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**<http://dx.doi.org/10.1289/ehp.1104553>**

**Online 25 April 2012**



**NIEHS**

**National Institute of  
Environmental Health Sciences**

**National Institutes of Health  
U.S. Department of Health and Human Services**

## Tipping the Balance of Autism Risk: Potential Mechanisms Linking Pesticides and Autism

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Keywords: autism spectrum disorders, carbamate, gene environment interaction, immune, mitochondria, neuroexcitation, organochlorine, organophosphate, oxidative stress, pesticide, pyrethroid

Running title: Potential mechanisms linking pesticides and autism

Competing financial interests: None

Abbreviations:

ACh	Acetylcholine
AChE	Acetylcholinesterase
ASD	Autism Spectrum Disorder
CB	Carbamate
GABA	Gamma-Aminobutyric acid
OC	Organochlorine
OP	Organophosphate

## **Abstract**

**Background:** Autism spectrum disorders (ASDs) have been increasing in many parts of the world and a portion of cases are attributable to environmental exposures. So far, conclusive replicated findings have yet to appear on any specific exposure, but mounting evidence suggests gestational pesticides exposures are strong candidates. Because multiple developmental processes are implicated in ASDs during gestation and early life, biological plausibility is more likely if these agents can be shown to affect core pathophysiological features. Here we review shared mechanisms between autism pathophysiology and effects of pesticide exposures, focusing on neuroexcitability, oxidative stress, and immune functions.

**Objectives:** The objectives of this review are to outline the biological correlates between pesticide exposure and autism risk.

**Methods:** We review and discuss previous research related to autism risk, developmental effects of early pesticide exposure, and basic biological mechanisms by which pesticides may induce or exacerbate pathophysiological features of autism.

**Discussion:** Based on experimental and observational research, certain pesticides may be capable of inducing core features of autism but little is known about the timing, dose, or which of various mechanisms is sufficient to induce this condition.

**Conclusions:** In animal studies, we encourage more research on gene X environment interactions, as well as experimental exposure to mixtures of compounds. Similarly, epidemiologic studies in humans with exceptionally high exposures can identify which pesticide classes are of greatest concern, and studies focused on gene X environment are needed to determine if there are susceptible sub-populations at greater risk from pesticide exposures.

## Introduction

Causes for the recent rise in autism diagnosis throughout the US remain largely unknown. In California, a 600% increased incidence in autism was observed among children up to age five for births from 1990 to 2001, yet only one third of the rise could be explained by identified factors such as changing diagnostic criteria and younger age at diagnosis (Hertz-Picciotto and Delwiche 2009). Across the U.S., autism spectrum disorders (ASD) are now estimated to affect 1 in 88 eight year olds, with much higher prevalence in boys (1 in 54) than girls (1 in 252) (Centers for Disease Control and Prevention 2012). Autism is a heterogeneous, behaviorally defined condition presenting prior to age three. Although each individual diagnosis must meet specific criteria related to deficits in social interaction, and language, and the presence of repetitive behaviors or restricted interests, autism phenotypes vary widely, even among concordant twins (Le Couteur et al. 1996).

Idiopathic autisms are diagnosed 4-5 times more often in boys than girls and frequently involve a wide range of genes that confer susceptibility as opposed to a singular heritable factor (Geschwind 2011). Genetic contributions to autism risks involve rare mutations, complex gene-gene interactions and copy number variants (CNVs), including deletions and duplications (Stankiewicz and Lupski 2010). In a recent series of papers, rare de novo point mutations were associated with autism in parent-child trios with sporadic ASD (Neale et al. 2012; O’Roak et al. 2012; Sanders et al. 2012), and those mutations were more frequently derived from fathers, increasing with paternal age (O’Roak et al. 2012). Twin studies have demonstrated evidence of heritability due to stronger concordance among monozygotic than dizygotic twins, yet in a recent study that parsed the contribution from genetics versus the environment, a larger component of

the risk of autism was attributable to environmental factors than genetics alone (Hallmayer et al. 2011). The genetic and twin studies of autism point to variability unexplained by heritable factors, and in recent years, associations between gestational pesticide exposures and ASD or behaviors that are characteristic of pervasive developmental disorders have been reported.

Using exposure estimates from a historical pesticide use database, a study of mothers living in the California central valley showed that children born to mothers exposed to agriculturally applied organochlorine (OC) insecticides within 500 meters of the home between days 26 and 81 post-fertilization (during neural tube closure) were 7.6 times more likely to be diagnosed with ASD than the children of mothers who lived in the lowest exposure quartile. Associations were also observed for the pyrethroid insecticide bifenthrin and for the organophosphate chemical class, comparing the cumulative exposure over the course of gestation among the highest vs. lowest quartile (Roberts et al. 2007). Although this study presents provocative preliminary data and higher odds at closer proximity (dose-response), unmeasured confounding could have occurred for other exposures such as prenatal vitamin intake or occupational exposures. Additionally, because cases were obtained from the Department of Developmental Services (DDS) and controls from the birth certificate registry, misclassification of cases and controls may have occurred as children who receive an early diagnosis of autism are sometimes reclassified at a later date, and controls may include children who are on spectrum but have not obtained a DDS diagnosis.

