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Astrocyte Endfeet in Brain Function and Pathology: Open Questions

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Keywords

vasculature, astrocyte, endfoot, blood-brain barrier, cerebral blood flow, neurovascular coupling

Abstract

Astrocyte endfeet enwrap the entire vascular tree within the central nervous system, where they perform important functions in regulating the blood-brain barrier (BBB), cerebral blood flow, nutrient uptake, and waste clearance. Accordingly, astrocyte endfeet contain specialized organelles and proteins, including local protein translation machinery and highly organized scaffold proteins, which anchor channels, transporters, receptors, and enzymes critical for astrocyte-vascular interactions. Many neurological diseases are characterized by the loss of polarization of specific endfoot proteins, vascular dysregulation, BBB disruption, altered waste clearance, or, in extreme cases, loss of endfoot coverage. A role for astrocyte endfeet has been demonstrated or postulated in many of these conditions. This review provides an overview of the development, composition, function, and pathological changes of astrocyte endfeet and highlights the gaps in our knowledge that future research should address.

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INTRODUCTION

Astrocytes are glial cells that tile the brain. They enwrap the entire central nervous system (CNS) vascular tree with subcellular structures called endfeet, while their cell body and thousands of fine branches permeate the brain parenchyma and interact with other neural cells to aid brain homeostasis, behavior, and defense responses (Allen & Eroglu 2017, Nagai et al. 2021) (**Figure 1a–c**). Astrocyte endfeet mediate the communication between brain cells and the vasculature as part of the neurogliovascular unit (Iadecola 2017). Endfeet are also an important component of the blood-brain barrier (BBB), together with brain endothelial cells, vascular smooth muscle cells (VSMCs), pericytes, and the vascular basement membrane (Sweeney et al. 2019) (**Figure 1c,d**).

Studies in the nineteenth century revealed that astrocytes extend large endfoot processes to cover the vasculature, leading Camillo Golgi to hypothesize that they deliver nutrients to neurons and Ernesto Lugaro to propose that they remove the toxic waste products of neuronal metabolism. Santiago Ramón y Cajal further suggested that astrocyte endfoot contraction may dilate blood vessels and that this regulation may underlie attention and sleep-wake cycles (Antonakou & Triarhou 2019, García-Marín et al. 2007, Ramón y Cajal 1895). In the twentieth century, astrocytes were largely ignored due to technical challenges in studying their physiology. Recent development of calcium indicator dyes and genetic manipulation methods has revived interest in astrocytes and confirmed that many astrocyte functions proposed by early neuroscientists hold true. Here, we provide a critical review of current knowledge about the structure, molecular makeup, and function of astrocyte endfeet in the CNS over the life span and in disease. We also highlight fascinating questions about astrocyte biology that remain unanswered, as they may offer fruitful directions for future research.

VASCULATURE AND ASTROCYTE ENDFEET DEVELOPMENT

Astrocytes are one of the last cell types to be generated in the CNS. After asymmetric division of radial glia, progenitors destined to become astrocytes detach from the ependymal surface and

