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Variations in the TRPV1 gene are associated to Exertional Heat Stroke

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1 Abstract :

2 **Objectives:**

Exertional Heat Stroke (EHS) is one of the top three causes of sudden death in athletes. Extrinsic and
intrinsic risk factors have been identified but the genetic causes still remain unclear. Our aim was to
identify genes responsible for EHS, which is a necessary step to identify patients at risk and prevent
crises.

7 Design:

8 Genetic and functional laboratory studies

9 Methods:

Whole Exome Sequencing (WES) was performed to search for candidate genes in a cohort of 15
soldiers who had a documented EHS episode. *In silico* and *in vitro* functional studies were performed
to evaluate the effect of mutations identified in the candidate gene *TRPV1*.

13 **Results:**

WES led to the identification of two missense variations in the *TRPV1* gene. These variations were very rare or unreported in control databases and located in critical domains of the protein. *In vitro* functional studies revealed that both variations induce a strong modification of the channel response to one of its natural agonist, the capsaicin.

18 Conclusions:

We evidenced mutations altering channel properties of the *TRPV1* gene and demonstrated that *TRPV1*,
which is involved in thermoregulation and nociception, is a new candidate gene for EHS. Our data
provide the bases to explore genetic causes and molecular mechanisms governing the pathophysiology
of EHS.

23

24 Keywords:

Heat Exhaustion; Malignant Hyperthermia; Whole Exome Sequencing; Thermogenesis; In vitro
Contracture Test

27

28 Introduction

Exertional Heat Stroke (EHS) is a life-threatening disease that occurs in young individuals who engage in prolonged and strenuous activity¹. First cases have been reported in army soldiers² but many cases are now described in civilian population. Indeed, the popularity and increased competitiveness in summer road races and pre-season American football are likely associated with the number of EHS in athletics in recent years. The incidence of EHS is around 3 cases/10,000 person-years³ but it can reach up to 2/1000 athlete-exposures⁴; it was responsible for 30 deaths over the last 10 years among American football players⁵.

EHS is defined by a severe hyperthermia, with a body temperature above 40°C, associated with a 36 sudden neurological dysfunction, observed in healthy individuals exposed to intensive physical 37 38 exercise⁶. Ultimately it results in a multiple organ failure leading to a high mortality rate that can be 39 drastically reduced with early and quick cooling of the patient. The pathophysiology of EHS is based on a dysfunction of thermoregulation that leads to an uncontrolled increase of internal heat production 40 41 exceeding compensation mechanisms. The core body temperature rises continuously and the patient 42 evolves into an uncompensable heat stress state⁷. A hypermetabolic state, especially in the skeletal muscle, and the development of a systemic inflammatory syndrome are also part of the 43 pathophysiology⁶. Extrinsic risk factors such as hot and humid environment have been identified, as 44 45 well as intrinsic factors such as dehydration or sleep deprivation. Some studies have suggested that the 46 impact of these risk factors could be modulated by training or acclimatization, which should help the patient to adapt to exercise and environment conditions⁸. However, several evidence support the 47 existence of inherited genetic mutations that predispose some patients to EHS⁹⁻¹¹, despite these 48 adaptation mechanisms. 49

EHS shares many clinical and biological similarities with Malignant Hyperthermia (MH)¹², a life-50 51 threatening genetic disease triggered by volatile halogenated agents. MH is characterized by a hypermetabolic state in skeletal muscle with hyperthermia and can lead to multiple organ failure¹³. 52 53 MH can be diagnosed by a positive In Vitro Contracture Test (IVCT), which quantifies the excessive contraction of a skeletal muscle biopsy in response to triggering agents, or by genetic testing. 54 55 Mutations are detected in the RYR1 gene in 60% of MH cases¹⁴, and rarely in the CACNA1S and STAC3 genes^{15,16}. All these genes encode proteins that are involved in calcium homeostasis in skeletal 56 muscle. Interestingly, half of EHS patients displays a positive IVCT which evidences a calcium 57 release disorder in these patients³. Contrary to MH, the genetic bases of EHS remain poorly 58 59 documented. Mutations in RYR1 have been associated with EHS with a much lower prevalence than in MH, estimated at $10\%^9$, which suggests the involvement of other genes in the disease. 60

We report here the genetic study of a cohort of soldiers presenting with an EHS episode in whom mutations in *RYR1* had been previously excluded. Whole Exome Sequencing analysis and downstream functional studies led to the identification of *TRPV1* as a new gene associated with EHS. *TRPV1* encodes a cationic channel implicated in thermoregulation and has been recently associated with MH phenotypes, arguing in favor of an overlap between the two diseases¹⁷.