In a prospective cohort study also from the California central valley, a 230% increase in maternally reported symptoms of Pervasive Developmental Disorders (PDD) was observed per

10 nanomole/liter increase in prenatal maternal urinary levels of OP metabolites (Eskenazi et al. 2007). PDD is the greater diagnostic umbrella under which ASD falls, and includes Rett Syndrome, Childhood Disintegrative Disorder (CDD), and Pervasive Developmental Disorder-Not Otherwise Specified (PDD-NOS). Although the prospective study design has the benefit of accuracy in exposure ascertainment from biospecimens collected during pregnancy, it is generally not feasible to obtain a cohort large enough to observe enough cases of full syndrome autism. Consequently the broader definition of borderline PDD increases the numbers but lacks specificity. Although these studies are by no means conclusive in establishing an autism and pesticide association, they do raise important questions regarding the health effects of these compounds on the developing fetus. In light of these findings and current theories of autism pathophysiology, we review here potential pathways by which gestational pesticide exposure might contribute to autism, linking what is known about the origins of autism with information on biological effects of pesticides to generate clearer hypotheses that can help guide future research in this area.

### **Pesticide exposure in the general population**

Pregnant women are exposed to pesticides through a wide variety of sources, and while many of the mechanisms of action outlined here have been observed in association with higher exposures than are likely to occur in the general population, it is difficult to estimate the direct dosage to a pregnant woman who may be applying pesticides in or around her home or to her pets, consuming food with residues of pesticides and pesticide metabolites, and inhaling air from agricultural or urban spraying nearby her home and workplace. Moreover, urine and blood levels indicate exposure to pregnant women is widespread. In the 2003-2004 NHANES, which recruits

a representative sample of the U.S. adult population, 83% of pregnant women had detectable levels of dimethylthiophosphate, an OP metabolite in their urine (geometric mean 2.43 micrograms/ Liter of urine). DDE, the breakdown product of the persistent OC pesticide DDT, was detected in 100% of pregnant women with a GM of 140.4 nanogram/gram lipid (Woodruff et al. 2011). Trends in pesticide use in the United States since 1964 have shown steep increases in OP use which make up the vast majority of sales, and rapid decreases in OC use following the 1972 ban on DDT (Figure 1). More recently, as OP's have been banned for residential uses, pyrethroid sales have increased rapidly (Williams et al. 2008).

### **The quest for animal models of autism & environment**

A variety of animal models have been developed that aid in the understanding of mechanisms that may induce one or several of the core features of autism (Ey et al. 2011; Hamilton et al. 2011; Tabuchi et al. 2007). In particular, transgenic and knock-in mouse lines with targeted anomalies in genes associated with autism and the development of a comprehensive set of rodent assays to assess social interaction, communication, and repetitive behaviors, have greatly enhanced our ability to test hypotheses about the causes of autism (Silverman et al. 2010). However, implementations of these tools towards understanding gene X environment interactions that promote impairments in the three key behavioral domains have lagged. The *Shank3* (Peca et al. 2011) and oxytocin knockout mice (Crawley et al. 2007) are examples of monogenetic insults that disrupt all three domains. However, because only a small proportion of autism cases result from complete loss of a single gene, knockout animal models may not be as useful as models that carry mutations which impart partial gain or loss of gene function.

Functional impairments as seen in the Reeler Mouse (RM) (Laviola et al. 2009) and Timothy syndrome (TS) mouse models (Bader et al. 2011) are more relevant to the multi-gene and environment model of autism risk. In a subsection of a paper describing the paradoxical effects of acetylcholinesterase in the Reeler mouse, Laviola and colleagues describe the complexity of a gene X environment model whereupon exposure to chlorpyrifos restored behaviors to near normal that were initially impaired in the homozygous RM, and partially impaired in the heterozygous RM (Laviola et al. 2006). It was shown that deficient cholinergic transmission in RM mice could be restored by chlorpyrifos-mediated acetylcholinesterase inhibition. In subsequent studies, it was found that perinatal estradiol levels influence the number of Purkinje cells, and were regulated by reelin levels (Biamonte et al. 2009; Sigala et al. 2007). This sex by gene by environment interaction model serves more readily as a clue for further epidemiologic follow-up to understand autism etiology in humans (Halladay et al. 2009).