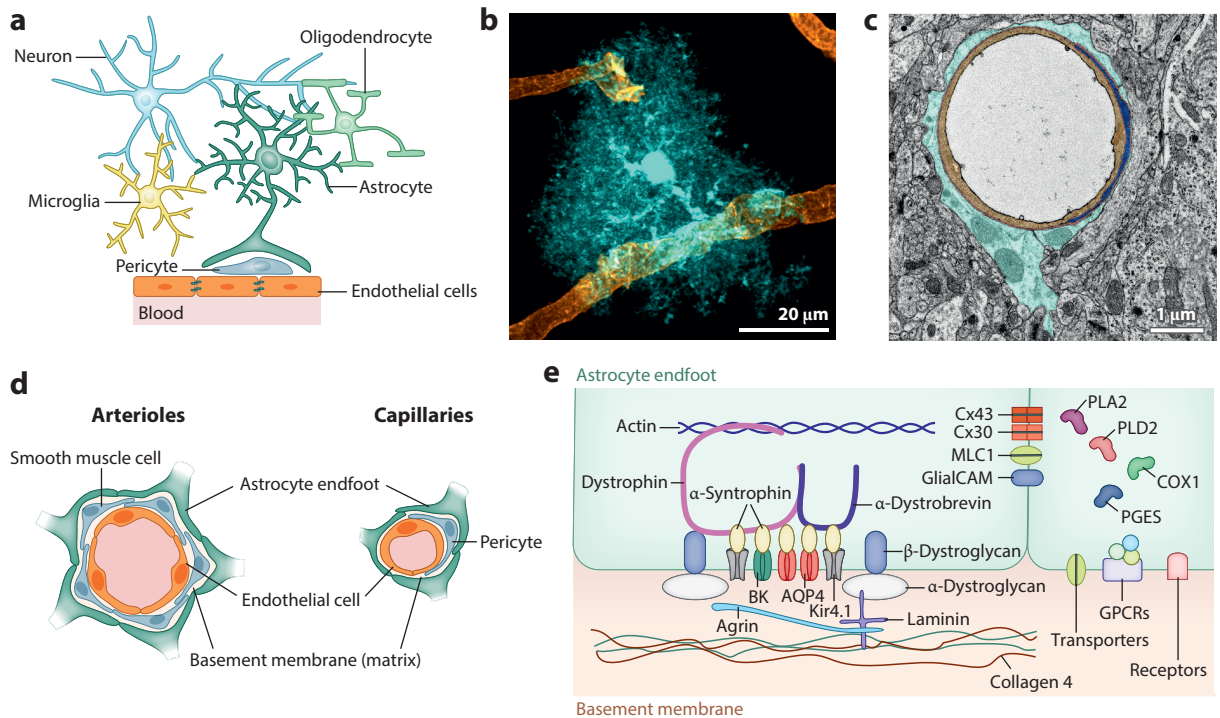


Figure 1

Astrocyte endfoot morphology and molecular composition. (a) Schematic representing the known astrocyte interactions with other CNS cell types. (b) Confocal image of an astrocyte (*teal*) interacting with brain capillaries (*orange*). Astrocyte endfeet can be seen surrounding the blood vessels. (c) Transmitted electron microscopy image of a cross-section of a brain capillary. Brain endothelial cells (*orange*) form the vessel wall. They are partially surrounded by a pericyte (*blue*). Astrocyte endfeet (*teal*) envelop the vessel. (d) Schematic of the BBB components in cross-sections of an arteriole and a capillary. (e) Schematic representing a subset of known astrocyte endfoot proteins. Abbreviations: AQP4, aquaporin 4; BK, large-conductance Ca^{2+} -dependent K^+ channel; COX1, cyclooxygenase 1; Cx, Connexin; GPCR, G protein-coupled receptor; Kir4.1, inward-rectifying K^+ channel 4.1; MLC1, megalecephalic leukoencephalopathy with subcortical cysts 1; PGES, prostaglandin E2 synthase; PLA2, phospholipase A2; PLD2, phospholipase D2. Microscopy images in panels *b* and *c* provided by Austėja Čiulkinytė and Isabel Bravo-Ferrer, respectively.

migrate into the cortex. In rodents, astrocyte proliferation occurs mostly within the week before and after birth, followed by differentiation and maturation over the next few weeks, when they establish contact with the vasculature and other brain cells (Clavreul et al. 2019, Ge et al. 2012, Tien et al. 2012) (Figure 2). Human astrocyte proliferation follows a similar course, starting prenatally and continuing postnatally until the entire brain is tiled and the vasculature is encapsulated with endfeet (de Majo et al. 2020).