66 <u>Methods</u>

Samples were obtained from EHS soldiers of the French national cohort recruited between January 67 2004 and December 2006 by the Military Hospital Lavéran reference center for EHS. EHS occurred 68 69 during or immediately after a military exercise consisting in a timed race (8-km running with boots 70 and combat jacket) or a commando race (8-km running with complete battle dress, including an 11-kg 71 combat rucksack and weapon). These exercises were part of soldiers' sessional exams. Patients were 72 included on the basis of a characterized EHS crisis with 1) body temperature $\geq 39^{\circ}$ C recorded at the 73 time of the crisis either rectally or, when not possible in the field, by ear (less accurate method), and 2) 74 neurological dysfunction such as mental confusion or loss of consciousness¹⁸. The temperature threshold used to defined a crisis was 39°C in this study in order to increase diagnostic sensitivity, 75 because of the inevitable delay between the crisis and the temperature measurement in the field and to 76 77 anticipate care of patients with neurological dysfunction with hyperthermia². All selected patients displayed a positive In Vitro Contracture Test according to the European Malignant Hyperthermia 78 79 Group (EMHG) guidelines. IVCT was considered positive when contraction was equal to or above 0,2g at 2% halothane concentration or 2 mM caffeine. 80

Genetic analyses were performed after written informed consents were obtained. Whole Exome 81 Sequencing (WES) was performed (n=15) using Illumina HiSeq[®] 2000/2500 technology (Illumina, 82 USA). The Ingenuity[®] software (Qiagen, Germany) was used to filter the variations. Based on the 83 estimated prevalence³ of EHS, variants with an allele frequency of at least 0.1% in common controls 84 databases (ExAC and gnomAD) were excluded and only missense, frameshift (indels) or splice site 85 variations were analyzed. Because our cohort consisted of sporadic cases, WES data analysis was 86 87 performed with either autosomal recessive or dominant mode of inheritance hypotheses. Genes with 1at least two patients harboring a variant matching with previous criteria and 2- a tissue expression in 88 the skeletal muscle, were further analyzed. Variants were confirmed by Sanger sequencing. 89 Segregation studies were not performed because relatives clinical evaluation and paraclinical 90 assessment could not be performed and DNAs were not available. Additional EHS probands (n=45) 91 were analyzed by Sanger sequencing for the TRPV1 (NM 018727.5) candidate gene. 92

93 In vitro functional studies of TRPV1 variations identified by WES were performed with a plasmid 94 containing the human TRPV1 sequence in fusion with the mCherry tag that has already been 95 described¹⁷. The p.Gly684Val and p.Arg772Cys mutations were introduced by site-directed 96 mutagenesis, following the instruction of the QuickChange XL Site-Directed Mutagenesis kit 97 (Agilent, USA). Plasmids encoding the Wild-Type or a mutant TRPV1 were transfected in HEK-293 98 cells according to the DharmaFECT Duo Transfection Reagent protocol (Dharmacon, USA). Cells 99 were cultured in standard conditions and experiments were performed after 48h of TRPV1 expression.