Several autism associated genes are involved in  $Ca^{2+}$  signaling and regulation (Halladay et al. 2009; Pessah and Lein 2008). The TS mouse model of autism involves a single nucleotide mutation essential for proper voltage dependent inactivation of the pore-forming subunit of the L-type calcium channel  $Ca_v1.2$  (Splawski et al. 2004).  $Ca_v1.2$  has been proposed to play direct roles in the development of synaptic plasticity (Morgan and Teyler 1999) and in gene translation and transcription (Dolmetsch 2003; Lenz and Avruch 2005; West et al. 2002).

$Ca^{2+}$  signaling can be disrupted by polychlorinated biphenyls (PCBs) (Pessah et al. 2010), the organochlorine pesticides lindane and dieldrin (Heusinkveld and Westerink 2012), and several types of pyrethroid pesticides (Soderlund 2012). In a study comparing physiological effects of

eleven pyrethroid compounds in rats, the type II pyrethroids strongly induced increased  $\text{Ca}^{2+}$  channel influx into the cell, whereas the type I pyrethroids did not (Breckenridge et al. 2009). It should be noted that these three exposure types induced calcium perturbations at levels below those described as having a toxic effect based on primary mechanisms of action.

One could argue that mouse, rat, or zebrafish models may not demonstrate the core deficit that sets autism apart from other developmental disorders, a lack of social reciprocity. Recently, the prairie vole has been cited as a better model of autism due to their high degree of socialized behavior. For example, male prairie voles demonstrated social withdrawal after 10-days of dietary exposure to mercury, indicating a sex-specific effect of the exposure which induced a unique attribute of autism, social avoidance (Curtis et al. 2010).

### **Excitation/ Inhibition dysregulation of neuronal development**

Rubenstein and Merzenich elegantly describe a model of autism whereby the cortical networks that govern language and social behavior are skewed towards increased excitation or away from inhibition resulting in an overall hyper-excitable state. Their hypothesis addresses both genomic and environmental factors influencing glutamate and GABA mediated neurotransmission, resulting in more noise in neural networks (Rubenstein and Merzenich 2003).

By poundage applied, the majority of pesticides inhibit acetylcholinesterase (AChE), the enzyme responsible for hydrolyzing the neurotransmitter acetylcholine (ACh). Examples include two of the most frequently used pesticides worldwide, organophosphates chlorpyrifos and diazinon, as well as the monomethyl carbamates (CB) including propoxur and methomyl. Insecticides that

target voltage-gated sodium channels (e.g., pyrethroids and DDT), the nicotinic ACh receptors themselves (e.g., imidacloprid), and GABA<sub>A</sub> receptors [e.g., organochlorines (OC), and fipronil] are ranked next highest in use in overall pounds applied (Casida 2009). The levels of ACh and GABA mediated neurotransmission and the activity of voltage dependent sodium channels are critical throughout prenatal and postnatal development, defining the ratio of excitatory and inhibitory neurotransmission in the brain, but also promoting and refining neural networks in the developing and adult brain (Belmonte and Bourgeron 2006).

### *GABA signaling pathways*

GABA (gamma-Aminobutyric acid) is critical for normal development and regulation of neurotransmission (Campbell 1996). GABA activates two major families of receptors expressed in the mammalian brain: (1) GABA<sub>A</sub> and GABA<sub>C</sub> receptors that promote chloride fluxes and (2) GABA<sub>B</sub> receptors that are coupled to G-protein signaling. In adults, GABA<sub>A</sub> receptor activation promotes chloride influx and hyperpolarization of the membrane and decreases neuronal excitability. However, during fetal development, the chloride gradients across the membrane are reversed and therefore activation of GABA<sub>A</sub> receptors in the hippocampus and neocortex causes net chloride efflux and enhanced excitation (Watanabe et al. 2002). Thus, the temporal expression and spatial localization of GABA receptors within the brain can determine the patterns and activity of neural circuits. Numerous subunit isoforms for the GABA<sub>A</sub> receptor are developmentally regulated during the perinatal period and have distinct biophysical and pharmacological properties that contribute to their physiological (Cossart et al. 2005) and pathophysiological (Stafstrom CE 2010) functions. GABA is known to regulate many aspects of neural stem cell proliferation, differentiation, migration, and elongation (Varju et al. 2001). Due

to observed deficits in social and exploratory behavior, the GABA<sub>A</sub> receptor  $\beta$ 3-gene deficient mouse has been suggested as an animal model of autism spectrum disorder (DeLorey et al. 2008).