Large cerebral vessels grow into the human and rodent brain in utero (Coelho-Santos & Shih 2020, Marín-Padilla 2012, Streeter 1918). Angiogenesis continues postnatally to generate capillaries and new penetrating vessels, as necessary, to form the mature cerebrovascular network, paralleling cortical expansion (Coelho-Santos & Shih 2020, Marín-Padilla 2012, Tata et al. 2015, Wälchli et al. 2015). In rodents, most of the capillary bed forms between postnatal day (P)8 and P10 (Coelho-Santos et al. 2021, Harik et al. 1993) (Figure 2). This period concurs with peak astrocyte proliferation and endfoot formation (Bushong et al. 2004, Clavreul et al. 2019, Farmer et al. 2016, Ge et al. 2012, Lunde et al. 2015), after which astrocytes and the vasculature mature together through weaning (P21) (de Majo et al. 2020, Ge et al. 2012, Lunde et al. 2015,

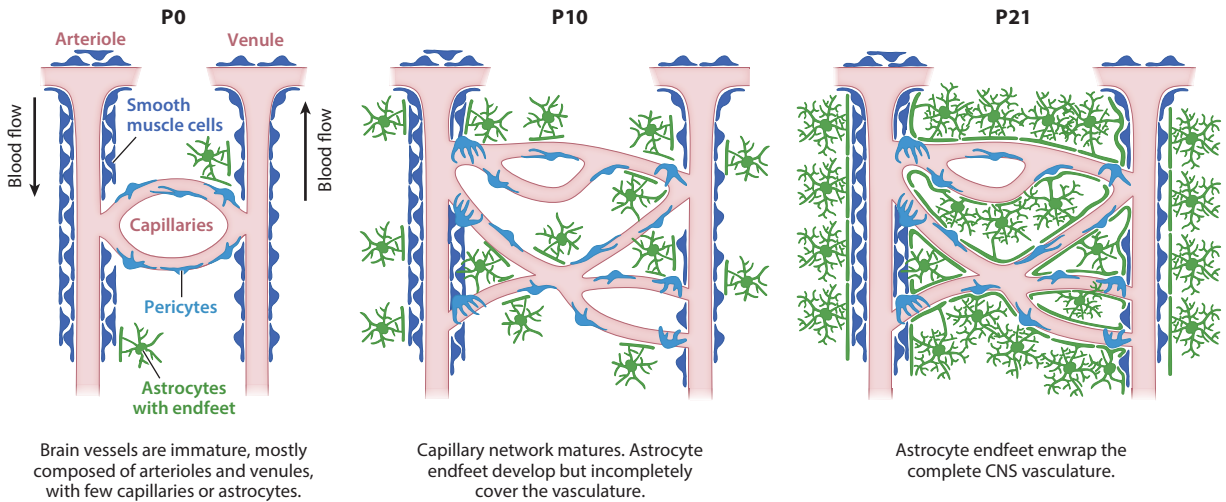


Figure 2

Development of the astrocyte-vascular interface in rodents. A rudimentary network of arterioles and venules, connected by a few capillaries, exists in the rodent brain at birth (P0, *left*). At this time, astrocyte differentiation has just begun; there are only a few astrocytes with immature morphology, and endfeet are largely absent. Peak postnatal angiogenesis occurs between P8 and P10 (*center*), when the mature cerebral capillary network develops, occurring around the same time as peak astrocyte proliferation. Endfeet formation is actively occurring during this time, but the coverage is still incomplete. By P21 (*right*), the vascular structure and astrocyte morphology have reached adult proportions, with endfeet covering essentially the entire vascular tree. The signals that initiate endfoot-vascular interactions during development and govern its maintenance in adulthood are largely unknown. Abbreviations: CNS, central nervous system; P, postnatal day.