100 To evaluate the calcium release in the cytoplasm after TRPV1 activation, cells were loaded with Fluo-101 4 AM dye for 30 min at 37°C and next maintained in a calcium-free medium containing 1 mM EGTA, 102 what allowed to assess exclusively calcium release from intracellular stores. The stimulation with the 103 agonist (capsaicin 20 µM, Merck, Germany) was performed at room temperature and the emission of 104 fluorescence of the Fluo-4 AM dye was followed by microscopy on a DMI6000 Leica FRAP (Leica 105 Microsystems) with a 10x objective. Images were taken every second during 80 sec and stimulation 106 was performed at 10 sec. Data were analyzed with the ImageJ software to select regions of interest and 107 acquire the fluorescence intensity that was normalized to baseline fluorescence (F0). An average of 20 cells was analyzed for each condition and experiments were repeated 3 times. 108

109 To evaluate the resting calcium in the cytosol, cells were loaded with Fura-2 (2.5 μ M) for 30 min at 37°C in Tyrode buffer. After loading, cells were washed and maintained in Ca²⁺-free Tyrode buffer. 110 Fura-2 measurements were performed at room temperature using a wide field Leica DMI6000B 111 112 microscope equipped with a 40x oil-objective and an Orca-Flash4.0 digital camera (HAMAMATSU). Using a Lambda DG-4+ filter (Sutter instruments), Fura-2 AM was excited at 340 and 380 nm and 113 114 their respective emitted fluorescence lights were measured at wavelength 510 nm. Images were taken 115 with 5 seconds interval. Fluorescence ratios were analyzed with MetaFluor 6.3 software (Universal 116 imaging).

Data were analyzed with GraphPad Prism 6.0 (USA) using a one-way ANOVA after checking for
Gaussian distribution. Normally-distributed data were analyzed through parametric ANOVA followed
by Tukey's post-hoc tests while non-normally-distributed data were analyzed through non-parametric

- 120 Kruskal-Wallis ANOVA followed by Dunn's post-hoc tests. Differences were considered significant
- 121 when p < 0.05.

122 <u>Results</u>

Among the 15 patients studied by Whole Exome Sequencing (WES), two possibly damaging heterozygous variations were identified in the *TRPV1* gene in two patients: the c.2051G>T; p.Gly684Val and the c.2314C>T; p.Arg772Cys variations (table A, figure A). Sequencing of the entire *TRPV1* coding sequence in 45 other patients did not reveal additional potentially deleterious variations.

128 Patients harboring a variation in TRPV1 were young men, with body temperature recorded at the time 129 of the crisis above 40°C. They both presented neurological signs resulting in a loss of consciousness. Both patients experienced rhabdomyolysis and patient 2 developed hepatorenal failure. Interestingly, 130 131 patient 2 also harbored elevated CPK at rest (three times the normal level). According to ICVT result, patient 1 was diagnosed as MHS (susceptible to Malignant Hyperthermia) and patient 2 was MHSh 132 133 (susceptible to Malignant Hyperthermia only to halothane stimulation). The patients did not report any others symptoms. These clinical features were similar to the other patients of the cohort analyzed by 134 WES (table A, supplemental table A). 135

The c.2051G>T; p.Gly684Val variation identified in patient 1 was very rare with a Minor Allele Frequency (MAF) of 0.000004063 in the ExAC database and the c.2314C>T; p.Arg772Cys variation identified in patient 2 was not reported in genomic databases. Both variations were also predicted damaging by four different software (CADD¹⁹, SIFT²⁰, Polyphen2²¹, Mutation Taster²²) and modified highly conserved amino acids in functional domains of the protein (table A, figure A).

Mapping of the Glycine 684 onto the crystal structure of TRPV1 (PDB number: 5IRZ, residues 335 to 751²⁶) showed that this residue is localized in the critical pore domain of the TRPV1 channel. The *in silico* structure prediction showed that replacement of the Glycine 684 by a Valine induces a major steric hindrance in the pore of the channel (supplemental figure A).

145 The p.Arg772Cys variation affects a residue located in a regulatory domain of the C-terminal region of146 TRPV1, whose structure is so far unavailable.