Disruptions in the GABA system have been reported to be associated with autism in studies of receptor density from brain tissue (Blatt et al. 2001) as well as genetic association studies (Buxbaum et al. 2002; Cook et al. 1998; McCauley et al. 2004). In postmortem cerebellar tissue samples from brains of adults with autism, GABA<sub>A</sub> receptors were reduced comparing 4 cases to 8 controls and GABA<sub>B</sub> expression was altered in 5 cases as compared to 7 controls (Fatemi et al. 2009a; Fatemi et al. 2009b). Decreased expression of GABA<sub>A</sub> receptor  $\beta$ 3 was shown to be associated with *MECP2* impairment in brain tissue samples from cases of autism, Angelman syndrome, and Rett syndrome (Samaco et al. 2005). In a family-based study, single nucleotide polymorphisms were examined in 470 families with at least one case of autism (266 multiplex, 204 triads) for GABA subunits on 14 alleles. Findings showed significant associations for GABA<sub>A</sub> receptor polymorphisms, in particular the A4 sub-unit and gene-gene interaction between receptor subunits (Ma et al. 2005).

In rats, prenatal exposure to the OC pesticides dieldren and lindane reduced GABA<sub>A</sub> receptor binding capabilities in the brainstem (Brannen et al. 1998). In another rat study, prenatal dieldren exposure was found to alter mRNA expression and subunit composition of GABA<sub>A</sub> receptors (Liu et al. 1998). Results from in vitro cortical neuronal cultures have shown endosulfan and related OC pesticides were shown to increase Akt phosphorylation, an effect mediated by the activation of ER $\beta$ , and to activate ERK1/2 through a mechanism involving GABA<sub>A</sub> and

glutamate receptors (Briz et al. 2011). In humans, a diminished ability to bind GABA contributes to poor muscle tone, which is observed in over half of persons with autism (Ming et al. 2007), and induces hyper excitable states as seen in epilepsy, a co-morbidity in approximately 20% of autistic cases (Bolton et al. 2011; Tuchman and Cuccaro 2011).

Polychlorinated biphenyls (PCBs) are organochlorines that had broad industrial uses, including adjuvants in paints and pesticide formulations (United States Environmental Protection Agency 2011). Although banned ~40 years ago, PCB exposures still remain a concern to human health due to their persistence in the environment. Developmental and in vitro studies in rodents and non-human primates have demonstrated the ability of non-coplanar PCBs to cause imbalances in excitatory and inhibitory neurotransmission within critical regions for language development (Kenet et al. 2007), social cognition (Nakagami et al. 2010), and for seizures (Kim et al. 2009; Kim and Pessah 2011). A substantial epidemiologic literature has provided evidence that cognitive deficits are associated with elevated PCB exposures, and more recently, elevated prenatal exposures to mono-ortho PCBs predicted lower scores on both the Mental Development Index (MDI) and the Psychomotor Development Index (PDI) of the Bayley Scales of Infant Development (Park et al. 2010). Furthermore, an analysis of seven hydroxylated metabolites of PCBs in cord blood revealed that the metabolite from mono-ortho substituted PCBs were the only ones associated with reduced MDI and PDI scores (Park et al. 2009). These findings underscore the complexity of toxicities within a compound class, and by the same principle, the critical need to characterize differences, e.g., among organophosphates or among pyrethroids.

### *Acetylcholine Signaling Pathways*

ACh mediated neurotransmission is widely involved in the development of both peripheral and central nervous systems, and continues to play a critical role in regulation of muscle movement, learning, attention, cognition, and memory throughout adulthood. ACh regulates aspects of nerve excitation and inhibition that influence brain plasticity, arousal, and reward. ACh increases excitation both directly and indirectly, and works through both nicotinic and muscarinic receptors to stimulate inhibitory interneurons, thereby modulating the activity of downstream effectors in a complex manner (Brown 2010; Scharf 2003).

Several cholinergic abnormalities have been reported in autism (Bauman and Kemper 2005; Perry et al. 2001), as reviewed by Deutsch et al. (2010). In brief, studies of post-mortem brain tissue have reported reduced nicotinic acetylcholine (ACh) receptor binding in the frontal and parietal cortices (comparing 7 cases and 10 controls), reduced M1-muscarinic receptor binding in the parietal cortex (comparing 5 cases and 5 controls), and increased concentration of brain-derived neurotrophic factor (BDNF) (comparing 5 cases and 5 controls), which is involved in the development and function of cholinergic neurons (Deutsch et al. 2010). Although these studies involved small sample sizes, they suggest cholinergic abnormalities may be present in persons with autism.

OP insecticides irreversibly inhibit the active site of acetylcholinesterase (AChE), and while the severity of neurodevelopmental effects in animal studies correlate with AChE inhibition, additional neurotoxic effects have been observed at concentrations below the level sufficient to induce enzyme inhibition (Eddins et al. 2010; Levin et al. 2003; Slotkin et al. 2008). These

effects include altered cell packing density, decreases in serotonin receptors and nicotinic cholinergic receptor levels (Levin et al.), altered  $\text{Ca}^{2+}$  and  $\text{K}^+$  ion concentrations (Harrison et al. 2002; Murgia 2004), and oxidative stress (Aluigi et al. 2005). Metabolism of OP's is mediated by the paraoxonase1 enzyme (PON1), whereby fast metabolizers suffer less AChE inhibition than slow metabolizers in response to the same level of exposure (Costa et al. 2005).