Stackhouse & Mishra 2021) (**Figure 2**). Indeed, astrocyte and vascular development are suggested to be inseparable (Marín-Padilla 2012), and mouse studies show that inhibiting astrogenesis disrupts cerebrovascular patterning (Ma et al. 2012, O’Sullivan et al. 2017). As new vessels infiltrate the brain, the extracellular matrix proteins secreted by vascular endothelial cells and astrocyte endfeet form the double-layered basement membrane that encases VSMCs along larger vessels, whereas they merge to form a unified layer encasing pericytes around capillaries (Ma et al. 2012) (**Figure 1d**).

Structural development of the gliovascular interface is accompanied by endfeet polarization to contain the proteins necessary for astrocyte-vascular interactions (Clavreul et al. 2019, Ge et al. 2012, Lunde et al. 2015) (**Figure 2**). Endfoot expression of aquaporin 4 (AQP4), glucose transporter (GLUT-1), and the inward-rectifying K^+ channel Kir4.1 gradually increases (Daneman et al. 2010, Harik et al. 1993, Seifert et al. 2009). Endfoot maturation also correlates with increased endothelial BBB proteins such as claudin-5 (Gilbert et al. 2019). The signaling pathways that govern the development and maintenance of endfoot-vascular interactions remain largely unknown and warrant a thorough investigation.

ASTROCYTE ENDFEET MORPHOLOGY AND COMPOSITION

Morphology

Astrocytes have remarkably complex morphology. They possess 5–12 primary branches that arise from the cell body and ramify into thinner branches, leaflets, and endfeet (Chai et al. 2017, Diaz-Castro et al. 2021). Despite morphological differences between brain regions, virtually every

astrocyte in the gray matter contacts one to six blood vessels (Hösli et al. 2022). The cerebrovascular tree—encompassing arterioles, capillaries, and venules—is near-completely wrapped by endfeet that tile the vessel wall, with the endfoot size decreasing as the vessels get smaller (Ramón y Cajal 1913, Wang et al. 2021). Endfeet cover 70–100% of the vascular perimeter, isolating the brain parenchyma from the vasculature (Bertossi et al. 1997, Mathiisen et al. 2010, Mugnaini & Walberg 1965) (**Figure 1c**). Ablating an astrocyte endfoot leads to rapid replacement within minutes (Kubotera et al. 2019, Mills et al. 2022), and, if endfoot replacement fails, BBB damage ensues (Heithoff et al. 2021). These findings highlight the importance of astrocyte endfeet for brain function.

Composition

Astrocyte endfeet contain mitochondria, rough endoplasmic reticulum, and vesicles (Bertossi et al. 1997, Boulay et al. 2017, Göbel et al. 2020, Mathiisen et al. 2010). Endfeet also enclose microtubules, glycogen granules, and bundles of intermediate filaments composed of glial fibrillary acidic protein (GFAP) (Bertossi et al. 1997, Kacem et al. 1998). Although we lack a complete description of the endfoot proteome, we know it encompasses protein translation machinery, metabolic enzymes, adhesion proteins, and scaffold proteins, which interact with channels, transporters, and receptors that are important for astrocyte-vasculature interactions.

One widely studied endfoot protein is AQP4, an astrocytic water channel enriched in endfeet where it forms multiprotein orthogonal arrays (Landis & Reese 1974, Rash et al. 1998). AQP4 is anchored to the plasma membrane through a scaffolding protein complex called dystrophin-associated protein complex (DAPC) (Culligan & Ohlendieck 2002). DAPC in endfeet comprises dystrophin Dp71, α -dystrobrevin-1, α 1-syntrophin, and β - and α -dystroglycan (Belmaati Cherkaoui et al. 2021, Culligan & Ohlendieck 2002, Heuser et al. 2012) (**Figure 1e**). DAPC anchors the endfoot to laminin and agrin in the basement membrane (Gee et al. 1994), while also forming a scaffold for proteins like AQP4 (Hoddevik et al. 2017, Neely et al. 2001) and the K^+ channel Kir4.1 (Connors et al. 2004) on the endfoot plasma membrane.