To further explore the impact of both variations, calcium release of mutated TRPV1 after stimulation
with the specific agonist capsaicin was performed. The TRPV1-Arg772Cys mutant induced a

149 modification in the kinetics of calcium release resulting in an increase in the total calcium released as compared to TRPV1-WT (figure B.1 and B.2). The TRPV1-Gly684Val mutant did not respond to 150 151 capsaicin stimulation. Ectopic expression of TRPV1 in HEK-293 cells induced an elevation of the 152 resting cytosolic calcium concentrations even in absence of TRPV1 stimulation (figure B.3) due to a calcium leak from intracellular stores. The expression of the TRPV1-Arg772Cys induced a similar 153 154 elevation of basal cytosolic calcium concentration (figure B.3). On the contrary, the expression of the 155 TRPV1-Gly684Val mutant did not change the resting concentration of calcium (figure B.3), confirming this mutant channel is not functional. The expression and localization of recombinant 156 TRPV1 in HEK-293 cells were not altered by variations according to Western-Blot and 157 immunofluorescence results (supplemental figure B), and we conclude that both genetic variations 158 159 alter *in vitro* the global channel function of TRPV1, at rest or after specific agonist stimulation.

160 Discussion

Our work led to the identification of variations in the TRPV1 gene in association with Exertional Heat 161 Stroke phenotype in two patients. The TRPV1 gene encodes a non-selective cation channel with a 162 broad spectrum of tissue expression. In the skeletal muscle, TRPV1 is localized in the sarcoplasmic 163 reticulum membrane and is especially involved in calcium transport²⁴, which is consistent with the 164 hypothesis of a calcium release disorder in patients who display a positive In Vitro Contracture Tests. 165 166 TRPV1 is a nociceptor that can be activated by pungent ingredients like capsaicin, the active molecule of chili pepper, or heat and acidic environment^{25,26}, which are produced during exercise and muscle 167 contraction. TRPV1 is also stimulated by halogenated anesthetics²⁷, and interestingly a recent study 168 reported mutations in the *TRPV1* gene in patients with Malignant Hyperthermia¹⁷. 169

170 The two variants that we report present the standard criteria of pathogenicity. They are unreported or 171 very rare (MAF < 0.0001%) in control databases while we chose to keep variants with a MAF < 0.1%, which is compatible with a rare and triggered disease such as EHS. They are also predicted as 172 pathogenic in silico and located in critical functional domains of the protein. The p.Gly684Val 173 mutation is located in the S6 transmembrane domain (residues 559 to 687 according to Uniprot 174 website: https://www.uniprot.org/uniprot/Q8NER,) which is part of the highly conserved pore domain 175 of TRPV1 and is crucial for the channel function. The region including the pore domain is implicated 176 177 in selectivity, opening and closure of the channel but is also implicated in conformational change in 178 capsaicin-induced activation and heat-induced desensitization²⁸. The steric hindrance resulting from 179 the replacement of the small amino acid by a larger one in the pore is likely to impact the channel 180 function as shown in X-ray structure (supplemental figure A). The absence of response observed after 181 capsaicin stimulation, as well as its lack of effect on calcium levels at rest, strongly suggest that the p.Gly684Val mutation blocks the channel function of TRPV1. The p.Arg772Cys mutation is located in 182 the C-terminal region of TRPV1²³, which is responsible for the interaction with calcium binding 183 proteins, such as calmodulin and the S100A1 protein. Previous work demonstrated that the Arg772 184 residue is involved in binding of the S100A1 molecule that plays a role in the regulation of TRPV1, 185 particularly in capsaicin-induced desensitization^{29,30}. Together with our results showing modified 186

187 kinetics of calcium release in ectopic expression, this strongly suggests that the p.Arg772Cys mutation
188 alters the regulation of the channel function of TRPV1. These data suggest that both variations induce
189 a modification of the function of TRPV1 and classify these variations as likely pathogenic according
190 to the recommendations of the American College of Medical Genetics and Genomics (ACMG)³¹.

