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Data Article

# Data correlations between gender, cytomegalovirus infection and T cells, NK cells, and soluble immune mediators in elderly humans



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# ABSTRACT

We describe a cohort of 50 elderly subjects, age at least 70 years. We present gender-specific findings in T lymphocyte markers and soluble immune mediators. We show the correlation between cytomegalovirus infection status with  $CD56^{dim}$  NK cell responses to a variety of stimuli and with  $CD56^{bright}/CD56^{dim}$  NK cell ratio. We also present the correlation of retinol binding protein (RBP)-4 plasma levels with NK cell responses and we explore the relationship between gender and adiponectin, 25(OH)D (vitamin D), and RBP4 in affecting CD56<sup>dim</sup> NK cell responses. These data are discussed in Al-Attar et al. (2016) [1].

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Subject area More specific subject	Immunology Sex differences in immune cells and soluble mediators
area	
Type of data	Tables
How data was acquired	Flow cytometry and enzyme-linked immunosorbent assay
Data format	Analyzed
Experimental factors	Immune cells were analyzed immediately ex vivo or were stimulated in vitro
Experimental features	Correlations and mean differences were calculated
Data source location	Lexington, KY – USA
Data accessibility	Data are within this article

# **Specifications Table**

# Value of the data

- Researchers need to be aware of the gender differences in NK cell responses to various stimuli.
- Exposure to cytomegalovirus (CMV) affects immune responses from T and NK cells and could therefore be an important factor to consider when performing research in elderly human subjects.
- Levels of soluble plasma immune mediators adiponectin and vitamin D (25(OH)D) which affect NK cell development and activity are higher in elderly women compared to men, and are important factors to consider when studying human NK cells.

# 1. Data

Enclosed are data concerning T cell markers and subsets found in elderly women and men (Table 1). Also shown is the effect of cytomegalovirus (CMV) infection on CD56<sup>dim</sup> NK cell responses to a variety of stimuli and on the CD56<sup>bright</sup>/CD56<sup>dim</sup> NK cell ratio in blood lymphocytes (Table 2). We present the levels of various plasma immune mediators and their levels in elderly women and men (Table 3). We show how plasma RBP4 level correlates with NK cell responses in vitro (Table 4) and we explore if the interaction between gender and plasma adiponectin,RBP4, and 25(OH)D (vitamin D) affects CD56<sup>dim</sup> NK cell responses in vitro (Table 5). Full details of the data can be found in Al-Attar et al. [1].

# 2. Experimental design, materials and methods

Male and female subjects > 70 years were recruited from volunteer donor pools at the University of Kentucky Sanders-Brown Center on Aging and by advertisements. Venous blood from 26 males (age mean  $\pm$  standard error of the mean (SEM), 77.8  $\pm$  0.31, range 70–90 years) and 24 females (age mean  $\pm$  - SEM, 77.0  $\pm$  0.91, range 70–85 years) were analyzed between October 2012 and April 2014. Prospective donors were screened by telephone interview to exclude those with conditions previously demonstrated to affect NK cells. Exclusion criteria included hospitalization or serious illness in the prior year, history of immunologic illness (rheumatoid arthritis, systemic lupus, scleroderma, polymyositis, Sjögren's syndrome, transplantation, etc.), current use of immunomodulatory medications (e.g., corticosteroids), inability to walk one city block, regular consumption of two or more alcoholic beverages per day (28 g ethanol), diabetes, and a history of cancer within the last 10 years, except non-melanoma skin cancers. Two female subjects (but no male subjects) received hormone replacement therapy, one with topical estrogen and one with topical estrogen, progesterone, and testosterone. The gender differences affecting CD56<sup>dim</sup> NK cell CD38 density and the CD56<sup>bright</sup> to CD56<sup>dim</sup> NK cell ratio were no longer significant when the hormone replacement subjects were excluded from analysis. All other gender differences reported below remained significant after exclusion of these two subjects. Blood samples were obtained from people without acute

Table 1
Gender and T cell markers.