Pertinent to the male predominance observed in autism, sex selective developmental effects have been seen in animal models exposed to OPs. Chlorpyrifos exposure (1mg/kg/day) in rats during postnatal days 1-4 decreased the number of errors in working and reference memory made by females, but increased errors made by males. These effects persisted into adolescence and adulthood, indicating a long-term consequence of exposure (Levin et al. 2001). Another study in rats showed that developmental exposures to low doses of parathion (an OP) induced greater developmental deficits in spatial navigation and working memory among males than females (Levin et al. 2009). Although these behaviors are not core features of autism, these findings provide evidence of different effects of early exposures between the sexes. In addition, parathion administration on postnatal days 1 – 4 at levels that barely inhibited cholinesterase was associated with deficits at 14-19 months; these deficits worsened with age (Levin et al. 2009).

The ability of OP's to inhibit AChE varies dramatically by chemical structure, which also determines reversibility. Aluigi et al. conducted a study examining the ChE mediated developmental effects of OP exposure on chick embryos, and discovered that  $10^{-6}$  M chlorpyrifos was sufficient to inhibit head development (Aluigi et al. 2005). Even lower concentrations of chlorpyrifos-oxon disrupt axonal growth of rat dorsal root ganglia neurons (Yang et al. 2008),

and zebrafish sensory neurons (Yang et al. 2011), indicating that exposure to very low levels of this OP has the potential to adversely influence development of neural networks (Yang et al. 2011). Persistent neurobehavioral consequences of chlorpyrifos exposure in zebrafish have also been demonstrated (Eddins et al. 2010; Levin et al. 2003). Although chlorpyrifos is still used worldwide in residential settings, residential use has been banned in the U.S. due to neurotoxicity. However, no restrictions have been placed on agricultural use.

### **Oxidative stress and Mitochondrial Dysfunction**

Cellular energy production through the degradation of adenosine tri-phosphate (ATP) by mitochondria is necessary for muscle development and brain function. Mitochondrial dysfunction has three major consequences: 1) decreased ATP production, 2) increased production of reactive oxygen species (ROS) and oxidative damage, and 3) induction of apoptosis (Rossignol and Frye 2012). These biochemical changes have been implicated in autism and can also be induced by exposure to OP, OC, and carbamate (CB) pesticides (Franco et al. 2009; Karami-Mohajeri and Abdollahi 2011; Rohlman et al. 2010). Although multiple modes of action have been described for specific organohalogen and halogenated insecticides, many induce dysregulation of  $\text{Ca}^{2+}$ -mediated signaling and production of mitochondrial ROS (Mariussen and Fonnum 2006). A thorough mechanistic hypothesis of autism via genetic risk and oxidative stress has been described by Deth et al. (Deth et al. 2008).

Nearly all insecticides discussed in this review induce oxidative stress. Permethrin, a pyrethroid used in agriculture and in topical creams for lice and scabies induces oxidative stress and apoptosis in the nervous system of zebrafish (Shi et al. 2011). Malathion, an OP commonly used

in aerial spraying throughout the 1980's for the Mediterranean fruit fly, and more recently to control mosquito vectors of West Nile Virus, induced mitochondrial dysfunction in liver cells at low concentrations and cytotoxicity at higher concentrations (Moore et al. 2010). The OC insecticide methoxychlor has been shown in mice to inhibit brain mitochondrial respiration (Schuh et al. 2005), and cause mitochondrial dysfunction and oxidative damage in the mouse ovary (Gupta et al. 2006). More recently, methoxychlor-mediated mitochondrial dysfunction was found to cause oxidative damage and dysfunction of the dopamine system in brains of mice (Schuh et al. 2009). Another study examining the effect of the OP dichlorvos on rat brain mitochondria found that chronic, low-level exposure can cause mitochondrial disruption and apoptosis of neuronal cells due to the release of cytochrome c and activation of caspase 3 following in vitro exposure (Kaur et al. 2007). Developmental exposure to the OP chlorpyrifos permanently decreased dopamine levels in zebrafish into adulthood (Eddins et al. 2010), important in the context of an already disrupted dopamine system in autism (Muhle et al. 2004).

Several recent studies have shown that toxicity of pyrethroid insecticides, many of which are organohalogen derivatives, is mediated by both dysregulation of cytoplasmic  $Ca^{2+}$  signaling and induction of oxidative stress (Cao et al. 2010; Kale et al. 1999; Soderlund 2011; Yan et al. 2011; Zhang et al. 2010). After the ban on residential uses of chlorpyrifos, household OP insecticides have been replaced with the other insecticides, namely pyrethroids and fipronil, a phenylpyrazole insecticide. A comparative toxicity study was conducted on rat PC12 cells to evaluate the hypothesis that fipronil is less toxic than chlorpyrifos, but fipronil was found to induce higher oxidative stress than chlorpyrifos, an effect that was not mediated by the  $GABA_A$  pathway (Lassiter et al. 2009).