Although the pathophysiology of EHS is still largely unclear, results obtained in the recent years on 191 TRPV1 function could provide new research avenues. First, the fact that EHS patients show abnormal 192 193 response to the MH in vitro contracture test may rely on calcium channel properties of TRPV1 in muscle. Pioneer work demonstrated that heat stress activates TRPV1 and induces calcium 194 accumulation in myocytes during muscle contraction³². Recent studies suggested that TRPV1 may 195 crosstalk with RyR1, amplifying calcium release in skeletal muscle²⁴. Therefore, an abnormal function 196 197 of TRPV1 could modify calcium release from RyR1, explaining the massive cytosolic calcium release that occurs during an EHS or MH crisis due to TRPV1 mutations. This functional relationship with 198 RyR1 and the demonstrated sensitivity of TRPV1 to halothane¹⁷ may explain the fact that EHS 199 patients with TRPV1 mutations have a positive IVCT. However, this hypothesis may only partially 200 201 explain our results since the TRPV1 mutant p.Gly684Val does not release calcium after capsaicin 202 stimulation. Further experiments with other stimuli such as halogenated anesthetics, and muscle 203 specific expression system, would help to clarify the patient positive in vitro contracture test. 204 However, RYR1 independent mechanisms could also explain the pathophysiology of EHS due to 205 TRPV1 mutations.

The link between the mutations identified in *TRPV1* and EHS could be based on a dysfunction of the thermosensitive role (heat detection) or thermoregulatory role (the control of core body temperature) of TRPV1 during exercise. *In vivo*, the thermosensitive role of TRPV1 has been largely described with TRPV1-/- mice models presenting reduced sensitivity to noxious heat^{33,34}. The effect of TRPV1 deficiency on thermoregulation in knock-out mice is more debated, but several studies have demonstrated abnormal thermogenesis in response to the agonist capsaicin^{34,35} and distinct thermoregulatory phenotypes in terms of behavior and metabolism in mice lacking *TRPV1*³⁶.

Recently, the molecular role of TRPV1 in thermosensation was dissected. In most mammals, the heat-induced activation of TRPV1 is rapidly followed by a desensitization of the channel, in order to

protect cells against damages if noxious heat persists²⁸. This desensitization is regulated by the heat-215 induced interaction between the N and C-terminal regions of TRPV1 which is coupled to the outer 216 pore domain, inducing a conformational change of the channel and closing the pore²⁸. Point mutations 217 218 in key residues in these regions can abolish this interaction, and the desensitization phenomenon. The p.Arg772Cys mutation we described here is located in the C-terminal region of TRPV1 delineated by 219 220 the authors of this work and it could alter the physiological interaction between C- and N-terminal 221 parts of TRPV1, thus impacting the desensitization mechanism. This hypothesis fits with the delay observed in the kinetics of calcium release in our calcium imaging experiments with capsaicin 222 223 stimulation. Inefficient heat-induced inactivation of the TRPV1 channel during a strenuous exercise due to a mutation such as p.Arg722Cys could therefore participate in the pathophysiology of EHS. 224

225 The role of TRPV1 in the control of body temperature is less understood. It was evidenced during pharmacological screening to search for new analgesics targeting TRPV1^{25,34}. Clinical trials 226 established that some TRPV1 antagonists tested as analgesics can cause thermogenesis dysfunction 227 228 (either hyperthermia or hypothermia) in patients, depending on their ability to selectively inhibit 229 capsaicin-, heat- or proton-induced TRPV1 activity. These results suggested that TRPV1 could 230 participate in the regulation of the systemic thermogenesis pathways and reflected the complexity of the thermoregulation function of TRPV1, ^{36,37}. Interestingly, compounds able to block TRPV1 231 232 channel function after any type of stimulation (capsaicin, heat of acidic pH) trigger hyperthermia. 233 Along with this result, one can hypothesize that a complete block of TRPV1 function by a loss of function mutation such as the p.Gly684Val may also result in an abnormal regulation of thermogenesis 234 235 during strenuous muscle activity.