Some proteins are enriched at the contact points between astrocyte endfeet (**Figure 1e**). These include the gap junction proteins Connexin (Cx)43 and Cx30, which may be important in shuttling metabolic substrates throughout the astrocyte network to facilitate delivery to neurons (Landis & Reese 1974, Rouach et al. 2008, Simard et al. 2003). Astrocyte endfoot contact points in mouse and human also contain a multiprotein complex that includes megalencephalic leukoencephalopathy with subcortical cysts 1 (MLC1, a protein of unknown function), GlialCAM (also called HepaCAM, hepatocyte cell adhesion molecule), chloride channel protein 2 (ClC-2, a voltage-gated chloride channel), and zona occludens protein 1 (ZO-1, a tight junction protein) (Gilbert et al. 2019, Hoegg-Beiler et al. 2014, Tejjido et al. 2004). Mutations in MLC1 and GlialCAM cause a developmental disease called megalencephalic leukoencephalopathy with subcortical cysts (Leegwater et al. 2001, López-Hernández et al. 2011), in which gliovascular functions are dysregulated (Gilbert et al. 2021), suggesting important roles for these proteins at the endfoot, although the exact nature of their functions remains unclear.

Astrocyte endfeet also express proteins related to blood flow regulation (**Figure 1e**). They contain phospholipase A2 (PLA2), phospholipase D2 (PLD2), cyclooxygenase 1 (COX1), and prostaglandin E2 synthase (PGES), which synthesize the vasodilatory agent PGE₂ (Gordon et al. 2008, Mishra et al. 2016, Takano et al. 2006), and the cytochrome P450 ω -hydroxylase 4A (CYP4A), which synthesizes vasoconstrictive 20-hydroxyeicosatetraenoic acid (20-HETE) (Gonzalez-Fernandez et al. 2020). Cytochrome P450 2C11 (CYP2C11) epoxygenase produces epoxyeicosatrienoic acids (EETs) and is strongly expressed in endfeet on arterioles to induce

vasodilation (Peng et al. 2002) but is completely absent in endfeet on capillaries (Mishra et al. 2016), suggesting possible vascular segment-specific heterogeneity.

The discovery of endfoot proteins has thus far been serendipitous and limited, but it is now being expanded by omics technologies. Recently, translating ribosome affinity purification was used to identify more than 600 locally translated endfoot genes related to immunity, matrix and cell adhesion, and vascular function (Boulay et al. 2017). Local translation may allow astrocyte endfeet to quickly respond to the vasculature, but whether all endfoot proteins are translated locally remains unknown. Proteomic analysis of biochemically isolated endfeet indicates that many endfoot proteins are part of the mitochondrial electron transport chain (Stokum et al. 2021). However, the difficulty of isolating pure endfeet limits the interpretation of these data. Co-immunoprecipitation assays have also identified transporters, ion channels, adhesion and trafficking molecules, and G protein-coupled receptors that interact with GlialCAM and MLC1 at the endfeet (Alonso-Gardón et al. 2021). What else is present at the endfoot, and what do these proteins do there? New subcompartment-specific proteomics tools may help answer these questions.

ASTROCYTE ENDFEET FUNCTIONS

Blood-Brain Barrier Development and Maintenance

Astrocytes are thought to help maintain the BBB (**Table 1**). Early studies found that transplanting glial progenitors to peripheral tissues conferred BBB properties to those vessels and prevented tracer leakage (Janzer & Raff 1987). Coculture experiments also showed that astrocytes induce BBB properties in brain endothelial cells (Beck et al. 1986, Tào-Cheng et al. 1987), reflected by increased expression of tight junction proteins and transendothelial electrical resistance. Because astrocyte-conditioned medium was sufficient to induce BBB features in endothelial cell cultures (Canfield et al. 2017, Shivers et al. 1988, Siddharthan et al. 2007), astrocyte-derived secreted factors were proposed to drive BBB formation and maintenance.

