 108 the owner.
- 109 In order to evaluate the possible influence of the sex on the level of genomic damage, age and sex

110 data were collected. It is well known that drugs and X-rays can alter the level of genomic damage

111 (Santovito et al., 2017). Therefore, we excluded subjects that had contracted acute infections and/or

- 112 chronic non-infectious diseases and/or were exposure to diagnostic X-rays for a minimum of two
- 113 years prior to the analysis. The only medication that the sampled subjects received was the flea
- medication, which is routinely carried out at the entrance to the shelter, and in some cases sporadic 114
- drug treatments for intestinal worms. 115
- All animals were treated and housed in compliance with Italian guidelines (available on 116
- http://www.aclonlus.org/wp-content/uploads/2014/02/LINEE-GUIDA-LR-34-97.pdf). 117

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Finally, the ethotest was performed in order to assess, among the studied animals, the possible 118 correlation between stress condition and the level of genomic damage. 119

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2.2. MNi assay 121

Exfoliated buccal mucosa cells were collected by gently scraping the mucosa of the inner lining of 122 one or both cheeks with a spatula. Buccal cells were also collected from the inner side of the lower 123 lip and palate. Indeed, the variability in MNi frequency between these areas was found to be 124 minimal for control subjects (Holland et al., 2008). The tip of the spatula was immersed in a 125 fixative solution consisting of methanol/Acetic Acid 3:1, stored at 4 °C prior the analysis. 126 Successively, cells were collected by centrifugation, the supernatant was discarded and the pellet 127 was dissolved in a minimal amount of fixative which was seeded on the slides to detect MNi by 128 conventional staining with 5% Giemsa (pH 6.8) prepared in Sörensen buffer. 129 Microscopic analysis was performed at 1000X magnification on a light microscope. MNi, NBUDs 130 131 and other nuclear rearrangements were scored in 1,000 cells with well-preserved cytoplasm per 132 subject according to the established criteria for MNi evaluation (Thomas and Fenech 2011).

133

2.3. Cat Stress Score (CSS) test 134

A behavioural CSS test was also performed. According to Kessler and Turner (1997), the CCS test 135 136 is the most widely standardized method for behavioural assessment of stress in cats (Rehnberg et 137 al., 2015; Loberg and Lundmark, 2016). We observed the cats behavior for five minutes, analyzing both their spontaneous and short-term reaction to the sight of a stranger. During this period in fact, 138 the animal has time to react to the sight of a stranger and, thus, it is possible to see its first 139 instinctive reaction. After five minutes, the cat could either change its attitude or keep the same. 140 Successively, the sample was divided in two classes: 1) Class A that included relaxed or weakly 141

tense subjects (subjects with 1-3 score); 2) Class B, that included from very tense to terrified 142

143 subjects (subjects with 4-7 score). Finally, in order to reduce the risk of bias, all ethotests were

144 performed by the same person.

145

2.4. Dog Stress test 146

A dog stress test was performed observing each subjects for 40-50 min, using two of the three steps 147 148 described in Lucidi et al. (2005). We submitted several tasks for assessment of aggressiveness, 149 temperament, sociability or diffidence and fearfulness. In the first step, Test A, the dogs sample was subdivided into two categories based on two discriminant parameters: A1 corresponding to 150 aggressiveness and A2 corresponding to dominant temperament. In this step, the evaluation of the 151 dogs' responses was based on a binary method (0 or 1): dogs that showed aggressiveness or lack of 152 submissiveness were marked 0 whereas dogs that showed no aggressiveness were marked 1. The 153 second step, Test B, comprised three parts, each evaluating a different behavioural component: B1 154 evaluated the dogs' initiative and how many times they tried to escape from people; B2 examined 155 the dogs' sociability/diffidence; B3 examined fearfulness. In this case, the assessment of the dogs' 156 responses was based on a scoring scale $(-1, 0, 1, 2$ or 3). Here too, lower ratings correspond to 157 greater stress. As for cats, we subdivided the dogs' sample into two different ethogram classes: 158 class A includes calm subjects with average values greater than 1, whereas class B embraces 159 agitated and/or terrified subjects with average values below than 1. 160