236

237 Conclusions

In conclusion, our study involves *TRPV1* mutations as a new cause of Exertional Heat Stroke. The *TRPV1* gene, as well as *RYR1*, may both be linked to Exertional Heat Stroke and Malignant Hyperthermia, which supports the hypothesis of a continuum between the two diseases³⁸. We identified two missense mutations in EHS patients that presented positive IVCT and demonstrated that

| 242 | these mutations impact capsaicin-induced calcium release. However, precise mechanisms by which |
|-----|--|
| 243 | TRPV1 participates in MH and EHS pathophysiology and alters calcium homoeostasis in muscle |
| 244 | inducing altered response in IVCT need further explorations. It is possible that each of the mutations |
| 245 | of TRPV1 we describe here impairs one of the functions TRPV1 is involved in, thermosensitivity or |
| 246 | whole body thermoregulation. |

Nevertheless, mutations found so far in *RYR1* and *TRPV1* show a low prevalence. It can be first explained by the fact that EHS is a multifactorial disorder, and not solely caused by genetic predispositions. It can also reflect that mutations in other genes may be involved in EHS.

250 **Practical implications**

- *TRPV1* is a new candidate gene in Exertional Heat Stroke.
 The identification of molecular bases of EHS will help to propose efficient genetic screening to individuals at risk of EHS.
- Because of the identification of variations in *TRPV1* and *RYR1* genes both in Exertional Heat Stroke and Malignant Hyperthermia, the cross-risk between the two diseases should still be considered.

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- 361

| Patients | Patient 1 | Patient 2 |
|------------------------------------|--|------------------------------------|
| Gender | Male | Male |
| Age | 31 | 25 |
| Personal and family history | NA | No |
| Exertional Heat Stroke crisis | | |
| Trigger | timed race | commando race |
| Corporal temperature during crisis | 41°C | 40°C |
| Date of crisis | December (French Guyana) | February |
| Neurological signs | Spatial and temporal disorientation, loss of consciousness | Loss of consciousness |
| Hepatorenal failure | No | Yes |
| Rhabdomyolysis | Yes | Yes |
| CPK at crisis | 232 UI/L | NA |
| CPK at rest (N: 55-170 UI/l) | 76 UI/L | 427 UI/I |
| In Vitro Contracture Test | | |
| Status | MHS | MHSh |
| halothane (2%) | positive (0,9g and 0,2g) | positive (0,3g and 0,2g) |
| caffeine (2mM) | positive (0,4g and 0,3g) | negative (0,1g) |
| Genetic features | | |
| Gene | TRPV1 | TRPV1 |
| cDNA change | c.2051G>T | c.2314C>T |
| Amino acid change | p.Gly684Val | p.Arg772Cys |
| Status | heterozygous | heterozygous |
| RS number | rs759094783 | rs1217651219 |
| Prevalence in databases | | |
| ExAC frequency | 0.000004063 | absent |
| GnomAD frequency | absent | absent |
| Prediction tools | | |
| CADD phred score | 25,9 | 34 |
| SIFT | Damaging | Damaging |
| PolyPhen | Damaging | Damaging |
| MutationTaster | Damaging | Damaging |
| Orthologue conservation | Conserved across sarcopterygians species | Conserved across tetrapods species |
| Protein localization | Pore domain | S100A1 binding domain |

- **Table A:** Clinical and genetic features of the patients with variations in the *TRPV1* gene.
- 363 MHS: Malignant Hyperthermia Susceptible with a positive *In Vitro* Contracture Test to halothane and
- 364 caffeine. MHSh: Malignant Hyperthermia Susceptible with a positive In Vitro Contracture Test to
- halothane only. NA: not available.

- **Figure A**:
- 367 1. TRPV1 sequences with heterozygous c.2051G>T; p.Gly684Val (patient 1) and c.2314C>T;
 368 p.Arg772Cys variations (patient 2).
- 369 2. Multiple sequence alignment of TRPV1 protein regions surrounding the p.Gly684Val and
 370 p.Arg772Cys residues (red) in various species. An asterisk (*) indicates a position which has a single,
 371 fully conserved residue. A colon (:) indicates conservation between groups of strongly similar
 372 properties. A period (.) indicates conservation between groups of weakly similar properties.
- **373 3.** Locations of c.2051G>T; p.Gly684Val and c.2314C>T; p.Arg772Cys variations on a TRPV1