Cell	Subset	Sex	Mean	SEM	P value
T cell	CD4/8 ratio	Ç ď	3.37 3.56	.45 .56	.79
T cell	Ki67	ф о	3.59 3.43	.22 .20	.59
T cell	CD4	ଦ ଫ	66.67 67.50	2.68 2.74	.83
CD4	CD57	ф о'	6.34 5.35	1.15 .95	.51
CD4	CD28	ଦ ୯	95.36 96.55	1.31 .96	.46
CD4	HLA-DR	ଦ ୯	25.74 24.96	2.05 1.45	.70
CD4	HLA-DR gMFI	ф ď	126.98 83.87	23.02 5.21	.34
CD4	CD38	ç ď	45.77 43.52	3.99 1.44	.12
CD4	CD38 gMFI	ç ď	175.60 138.72	21.15 5.52	.30
T cell	CD8	ç ď	25.96 27.23	2.36 2.66	.73
CD8	CD57	ф о'	47.83 47.20	4.28 4.51	.92
CD8	CD28	ф о'	50.55 50.02	5.26 5.02	.94
CD8	HLA-DR	ф о'	65.45 66.72	3.71 2.89	.79
CD8	HLA-DR gMFI	ф ď	294.02 275.66	35.63 28.01	.68
CD8	CD38	ф of	22.02 17.12	2.68 1.29	.35
CD8	CD38 gMFI	ç o	76.29 68.71	6.20 3.65	.27

For each tested analyte on gated T cell subset, the mean and standard error of the mean (SEM) is shown for each gender. All values are given as percentage of the gated population, except when geometric mean fluorescence intensity (gMFI) antigen level is given. Statistical significance of mean differences was determined by student's T test.

illness in the preceding week between 9:30 a.m. and 12:45 p.m. Lymphocytes and serum 25hydroxyvitamin D (25(OH)D) were analyzed immediately; plasma was aliquoted and stored at -80 °C. All human subjects research was approved by the University of Kentucky Institutional Review Board.

# 2.1. ex vivo staining

Whole blood was diluted 1:1 with PBS and overlaid on Lymphoprep<sup>\*\*</sup> lymphocyte separation medium (Axis-Shield, Oslo, Norway) according to the manufacturer's protocol. Peripheral blood mononuclear cells (PBMC) were collected and washed twice. For ex vivo staining,  $\sim 0.5 \times 10^6$  PBMC were washed and incubated with human IgG for 15 min at room temperature to block Fc-receptor binding and then stained on ice for 30 min with combinations of fluorescently labeled mAb (See Supplementary Table S1 in Ref. [1]). After washing, the cells were analyzed on a LSR-II flow cytometer (BD, Franklin Lakes, NJ). CD4 and CD8 T cells were divided into four subpopulations,  $T_N$ : CD62L<sup>+</sup>CD45RA<sup>+</sup>,  $T_{CM}$ : CD62L<sup>+</sup>CD45RA<sup>-</sup>,  $T_{EMRA}$ : CD62L<sup>-</sup>CD45RA<sup>+</sup>. CD56<sup>dim</sup> NK cells that did not stain positive for CD158b, CD158f, CD158e/k or NKG2A were considered unlicensed.

Analyte	Stimulus	CMV	Mean	SEM	Sig.
CD107a	Nil	_	3.91	0.52	.808
		+	4.12	0.50	
	K562	-	15.89	1.80	.937
		+	15.72	1.15	
	NKp46	-	20.50	3.43	.755
		+	21.84	2.30	
IFN-γ	Nil	_	1.31	0.24	.928
		+	1.34	0.20	
	K562	_	3.46	0.64	.070
		+	2.32	0.30	
	NKp46	_	9.33	1.47	.920
	-	+	9.11	1.23	
	IL-2	_	2.00	0.37	.814
		+	2.12	0.28	
	IL-15	_	2.63	0.48	.342
		+	3.94	0.83	
	IL-12/18	_	20.55	4.67	.399
		+	16.54	2.32	
<b>ΜΙΡ-1</b> β	Nil	-	6.99	0.86	.048
		+	5.06	0.49	
	K562	-	32.98	3.28	.599
		+	30.93	2.05	
	NKp46	-	48.92	5.82	.725
		+	46.39	3.84	
	IL-2	-	40.14	3.71	.123
		+	33.78	2.08	
	IL-15	_	60.90	4.11	.450
		+	56.99	2.76	
	IL-12/18	-	31.40	5.28	.420
		+	27.06	2.63	
Ratio	Nil	-	.0476	.0073	.960
		+	.0471	.0046	

Table 2

CMV effect on CD56<sup>dim</sup> NK cell responses and on CD56<sup>bright</sup>/CD56<sup>dim</sup> ratio.

 $CD56^{dim}$  NK cells were gated and tested for the indicated analyte in response to the designated stimulus. Shown is the mean and standard error of the mean (SEM) for subjects who were CMV infected (+) or not CMV infected (-). Bold print denotes significant mean differences as determined by student's T test.