However, BBB initiation, maturation, and maintenance may be distinctly regulated processes. During early embryonic development, the BBB is established before astrocytes are differentiated, suggesting that other cells, such as pericytes, likely play a dominant role (Daneman et al. 2010).

Table 1 Astrocyte endfoot functions in health

Area	Astrocyte endfoot functions
Blood-brain barrier	Basement membrane production Development? Maturation? Maintenance
Blood flow regulation	Resting vascular tone Autoregulation Vascular reactivity (CO ₂) Neurovascular coupling
Nutrient uptake	Glucose Hormones Lipids Amino acids
Brain waste clearance	Transcellular Glymphatic system Intramural periarterial drainage

Question marks denote hypothesized functions.

However, secreted factors from radial glia (astrocyte-like stem cells) may act on pericytes and/or endothelial cells during BBB formation; this possibility remains unresolved. Furthermore, most of the brain's capillary bed is generated postnatally (Coelho-Santos et al. 2021), when astrocyte endfeet start engaging with the vasculature (Bushong et al. 2004), and may contribute to BBB formation. Conversely, pericytes may also induce endfoot properties in astrocyte processes that reach the vasculature. Pericyte-deficient mice exhibit reduced endfoot expression of α -syntrophin, AQP4, and laminin α 2 (Armulik et al. 2010). Astrocytes, pericytes, and endothelial cells may act in concert to induce BBB properties.

Astrocyte ablation in the spinal cord reduces expression of the tight junction protein occludin (Schreiner et al. 2015), indicative of a BBB compromise. However, substantial BBB damage was not observed based on erythrocyte or fibrinogen extravasation into the parenchyma (Schreiner et al. 2015, Tsai et al. 2012). These findings are somewhat inconclusive, as many smaller blood-borne solutes (ions, lipids, small proteins) may still enter the brain following less pronounced BBB disruptions. Live in vivo imaging during and after the ablation of single astrocytes or endfeet has revealed remarkable plasticity, whereby neighboring astrocytes quickly rescue the exposed vessel surface with new endfeet (Kubotera et al. 2019, Mills et al. 2022). No leakage of large tracers was observed in these studies, suggesting no immediate loss of the BBB. In contrast, simultaneously ablating several astrocytes induced BBB damage associated with discontinuous endothelial tight junctions and irregular basement membrane (Heithoff et al. 2021). Interestingly, ablating single pericytes also has a minimal effect on the BBB (Berthiaume et al. 2018). Perhaps astrocytes and pericytes play redundant roles in BBB maintenance, and damage becomes salient only when a large-scale loss of either cell type occurs.

In summary, astrocytes appear necessary for BBB maintenance, but the underlying mechanisms remain unknown. Do astrocytes release molecules that act on endothelial cells directly and, if so, which ones? Or, do astrocytes exert their functions by interacting with other cellular players, such as pericytes? Although BBB damage is often examined as an increase in nonspecific permeability between the blood and the brain, it could also encompass disruptions in specific transport mechanisms, such that nutrient delivery to the brain or toxic waste clearance is hampered. Future studies should consider these possibilities.

Blood Flow Regulation

Astrocytes are ideally positioned to regulate neurovascular coupling (NVC) (**Figure 1a–d**). They detect neuronal activity with their fine parenchymal processes and release vasoactive molecules onto cerebral vessels via endfeet to change vascular diameter and thus control blood flow (Gordon et al. 2008, Lind et al. 2018, Metea & Newman 2006, Mishra et al. 2016, Paquette et al. 2021, Peng et al. 2002, Zonta et al. 2003) (**Table 1**). When astrocytes sense neuronal activity, they synthesize arachidonic acid (Stella et al. 1994) and metabolize it into various vasoactive molecules. Astrocyte endfeet express all necessary enzymes to synthesize PGE₂, which acts on EP₄ receptors on VSMCs and pericytes to dilate arterioles and capillaries, respectively (Gordon et al. 2008, Mishra et al. 2016, Zonta et al. 2003). Astrocyte endfeet on arterioles can also release EETs to dilate them (Gebremedhin et al. 1992, Metea & Newman 2006), but owing to a lack of epoxygenase expression in capillary endfeet, EETs do not affect these small vessels (Mishra et al. 2016). Astrocytes also produce 20-HETE, which constricts arterioles (Metea & Newman 2006, Mulligan & MacVicar 2004) and capillaries (Hall et al. 2014), likely via G protein-coupled receptor 75 (GPR75) or GPR39 on VSMCs and pericytes (Garcia et al. 2017, Gonzalez-Fernandez et al. 2020, Methner et al. 2021). Astrocytes may also control NVC via K⁺ regulation. During neuronal activity, astrocytes take up extracellular K⁺ via Kir4.1 channels, which are abundantly expressed on their fine processes and