161 Also in this case, in order to reduce the risk of bias, all ethotests were conducted by the same 162 person.

163

2.3 Statistical Analysis 164

Statistical analyses were conducted using the SPSS software (version 24.0, Inc., Chicago, Illinois, 165 166 USA). Differences in micronuclei frequency between shelter and family cats and dogs, between 167 sexes as well as between animals belonging to different ethogram classes were evaluated by both ANOVA and Kruskal-Wallis tests. The correlation between age and the level of genomic damage 168 was evaluated by regression analysis, whereas multivariate analysis was performed to identify sub-169 groups according to age and sex score. All P-values were two-tailed and the a priori level of 170 statistical significance was set at P<0.05 for all tests. 171

172

3. Results 173

In Table 1 demographic characteristics of groups studied were reported. We sampled sixty cats, 174 subdivided into thirty family cats (mean age 5.60±4.42, fourteen males and sixteen females) and 175 thirty shelter cats (mean age 5.60±4.42, fifteen males and fifteen females). Similarly, for dogs, we 176 sampled sixty subjects subdivided into thirty family dogs (mean age 6.40±3.73, twelve males and 177 eighteen females) and thirty shelter dogs (mean age 5.41±1.64, eighteen males and twelve females). 178 In both species, no significant differences were found between family and shelter subjects in terms 179 of mean age. 180

181 In Table 2 results of the statistical evaluation of genomic damage between shelter and family cats

182 and dogs were reported. In Figure 1 some examples of damaged cells observed in our samples were

183 reported. Among family cats, the frequency of MNi, NBUDs and rearrangements were

0.100±0.383, 0.110±0.092, 0.077±0.119, with a frequency of total aberration of 0.287±0.405. 184

Among shelter cats, the frequency of MNi, NBUDs and rearrangements were 0.210±0.209, 185

186 0.220±0.183, and 0.087±0.125, with a frequency of total aberration of 0.517±0.373. Significant

differences were found between family and shelter cats in terms of MNi ($P<0.001$), NBUDs ($P=$ 187

0.010) and total aberrations ($P = 0.003$). 188

Among dogs, the frequencies of MNi, NBUDs and rearrangements found in the family group were 189

0.083±0.095, 0.130±0.154, 0.040±0.068 with a frequency of total aberration of 0.253±0.229, 190

whereas those observed among shelter dogs were 0.300±0.268, 0.280±0.186, 0.090±0.145 with a 191

192 frequency of total aberration of 0.670±0.399. Significant differences were found between family

193 and shelter dogs in terms of MNi, NBUDs and total aberrations (P = 0.001).

194 In both species, no significant differences were found between sexes in terms of MNi, NBUDs,

rearrangement and total aberration frequencies (Table 3). 195

The differences observed in MNi frequency among subjects belonging to different ethogram classes 196

were statistically evaluated (Tables 4 and 5). Among family cats' group, no significant differences 197

emerged among the subjects belonging to different ethogram classes. Vice versa, among shelter 198

- cats, subjects belonging to ethogram class B showed significant increase in the frequencies of MNi 199
- $(P = 0.044$, Anova test), rearrangements ($P = 0.010$, Anova test: $P = 0.005$ Kruskal-Wallis test) and 200

total aberrations ($P = 0.007$ for both Anova and Kruskal-Wallis tests). Also considering the total 201

sample, significant increases in rearrangement $(P = 0.030$, Anova test) and total aberration 202

frequencies ($P = 0.004$, Anova test: $P = 0.016$ Kruskal-Wallis test) were observed among cats 203

- belonging to class B (Table 4). 204
- 205 Among dogs, no significant differences were observed between the two classes in both family and

206 shelter subjects, although cats and dogs belonging to class B showed highest levels of genomic

- damage in both family and shelter animals. However, when the subjects were grouped into a single 207
- total sample, dogs belonging to ethogram class B showed significant higher levels of MNi $(P =$ 208