\* CD56<sup>bright</sup>/CD56<sup>dim</sup> ratio, tested immediately ex vivo.

# 2.2. NK cell stimulation

Peripheral blood mononuclear cells (PBMC,  $0.5 \times 10^6$ ) were incubated in 6-well plates in media (RPMI 1640 media, 10% FBS, 20 mM glutamine, non-essential amino acids, and antibiotics) in the presence of either no stimulation, IL-2 (200,000 U/L, Biological Resources Branch, National Cancer Institute, Frederick, MD), IL-15 (100 µg/L, BioLegend), IL-12 (10 µg/L, Peprotech, Rocky Hill, NJ) plus IL-18 (100 µg/L, R&D Systems, Minneapolis, MN), overnight, or with  $1 \times 10^6$  K562 cells (E:T ratio 1:2) for 3 h at 37 °C. The final three hours of incubation were in the presence of 5 mg/L brefeldin A and 2 µM monensin (BioLegend). Cells were then washed, and stained with CD3, CD16, CD56 and CD107a (as described above), fixed in 2% paraformaldehyde solution, then permeabilized (1x Permeabilization buffer, eBioscience) and stained with anti-IFN- $\gamma$  and anti-MIP-1 $\beta$  mAb. For anti-NKp46 stimulation, wells in 24-well plates were coated by incubation with 0.5 mL 2.5 mg/L anti-NKp46 mAb (eBioscience) in PBS overnight at 4 °C. Unbound mAb was removed by washing with PBS. Cells were cultured overnight at 37 °C in 5% CO<sub>2</sub> with 500 ng/L IL-12, transferred to anti-NKp46-coated wells, cultured for 3 h, harvested, and stained as above.

Analyte	Sex	Mean	SEM	P value
CRP	ତୁ ଫ	2.824 1.973	0.463 0.408	.173
IL-15	ç đ	4.718 4.527	0.210 0.152	.462
Adiponectin	♀ ♂	21.47 14.13	2.07 2.19	.019
S1P	ф С	754.2 732.2	29.32 36.3	.642
dhS1P	Ç C	65.30 62.70	2.90 3.00	.536
S1P+dhS1P	Ç ♂	819.5 794.9	31.21 38.4	.625
RBP4	Ç C	45.80 49.02	1.06 1.08	.039
25(OH)D	ф С	38.35 30.21	2.78 2.16	.025
Vitamin D Supplement	ф о	.625 .192	.101 .079	.002

Table 3				
Gender	and	soluble	immune	mediator

Gender and soluble immune mediators.

For each tested analyte, the mean and standard error of the mean (SEM) is shown for each gender. Analytes and their units are C-reactive protein (CRP, mg/L), IL-15 (mg/L), adiponectin (mg/L), sphingosine-1-phosphate (S1P, nM), dihydroS1P (dhS1P, nM), the sum of S1P and dhS1P (nM), RBP4 (mg/L), and vitamin D (25(OH)D,  $\mu$ g/L). Bold print denotes significant mean differences as determined by student's T test.

Table 4					
Correlation of RBP4	levels with	NK	cell	response	s.

NK Cell	Stimulus	Analyte	ρ	Sig.
CD56 <sup>bright</sup>	None	CD107a	.025	.864
CD56 <sup>bright</sup>	K562	CD107a	.249	.082
CD56 <sup>bright</sup>	NKp46	CD107a	303	.033
CD56 <sup>dim</sup>	None	CD107a	.018	.901
CD56 <sup>dim</sup>	K562	CD107a	.065	.656
CD56 <sup>dim</sup>	NKp46	CD107a	221	.123
CD56 <sup>bright</sup>	None	IFN-γ	065	.655
CD56 <sup>bright</sup>	K562	IFN-γ	.259	.069
CD56 <sup>bright</sup>	NKp46	IFN-γ	334	.018
CD56 <sup>bright</sup>	IL-2	IFN-γ	223	.120
CD56 <sup>bright</sup>	IL-15	IFN-γ	180	.212
CD56 <sup>bright</sup>	IL-12/18	IFN-γ	228	.111
CD56 <sup>dim</sup>	None	IFN-γ	.038	.795
CD56 <sup>dim</sup>	K562	IFN-γ	.142	.325
CD56 <sup>dim</sup>	NKp46	IFN-γ	308	.030
CD56 <sup>dim</sup>	IL-2	IFN-γ	022	.879
CD56 <sup>dim</sup>	IL-15	IFN-γ	194	.177
CD56 <sup>dim</sup>	IL-12/18	IFN-γ	234	.101
CD56 <sup>bright</sup>	None	MIP-1β	177	.219
CD56 <sup>bright</sup>	K562	MIP-1β	.253	.076
CD56 <sup>bright</sup>	NKp46	MIP-1β	246	.086
CD56 <sup>bright</sup>	IL-2	ΜΙΡ-1β	.336	.017
CD56 <sup>bright</sup>	IL-15	MIP-1β	.238	.096
CD56 <sup>bright</sup>	IL-12/18	MIP-1β	131	.363
CD56 <sup>dim</sup>	None	MIP-1β	262	.066
CD56 <sup>dim</sup>	K562	MIP-1β	089	.537
CD56 <sup>dim</sup>	NKp46	ΜΙΡ-1β	300	.034
CD56 <sup>dim</sup>	IL-2	MIP-1β	012	.933
CD56 <sup>dim</sup>	IL-15	MIP-1β	127	.379
CD56 <sup>dim</sup>	IL-12/18	ΜΙΡ-1β	284	.046