endfeet (Djukic et al. 2007). Initially, astrocytes were thought to siphon K^+ from perisynaptic to perivascular spaces during activity, leading to vessel dilation (Paulson & Newman 1987), but this hypothesis was not experimentally supported (Metea et al. 2007). However, an alternate mechanism involving K^+ release via large-conductance Ca^{2+} -dependent K^+ (BK) channels on their endfeet was later shown to dilate vessels in an astrocytic Ca^{2+} -dependent manner (Filosa et al. 2006).

Despite this evidence, the role of astrocytes in NVC remains controversial, as astrocyte Ca^{2+} signals are often observed to be too small or slow (Del Franco et al. 2022, Nizar et al. 2013). However, endfeet Ca^{2+} transients are reliably detected during intense or sustained neuronal activity, when they contribute to NVC (Institoris et al. 2015), and astrocyte recruitment enhances hemodynamic responses in vivo (Gu et al. 2018, Schulz et al. 2012). It is also possible that very small Ca^{2+} signals, below the detection threshold of current technologies, are enough to trigger vasoactive signals, as preventing fast Ca^{2+} signals in astrocytes dampens NVC (Mishra et al. 2016). Activity-dependent Ca^{2+} increases located in astrocyte fine processes may also suffice to influence second messengers that stimulate vasoactive signal release from endfeet.

Astrocytes control brain blood flow in several ways besides NVC. They regulate the resting diameter of vessels via ATP-dependent constriction (Kur & Newman 2014) and prostaglandin-dependent dilation (Rosenegger et al. 2015). In response to increases in blood pressure, astrocytes signal to vessels to increase vascular tone (Kim et al. 2015). Modulating resting tone may allow astrocyte endfeet to determine the polarity and magnitude of NVC (Blanco et al. 2008). Astrocytes also participate in hemo-neural or vasculo-neuronal coupling by detecting changes in blood flow and signaling in the reverse direction to alter neuronal firing (Kim et al. 2016, Moore & Cao 2008). This mechanism may modulate neuronal activity depending on metabolic supply. Furthermore, brainstem and hypothalamic astrocytes modulate the output activity of local neurons to alter peripheral organ function in response to changes in blood CO_2 levels or osmolality, for example, to change breathing rate or water/salt intake (Cleary et al. 2020, Gourine et al. 2010, Wang & Parpura 2018); this could represent a critical mechanism for maintaining whole-body homeostasis.