Although the role of mitochondrial function in the autistic phenotype is not fully understood, approximately 8% of ASD cases experience mitochondrial dysfunction, compared with 0.05% of the general population (as reviewed by Haas, 2010). Mitochondrial dysfunction and increased mtDNA over-replication and mtDNA deletions were reported more frequently in lymphocytes from 10 children with autism as compared with lymphocytes from 10 typically developing controls (Giulivi et al. 2010).

### **Immune Toxicity**

Prenatal disruption of immune development can result in atopy, allergy, deficits in immune-competence, and auto-immunity in early childhood (Hertz-Picciotto et al. 2008). Recent studies on intestinal flora have shown the immune system is highly involved and inextricably linked with neurodevelopment and subsequent behavior (Diamond et al. 2011; Heijtz et al. 2011). In turn, the immune response can also be strongly influenced by neurochemistry (Diamond et al. 2011). Children with autism experience a wide array of immune abnormalities. Recent reviews on this topic report altered cytokine profiles, altered cellular immunity, low levels of lymphocytes and t-cell mitogen responses, neuro-inflammation, and auto-antibodies directed at nuclear proteins (Ashwood et al. 2006; Goines and Van de Water 2010). Reduced levels of IgG and IgM have also been reported, which were correlated with higher prevalence of aberrant behavioral symptoms in a study of 271 children with autism, or developmental delay, or who were typically functioning (Heuer et al. 2008). In a comparison of plasma cytokine levels from children with autism (N=97) and typically developed controls (N=87), cases had higher levels of pro-inflammatory cytokines compared with neurotypical children, and the concentrations of cytokines corresponded with impaired behavioral outcomes in a dose-response fashion (Ashwood et al. 2011).

Exposure to several types of pesticides may result in decreased immune-competence, immune-enhancement, and/or auto-immunity (Corsini et al. 2008). OP's are particularly immunotoxic (Galloway and Handy 2003), and have been shown to suppress natural killer cells, lymphokine activated killer cells, and cytotoxic t-lymphocytes by inhibiting granzymes, impairing the FasL/Fas pathways, and inducing apoptosis of immune cells (Li 2007). Pyrethroids have also been shown to be immunotoxic in animal models. Rats treated sub-chronically with permethrin showed large increases of superoxide anion production and hydrogen peroxide-myeloperoxidase activity in polymorphonuclear neutrophils (Gabbianelli et al. 2009). These effects were demonstrated not only for permethrin, but also for its major metabolites.

Insecticide exposures can induce inflammatory or suppressive immunological effects depending on the compound and the immunological outcome in question. Gestational exposure of rats to atrazine, an endocrine disrupting triazine herbicide, induced immunosuppressive effects (specifically, decreased delayed type hypersensitivity and antibody production) in male offspring only (Rooney et al. 2003). In a study of both male and female mice, gestational exposure to atrazine at non-toxic, environmentally relevant doses administered from gestation day 14 to postnatal day 21, was associated with decreased socialization behaviors and changes in exploratory behavior, with males displaying feminized behavioral profiles (Belloni et al. 2011).

Neuro-inflammation has been observed in post-mortem brain tissue of people with autism across several age ranges (Li et al. 2009; Morgan et al. 2010; Vargas et al. 2005). Chlorpyrifos, an organophosphate banned for residential use in 2002, and cyfluthrin, a type II pyrethroid used to replace chlorpyrifos, were compared for toxicological and toxicogenomic effects to primary

human fetal astrocytes. Cyfluthrin had equivalent or more toxic effects in most assays, and up-regulated several insulin related genes and pro-inflammatory genes on the IFN- $\gamma$  pathway, including *IL6R* and *GFAP*. Additionally, both compounds were found to promote inflammatory activation of astrocytes. The authors suggested that the combination of increased insulin production and inflammation could lead to a state of chronic brain inflammation that might significantly alter brain development (Mense et al. 2006).

Taken together, these studies indicate that gestational exposure to pesticides can induce immunological abnormalities as well as behavioral abnormalities. It is possible that the neurodevelopmental and the immune abnormalities observed in autism are downstream manifestations of the same underlying process given the tightly regulated interconnection between the developing systems in utero. The role of the immune phenomena as a cause, effect, or side effect of autism was recently reviewed and was postulated to be in part causal (Onore et al. 2012). In addition to autism, schizophrenia and major depressive disorders have also been noted to be accompanied by perturbations of the immune system, recently reviewed in an extensive monograph (Patterson 2011).