209 0.019. Anova test: $P = 0.010$ Kruskal-Wallis test). BUDs ($P = 0.007$. Anova test: $P = 0.014$

Kruskal-Wallis test) and total aberrations ($P = 0.011$, Anova test: $P = 0.007$ Kruskal-Wallis test) 210 (Table 5). 211

Finally, the regression analysis failed $(P>0.05)$ to find a significant correlation between age and the 212 frequencies of genomic markers. Similarly, the multivariate analysis did not show significantly any 213

215 0.988 for dogs)

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238 assessing the genomic effects of long-term stay in shelters.

dogs and compare them with the levels of family cats and dogs. 241

Statistically significant differences were found between shelter and family cats and dogs in terms of 242 243 MNi, NBUDs and total rearrangements, which indicate that a condition of physiological stress, as can be observed in some shelters, may induce a high level of genomic damage. 244 The relationship between physiological stress and disease development was documented (Bale 245 2005; Funnagalli et al., 2007; Koenig et al., 2011). In particular, chronic stressors was found to be 246 associated with accelerated biological aging (Révész et al., 2014), as well as the stress response was 247 found to influence immune function, with potential consequences for patterns of infection and 248 transmission of disease among and within wildlife, domesticated animals and humans (Hing et al., 249 2016). This relationship between stress and immune responsiveness appears to be significant. 250 Indeed, when chronic, stress can weaken the immune system, causing disease susceptibility and the 251 development of genomic damage (Gourkow et al., 2013). At genomic level, stress in mice and rats 252 253 may induce alterations in the expression of hepatic genes, an up-regulation of several markers related to oxidative stress and an increase in apoptotic processes (Depke et al., 2009). Similarly, 254 stress has been shown to influence brain DNA repair genes expression in rats whereas, stress, 255 anxiety and depression have been shown to alter the methylation pattern of DNA in humans. 256 Interestingly, it has been shown that stress caused by trauma increases the level of genomic damage 257 in humans. Indeed, children who have experienced violence have shown a significantly higher level 258 of telomere erosion than their peers (Shalev et al., 2013; Bergholz et al., 2017; Kader et al., 2018). 259 Hence, a possible relationship between stressful conditions and increased frequencies of MNi is not 260 surprising. 261

- 262 In humans, higher levels of MNi in peripheral blood lymphocytes and other cell types have been
- associated, in perspective, with an increased risk of cancer (Bonassi et al., 2011). Similarly, we 263

cannot rule out a connection between higher levels of MINi and a higher incidence of cancer even in 264 cats and dogs living in shelters as compared to family cats and dogs. 265

In addition, MNi do not represent only the products of biological errors, but trigger the activation of 266 the immune system related genes through the exposure of DNA fragments, which suggests that the 267 presence of MNi can be perceived by the immune system (Gekara, 2017). MNi also represent a 268 mechanism of elimination of genetic material, such as amplified genes, and contribute to miclear 269 dynamics and genomic chaos (Ye et al., 2019). The latter represents a process of rapid genomic re-270 organization that results in the formation of very altered and chaotic genomes (defined by both 271 extreme structural and numerical alterations), some of which can be selected to establish stable 272 genomes (Ye et al., 2019). 273

274 In contrast to Santovito et al. (2020), we found no effect of the age on the level of genomic damage 275 neither in dogs nor in cats. It is plausible that the relatively short life expectancy of these two 276 species may mask any possible correlation between age and MNi frequency.