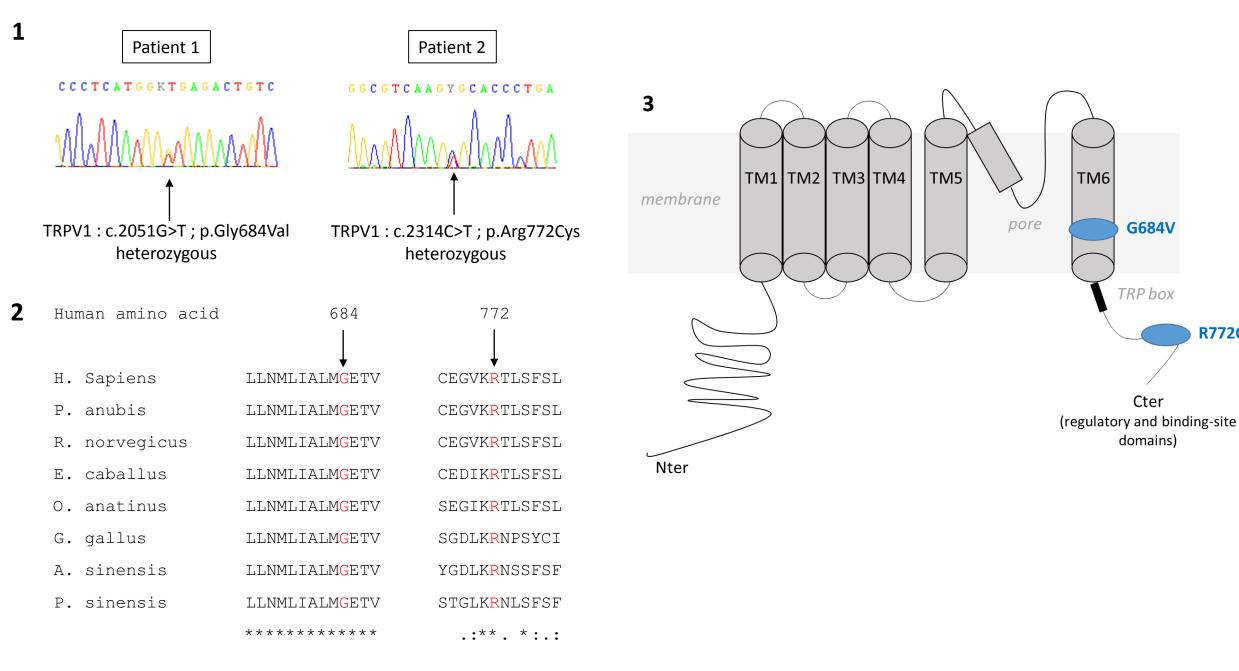
374 schematic representation. The p.Gly684Val variation is located in the conserved transmembrane

- segment 6 of the pore domain and the p.Arg772Cys variation is located in the C-terminal part of the
- 376 protein that includes regulatory domain and interacts with ligands and proteins such as PIP2,
- 377 calmodulin or protein $S100^{35}$.

| 378 | Figure B: Calcium imaging studies in HEK-293 cells after TRPV1 mutants expression. |
|-----|---|
| 379 | 1, Representative time course of cytosolic calcium concentrations using the fluorescence ratio of the |
| 380 | Fluo4 indicator dye (Δ F/F0, arbitrary units) after injection of 20 μ M capsaicin ; minimum of 40 cells |
| 381 | for each condition (mean +/- SEM). |
| 382 | 2, Corresponding Aeras Under the Curve (AUC) (median +/- interquatile ranges). |
| 383 | 3, Measurement of cytosolic calcium concentration at rest using the fluorescence ratio of the Fura2- |
| 384 | AM indicator dye (F340/F380, arbitrary units) (median +/- IQR). Non transfected cells (NT) were |
| 385 | used as control. Non parametric ANOVA followed by post-hoc test were performed: *p < 0.05, **p < |
| 386 | 0.01, ***p < 0.001, ****p < 0.0001 |
| | |

387

Figure A



G684V

TRP box

Cter

domains)

R772C