Shown are nonparametric Spearman's correlation coefficients ( $\rho$ ) and significance (Sig.) between RBP4 level and the indicated parameter. Bold print denotes significant correlations.

### 2.3. Cytokines, soluble immune mediators, and antibodies

Following manufacturer instructions, enzyme-linked immunosorbent assay was used to measure plasma C-reactive protein (CRP) and adiponectin levels (eBioscience) and retinol-binding protein 4 (RBP4) levels (Abcam, Cambridge, England). Plasma IL-15 was quantified with the QuantiGlo Chemiluminescent Immunoassay kit (R&D Systems). Reported values are the average of a single measurement of each serum sample tested in two (IL-15), three (Adiponectin, CRP), or four (RBP4) independent experiments. For sphingosine-1-phosphate (S1P) and dihydrosphingosine-1-phosphate (dhS1P) measurements, plasma samples with added deuterated standards [2] were extracted using acidified organic solvents [3]. S1P and dhS1P 1evels were measured using high pressure liquid chromatography-electrospray ionization tandem mass spectrometry, and quantified by comparing levels to the internal standard [4]. The University of Kentucky Clinical Chemistry Laboratory measured serum 25(OH)D by liquid chromatography-tandem mass spectrometry using atmospheric pressure chemical ionization in positive ion mode and quantitated by comparison to a deuterated internal standard. Plasma samples were diluted 100-fold and anti-cytomegalovirus (CMV) IgG was measured in duplicate via binding to immobilized CMV antigen. Bound CMV IgG was detected by horseradish peroxidase conjugated anti-human IgG antibody (DRG CMV IgG ELISA, Springfield, NJ). None of the positive or negative anti-CMV IgG levels were close to the intermediate range.

# Table 5

The influence of Adiponectin, RBP4, and 25(OH)D levels on NK cell responses does not outweigh sex effect.