### **Parental thyroid hormone levels and brain development**

Adequate levels of in utero thyroid hormones are critical for brain development. Maternal thyroid impairment has been suggested as an underlying mechanism for developmental impairments resulting from exposures to environmental chemicals such as polychlorinated biphenyls (PCBs), utilized in a wide variety of industrial uses, and polybrominated diphenyl ethers (PBDEs) used as flame retardants (Winneke 2011). Pesticides have been found to interfere

with thyroid function by preventing iodine uptake (mancozeb, thiocyanates, 2,4-D) and peroxidation (aminotriazole, endosulfan, malathion), and by preventing the conversion of thyroxine(T4) to triiodothyronine (T3) (aminotriazole, dimethoate, fenvalerate) (Colborn 2004). In a review of the effects of mild to moderate iodine deficiency in humans, diminished maternal T4 was associated with disorders of mental and/or psychomotor development (Zimmermann 2007) .

Roman hypothesized that even transient intrauterine deficits in thyroid hormones (3 days) at critical points in gestation could alter the cortical architecture interfering with neuronal migration and Purkinje cell growth (Roman 2007), both of which have been observed in autopsy studies of autism (Fatemi et al. 2002; Wegiel et al. 2010). Because the human fetus does not start producing sufficient thyroid hormones until gestational week 18 (Burrow et al. 1994), adequate maternal thyroid hormones are critical to neurodevelopment in early fetal life, particularly for reelin regulated neuronal migration (Pathak et al. 2011). Additionally, sex mediated effects have been observed following exposure to chlorpyrifos on gestational days 17-20, inducing increased levels of free T4 in female but not male mice (Haviland et al. 2009).

### **Vulnerable genetic sub-populations**

The primary neurological targets of commonly used insecticides (Scharf 2003) can be paired with vulnerable genetic subpopulations that may be at increased risk for autism (Table 1).

Because of both the large number of genetic alterations and gene-gene interactions that have been implicated in autism, and the phenotypic heterogeneity in cases, the notion that a single environmental exposure will be to blame for the majority of cases is unrealistic. Also, because

the dosage of pesticides to non-occupationally exposed women is likely to be lower than that required to induce mechanisms of injury observed in many animal models, genetic susceptibility becomes a critical factor in this discussion.

In 2001, the reelin gene was implicated in autism risk when repeats (11+) in the 5' untranslated region were associated with 72% transmission to affected siblings and only 32% transmission to unaffected siblings (Persico et al. 2001). The proteolytic activity of reelin on extracellular matrix proteins that control neuronal migration is significantly inhibited by OP pesticides (Sinagra et al. 2008), and OP metabolism efficiency is regulated by paraoxonase 1 (*PON1*) (Mackness et al. 1997). Interestingly, an association between less active forms of the *PON1* gene and autism was observed in Caucasian families in North America, but not in Italian families, leading authors to hypothesize that the slow metabolizing polymorphism confers risk in areas with high levels of organophosphates but may not affect autism risk otherwise (D'Amelio et al. 2005).

## **Conclusions**

Here we have reviewed several mechanisms by which pesticides may increase the risk of autism, summarized in Table 2. Pesticides may or may not, however, have played a role in the trend of increasing autism prevalence, which itself is likely due to a confluence of multiple phenomena, including changes in diagnostic practices, physician and lay awareness, the availability of treatments, and the prevalence of a variety of environmental chemical, medical, and food-related exposures. While pesticide use patterns have changed, home and ambient environments also include other exposures that have changed over time due to regulatory and economic factors (e.g., flame retardants, plasticizers, solvents, stabilizers, and anti-microbials).

Pesticides are composed of a parent product, inert ingredients, and in some cases agonists that enhance the functionality of the parent compound, and all of these ingredients may be degraded to metabolites that also distribute throughout the body. Consequently, pesticide formulations represent a mixture of compounds that might contribute to observed effects. Difficulties in distinguishing the effects of metabolites vs. parent compounds may have confounded associations observed in many studies of urinary metabolites and neurodevelopment, and very few studies have examined main effects of effect modification of exposure to agonists such as piperonyl butoxide, which slows the metabolism of several types of pesticides by inhibiting cytochrome P450 enzymes.