Different markers are used to measure responses to stress in animals, principally the ethotest and 277 analysis of cortisol levels (Hellhammer et al., 2009). In our study, results of the ethotest showed a 278 significant increase of total aberrations among agitated and/or terrified animals (class B) with 279 respect to calm cats and dogs (class A), evidencing a possible relationship between stress condition 280 and increase of the genomic damage. However, we would like to emphasize that the ethotest has not 281 yet been clearly validated against other signs of stress, such as the cortisol level. For example, 282 McCobb et al. (2005) found no correlation between the CSS scores and the corresponding urinary 283 cortisol-to-creatinine ratio, as well as no correlation between CSS and the faecal cortisol 284 metabolites was observed (Rehnberg et al., 2015). This could be probably due to the fact that 285 cortisol levels might not always be an accurate indicator of stress in sheltered animals since the 286 responses in the brain related to stress are caused by several factors and cortisol only affects stress 287 indirectly (Hellhammer et al., 2009; Gourkow et al., 2014). Finally, the ethotest score is subjective 288

and static, built on behaviours displayed in short intervals of time, that is, as the original method, 289 290 one minute of observation (Kessler and Turner, 1997).

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      5. Conclusions
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In this work we provided evidence of a possible correlation between physiological stress conditions 293 and higher levels of genomic damage in a sample of sheltered cats and dogs. 294

In literature, stress in sheltered animals has been assessed both qualitatively (behavior analysis) and 295

quantitatively (e.g., cortisol levels, catecholamine levels, heart rate, immune function, etc.) 296

(Pesavento and Murphy, 2014). However, it has been proven that each method exhibits some 297

limitations (Protopopova, 2016). In sight of this, a more complete assessment of shelter animal 298

- welfare can be performed by evaluating multiple parameters and proposing new ones (Polgár et al., 299
- 2019; Righi et al., 2019). In this perspective, since it has been shown that chronic stress may induce 300
- genomic damage (Gourkow et al., 2013), the results of our study suggest that the buccal MNi assay, 301
- also considering the relatively low cost of laboratory procedure and its non-invasiveness, could be 302
- potential additional tool that, combined with the ethotest, may be able to provide a more 303
- 304 comprehensive picture of the health status of animal that live in communities.

305

Disclosure of Interest 306

- The Authors declare that they have no conflicts of interest for this article. 307
- 308

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- in the collection of buccal samples and that offer valuable work useful to improve animal welfare. 312
- We would also like to thank the Professor Sonia Slaviero for her contribution in revising English. 313

314

- 315 Availability of data
- The authors declare their willingness to provide, upon request, detailed data relating to this work. 316

317

- **Ethical statements** 318
- The permission for the study was obtained from the Local Ethics Committee and from the 319
- veterinarians in chief of the shelters. 320
- Moreover, the handlers of each dog and cat in the study agreed to take the buccal epithelial sample 321
- from their dog/cat. 322

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A) Binucleated cell with micronucleus; B) and C) mononucleated cells with micronucleus; D), E) nuclear buds; F) identation. These last two aberrations were included in the Rearrangement category.

Table 1 - General characteristics of the studied samples

= number or studied subject
S.D. = Standard Deviation

Table 2 - Statistical evaluation of genomic damage between Shelter and Family cats and dogs

N = number of studied subjects; N Cells = Number of Analyzed Cells; S.D. = Standard Deviation; MNi = micronuclei; NBUDs = nuclear buds;
REAR = rearrangements;
* $P<0.001$ (Kruskal-Wallis and ANOVA tests) and $P = 0.029$ (M

Table 3 - Evaluation of the level of genomic damage according to sex

N = number of studied subjects; N Cells = Number of Analyzed Cells; S.D. = Standard Deviation; MNi = micronuclei;
NBUDs = nuclear buds; REAR = rearrangements

Table 4

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Table 4 - Evaluation of genomic damage among different ethogram classes in cats

N = number or studied subjects, iv Cens. ivaluated or analysed Cens, 3.1. – January Levinary, 1911.

Class A = calm subjects; Class B = agitated and/or terrified subjects
 ${}^{3}P = 0.044$; ${}^{6}P = 0.010$; ${}^{6}P = 0.007$;

Table 5 - Evaluation of genomic damage among different ethogram classes in dogs

N = number of studied subjects; N Cells = Number of analysed cells; S.D. = Standard Deviation; MNi = micronuclei; NBUDs = Nuclear Buds;
REAR = rearrangements
Class A = calm subjects; Class B = agitated and/or terrified su

Table 5