Model		Unstandardized	l coefficients	Standardized coefficients	t	Sig.
		В	Std. error	Beta		
Depend	dent Variable: % CD	107a on K562-stimu	lated CD56 <sup>dim</sup> NK	cells		
1	(Constant)	17.971	1.324		13.574	.000
	Sex	-4.232	1.836	316	-2.305	.026
2	(Constant)	18.462	2.324		7.944	.000
	Sex	-4.400	1.965	328	-2.240	.030
	Adiponectin	023	.089	038	258	.797
Denend	dent Variable: % CD	1072 on K562-stimu	lated CD56 <sup>dim</sup> NK	cells		
1	(Constant)	17 971	1 324	cens	13 574	000
	(constant)	_4 232	1.521	- 316	-2 305	.000
2	(Constant)	-4.232	2.025	510	- 2,505	.020
Z	(Constant)	9.090	0.005	250	1.133	.230
	Sex	-4.814	1.918	359	-2.510	.016
	KBP4	.181	.1/4	.148	1.037	.305
Depend	dent Variable: % CD	107a on K562-stimu	lated CD56 <sup>dim</sup> NK	cells		
1	(Constant)	17.417	1.329		13.106	.000
	Sex	-3.942	1.860	301	-2.120	.040
2	(Constant)	19.254	3.337		5.770	.000
	Sex	-4.332	1.982	331	-2.185	.034
	25(OH)D	048	.080	091	601	.551
Depend	dent Variable: % IFN	-v positive on NKp4	6-stimulated CD5	5 <sup>dim</sup> NK cells		
1	(Constant)	11 182	1 354		8 2 5 5	000
•	(constant)	_ 3 870	1.551	_ 285	-2.060	045
2	(Constant)	9 594	2 362	205	4 061	000
2	(constant)	2 2 2 7	1.007	245	1,666	102
	Adiponectin	074	090	121	822	415
	naiponeeun	.071	.050		.022	.115
Depend	dent Variable: % IFN	-γ positive on NKp4	6-stimulated CD5	<sup>5am</sup> NK cells		
1	(Constant)	11.182	1.354		8.255	.000
	Sex	-3.870	1.878	285	-2.060	.045
2	(Constant)	22.885	8.185		2.796	.007
	Sex	-3.047	1.942	224	- 1.569	.123
	RBP4	256	.176	207	-1.449	.154
Depend	dent Variable: % IFN	-γ positive on NKp4	6-stimulated CD5	5 <sup>dim</sup> NK cells		
1	(Constant)	11 433	1 409		8 112	000
•	Sex	- 3 862	1 972	- 280	-1958	056
2	(Constant)	9147	3 534	.200	2 589	013
2	Sev	_3 377	2 099	_ 245	-1.609	115
	25(OH)D	060	084	108	706	484
	23(011)2	.000		.100	.,	. 10 1
Depend	dent Variable: % MI	P-1 $\beta$ positive on uns	timulated CD56 <sup>ain</sup>	<sup>n</sup> NK cells		
1	(Constant)	6.849	.591		11.591	.000
	Sex	-2.395	.819	389	-2.923	.005
2	(Constant)	6.766	1.038		6.520	.000
	Sex	-2.367	.877	384	-2.697	.010
	Adiponectin	.004	.040	.014	.097	.923
Deneno	dent Variable <sup>,</sup> % MII	P-18 positive on uns	timulated CD56 <sup>din</sup>	<sup>n</sup> NK cells		
1	(Constant)	6 849	591	NR CCH5	11 591	000
-	Sex	-2 395	819	- 389	-2 923	005
2	(Constant)	10 002	3 600		2.020	.003
-	Sev	) 110	95.000	342	2.020	.004
	RRP4	- 2.110	.034 078	 - 158	- 2.470 - 1 141	260
	101 4	005	.070	150	- 1.141	.200
Depend	dent Variable: % MI	P-1 $\beta$ positive on uns	timulated CD56 <sup>din</sup>	<sup>n</sup> NK cells		
1	(Constant)	6.877	.615		11.186	.000
	Sex	-2.277	.860	367	-2.647	.011
2	(Constant)	5.671	1.537		3.689	.001
	Sex	-2.021	.913	326	-2.213	.032

Table 5 (continued)