Although pesticides are a biologically plausible contributor to autism, research in several critical areas is needed to understand cognitive and behavioral consequences of gestational exposure in humans. First, animal studies suggest critical windows of exposure, yet in humans the window or windows of biologic susceptibility remain unknown, and would be expected to vary by mechanism. Second, studies of non-toxic, environmentally relevant doses are needed to understand effects of developmental neurotoxicity in the context of a background of genetic susceptibilities. Third, the vast majority of exposures occur in combination with exposures to other ubiquitous and/or persistent compounds such as flame retardants, plasticizers, and other pesticides. More research on combinations of exposures may reveal interactions between environmental exposures, such as effect modification by chemical additives to pesticide compounds. In light of the recently revised prevalence estimates of autism (1 in 88), large birth cohorts, such as the National Children's Study (NCS), which aim to enroll women at pregnancy

and follow the children over time, are well positioned to obtain enough cases and to examine prenatal exposures prospectively. Pending accurate and reliable exposure estimates in critical time windows, and enrollment of approximately 100,000 children resulting in 1,000 or more cases of autism, NCS can contribute greatly to our understanding of these associations. Finally, more case-control studies with large populations of participants with confirmed diagnoses of autism that examine environmental exposures in relation to severity of the core domains of language impairment, social avoidance, and repetitive behaviors or insistence on sameness may shed light on possible exposure-related endophenotypes.

Although we have described several possible avenues by which pesticide exposure may influence autism, the dearth of studies on large occupational and pregnancy cohorts with adequate exposure assessment impedes our understanding of 1) whether pesticides are consistently associated with autism risk and 2) if so, which pesticide compounds and which components of those compounds might actually contribute to autism risk. Grandjean and Landrigan hypothesize that our exposure to chemicals that have not been adequately tested for developmental neurotoxicity has led to a silent pandemic (Grandjean and Landrigan 2006). Further research is warranted to provide the evidence base that can ultimately lead to reduction or elimination of these potentially damaging exposures through changes to regulatory policy, consumer behavior, or dietary choices.

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Table 1. Insecticide compounds with a generalized excitatory neurological effect. Adapted from Michael E. Scharf's *Neurological Effects of Insecticides*, published in the Encyclopedia of Pest Management, 2003 (Scharf 2003).

<b>Primary neurological target</b>	<b>Insecticide class</b>	<b>Mode of action</b>	<b>Vulnerable subpopulations</b>
Acetylcholinesterase	Organophosphate	Inhibition	PON1 polymorphisms
	Carbamate	Inhibition	
Voltage-gated sodium channel	Organochlorine	Modified gating kinetics	SCN1A, SCN1B
	Pyrethrin/pyrethroid	Modified gating kinetics	HCE1 (CES1) HCE2 (CES2)
GABA-gated chloride channel	Cyclodienes, a form of organochlorines	Antagonism	GABA receptor polymorphisms
	Phenylpyrazole	Antagonism	
Nicotinic acetylcholine receptor <sup>a</sup>	Neonicotinoid	Agonism	Haploinsufficiency of $\alpha 7$ nAChR

<sup>a</sup> Neonicotinoids first induce excitation, which is followed by inhibition

Table 2. Mechanisms by which gestational exposure to certain classes of pesticides may induce observed pathophysiologic symptoms of autism.

<b>Mechanism of Action</b>	<b>Route to Autism Pathophysiology</b>	<b>Observed effects</b>	<b>Specific pesticides</b>	<b>Class of pesticide</b>	<b>Reference</b>
<b>Developmental neurotoxicity</b>	Alteration of excitation/ inhibition mechanisms	Decrease in GABA receptors	Dieldrin (prenatal exposure in rats)	Organochlorines	(Brannen et al. 1998; Liu et al. 1998)
		Inhibition of GABA	General function of organochlorine, pyrethroid pesticides	Organochlorine, pyrethroid	
		Inhibition of AChE	General function of organophosphate, carbamate pesticides	Organophosphates, carbamates	
<b>Mitochondrial dysfunction</b>	Oxidative stress	Apoptosis of neuronal cells	Dichlorvos (rat brain)	Organophosphates	
		Inhibition of mitochondrial respiration	Methoxychlor (mice brain)	Organochlorines	(Schuh et al. 2005; Kaur et al. 2007)
<b>Immune toxicity</b>	Immunosuppression	Decreased delayed type hypersensitivity and antibody production	Atrazine (gestational exposure to rats)	Triazine	(Rooney et al. 2003)
	Neuro-inflammation	Activation of human fetal astrocytes, increased expression of pro-inflammatory cytokines	Cyfluthrin, chlorpyrifos (primary human fetal astrocytes)	Pyrethroid, organophosphate	(Mense et al. 2006)
<b>Maternal hypothyroxinemia</b>	Insufficient gestational thyroid hormones	Decreased T4, inhibition of T4 de-iodination to T3, prevention of iodine uptake	Acetechlor, alachlor, mancozeb, thiocyanates, 2,4-D, aminotraizole, endosulfan, malathion (multiple animal studies)	Organochlorines, thiocyanates, organophosphates	(Colborn 2004; Goldner et al. 2010; Rathore et al. 2002; Cheek et al. 1999)

## Figure Legend

Figure 1. Agricultural pesticide trends in the US by percent of sales, 1964-2000 (United States Department of Agriculture 2006).