Model		Unstandardized	l coefficients	Standardized	t	Sig.
		В	Std.	Beta		
		2	error	Deta		
	25(0H)D	031	037	126	857	396
_	25(011)5	.051	.057	.120	.037	.550
Depen	dent Variable: % MIF	-1β positive on K56	2-stimulated CD56	S <sup>am</sup> NK cells	14 065	000
I	(Collstant)	35.017	2.380	227	14,905	.000
C	(Constant)	- 7.917	5.500 4152	527	- 2.599	.020
2	(COlistant)	6 0 9 5	2 510	280	1.922	.000
	Adiponectin	-0.585	158	285	- 1.550	427
D	dent Mentables (V MIT	10	2 stimulated CDF	dim NHZ 11-	1002	
Depen	dent Variable: % Mil	$\gamma$ -1 $\beta$ positive on K56	2-stimulated CD56	Sam NK cells	14.005	000
I	(Collstant)	33.017	2.380	227	14,905	.000
C	(Constant)	- 7.917	5.500	527	- 2.599	.020
2	(COlistant)	\$ 247	3 /8/	3/1	2.105	.041
	RRP4	-0.247	316	047	-2.507	747
				dim Ny II	1525	
Depen	dent Variable: % Mil	$-1\beta$ positive on K56	2-stimulated CD56	Sum NK cells	14.010	000
1	(Constant)	34.600	2.336	220	14.812	.000
2	Sex (Comstant)	- 7.871	3.269	338	- 2.408	.020
2	(Collstant)	31.242	2,803	207	2.328	.000
	25(0H)D	- 7.138	5.465 1/0	507	- 2.035	.040 535
	25(011)D	.088	.140	.095	.025	.555
Depen	dent Variable: % MIF	P-1β positive on NK	046-stimulated CD	56 <sup>dim</sup> NK cells		
1	(Constant)	54.117	4.426		12.226	.000
	Sex	- 13.494	6.138	302	- 2.198	.033
2	(Constant)	46.187	7.645	2.42	6.041	.000
	Sex	- 10./81	6.464	242	- 1.668	.102
	Adiponectin	.369	.291	.184	1.268	.211
Depen	dent Variable: % MIF	P-1β positive on NK	046-stimulated CD	56 <sup>dim</sup> NK cells		
1	(Constant)	54.117	4.426		12.226	.000
	Sex	- 13.494	6.138	302	-2.198	.033
2	(Constant)	105.250	26.274		4.006	.000
	Sex	-9.899	6.233	222	- 1.588	.119
	RBP4	-1.117	.566	276	-1.973	.054
Depen	dent Variable: % MIF	P-1β positive on NK	046-stimulated CD	56 <sup>dim</sup> NK cells		
1	(Constant)	52.922	4.529		11.686	.000
	Sex	- 11.005	6.337	251	- 1.737	.089
2	(Constant)	48.312	11.393		4.241	.000
	Sex	- 10.027	6.768	228	- 1.482	.146
	25(OH)D	.120	.272	.068	.442	.661
Depen	dent Variable: % MIF	P-1 $\beta$ positive on IL-1	5-stimulated CD56	5 <sup>dim</sup> NK cells		
1	(Constant)	63.646	3.149		20.213	.000
	Sex	-10.688	4.367	333	-2.448	.018
2	(Constant)	62.546	5.528		11.315	.000
	Sex	- 10.312	4.673	321	-2.207	.032
	Adiponectin	.051	.211	.035	.243	.809
Depen	dent Variable: % MIF	P-1 $\beta$ positive on IL-1	5-stimulated CD56	5 <sup>dim</sup> NK cells		
1	(Constant)	63.646	3.149		20.213	.000
	Sex	-10.688	4.367	333	-2.448	.018
2	(Constant)	58.325	19.434		3.001	.004
	Sex	- 11.062	4.611	345	-2.399	.020
	RBP4	.116	.419	.040	.278	.783
Depen	dent Variable: % MIF	P-1 $\beta$ positive on IL-1	5-stimulated CD56	5 <sup>dim</sup> NK cells		
1	(Constant)	63.191	3.173		19.917	.000
	Sex	- 8.766	4.440	282	- 1.974	.054
2	(Constant)	62.584	7.998		7.825	.000

Model	Unstanda	Unstandardized coefficients		zed t	Sig.
	В	Std. error	Beta	15	
Sex 25(OI	- 8.637 H)D .016	4.751 .191	278 .013	- 1.818 .083	.076 .934

Table 5 (continued)

Multivariate analysis of sex-specific NK cell responses. Each dependent variable (NK cell response) was compared with the independent variable, sex (Model 1, Pearson correlation), or with sex along with other independent variables, either adiponectin, RBP4, or 25(OH)D (vitamin D) plasma levels (Model 2, multiple linear regression). For scoring purposes, males=1; females=0. Therefore, a negative correlation with sex indicates stronger responses in women than in men. 25(OH)D levels were not available for 1 female and 2 male subjects. Therefore, the significance (Sig.) of the correlation between sex and the NK cell response is different than when adiponectin and RBP4 effects are analyzed. The value of the unstandardized coefficient (B) reflects the amount of change in the predicted preference ranking. Using the standardized coefficient (Beta), interpretations are based on the standard deviation (SD) of the variable. Each standardized coefficient (Beta) indicates the number of SD that the dependent variable changes for a 1 SD change in the independent variable, the other independent variable remaining constant. For both B and Beta, the higher the absolute value (positive or negative), the greater the effect of the given independent variable on the dependent variable. For example, in the first table (Model 2), the absolute value of B and Beta for Sex was significantly greater than B and Beta for Adiponectin, indicating that Sex had a stronger (inverse) correlation with the NK cell response than did Adiponectin. Significant values (as determined by Pearson correlation, Model 1, and multiple linear regression, Model 2) are shown in bold print.

## 2.4. Statistical methods

For means comparisons, data were first analyzed with Levene's test for equality of variance using SPSS, version 22 (IBM, Armonk, NY). When gender based variances were significantly unequal, means were compared by the nonparametric Mann–Whitney U test. None of the means analyzed by the Mann–Whitney test significantly differed by gender. Otherwise, means were compared using the 2-tailed student's t test. Levels are displayed as means  $\pm$  SEM.

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#### Transparency document. Supplementary material

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