Brain Waste Clearance

Astrocyte endfeet also play a role in waste clearance. Brain waste is primarily cleared along cerebrovascular conduits, either by transport across the BBB into the vascular lumen or via flow along perivascular spaces and drainage into the lymphatic system (**Table 1**). The glymphatic model hypothesizes that cerebrospinal fluid is pumped into the brain along the penetrating arterioles, where it mixes with interstitial fluid and accumulates waste products, and is cleared out along venules (Jessen et al. 2015). Thus, waste products are transported in the same direction as blood flow and expunged into the cerebrospinal fluid. Mice lacking AQP4 were found to have reduced glymphatic flow, suggesting that endfeet AQP4 facilitates this drainage (Ilfiff et al. 2012). Alternatively, the intramural periarterial drainage (IPAD) model posits that interstitial fluid containing waste is pumped toward the pial surface along the basement membrane of arterioles in the opposite direction of blood flow (Aldea et al. 2019). Astrocyte endfeet are also proposed to drive IPAD-dependent perivascular waste movement by regulating functional hyperemia and cerebrovascular tone (Diem et al. 2018). Thus, astrocytes could regulate perivascular flow under either the IPAD or the glymphatic model by dynamically altering vessel tone. These mechanisms are important for clearing hazardous waste products, such as aggregates of amyloid- β ($A\beta$) (Ilfiff et al. 2012) and potentially tau (Harrison et al. 2020, Ilfiff et al. 2012). A complete understanding of the mechanisms by which astrocyte endfeet regulate waste clearance remains an important knowledge gap to be addressed.

Table 2 Astrocyte endfoot dysfunctions in pathologies

Condition	Astrocyte endfoot dysfunctions
Aging	Endfoot swelling AQP4 depolarization Delayed restorative plasticity
Traumatic brain injury	Loss of endfoot coverage Endfoot swelling AQP4 depolarization Release of factors damaging the vasculature Lack of BBB repair in mild/diffuse TBI? Dysfunctional neurovascular coupling?
Stroke	Loss of endfoot coverage (with recovery?) AQP4 depolarization Dysfunctional neurovascular coupling Impaired autoregulation
Alzheimer's disease	Loss of endfoot coverage AQP4 depolarization Dysfunctional neurovascular coupling Alteration of waste clearance
Multiple sclerosis	Loss of endfoot coverage Endfoot swelling Alteration of AQP4 expression patterns β -Dystroglycan cleavage Alteration of waste clearance

Question marks denote hypothesized dysfunctions. Abbreviations: AQP4, aquaporin 4; BBB, blood-brain barrier; TBI, traumatic brain injury.

ASTROCYTE ENDFOOT ALTERATIONS WITH AGING, INJURY, AND DISEASE

Aging

Dysfunction of the brain vasculature and astrocytes is associated with aging (Banks et al. 2021, Boisvert et al. 2018, Farrall & Wardlaw 2009, Habib et al. 2020). How aging influences endfoot function, however, remains understudied (Table 2). In rodents, astrocyte endfeet grow larger with age, likely due to swelling (Bors et al. 2018). AQP4 expression increases with age in both mouse and human, largely due to increased AQP4 in parenchymal astrocyte processes rather than endfoot changes (Kress et al. 2014, Zeppenfeld et al. 2017). Exogenous tracer clearance is also decreased in aged mice (Kress et al. 2014), prompting the question of whether this is a direct causal effect of AQP4 expression changes.

Although damaged astrocyte endfeet are replaced by neighboring astrocytes in young mice, this process is delayed in aged counterparts (Kubotera et al. 2019, Mills et al. 2022), suggesting a loss of astrocyte plasticity to cope with vascular damage. More research is required to understand how age affects astrocyte endfoot functions in different brain regions and how these changes may prime neurodegenerative disease development.

Traumatic Brain Injury

Traumatic brain injury (TBI) induces damage to the vasculature and/or BBB irrespective of injury type or severity (Table 2). In areas with vascular damage, astrocytes respond to blood-borne factors in one of two ways: They become either reactive in response to focal TBI or atypical in response to mild, diffuse TBI.

After focal TBI, signals from the lesion site induce a gradient of different types of reactive astrocytes (Robel 2017) in response to blood-borne factors (Schachtrup et al. 2010) and other cues. Astrocytes closest to the lesion form glial borders (formerly called the glial scar) (Sofroniew 2020), reducing the leakage of immune cells and blood proteins outside the lesion (Anderson et al. 2016, Bush et al. 1999). Border-forming astrocytes change drastically in morphology, with hypertrophic, overlapping processes extending into and around the lesion and loss of domain organization (Oberheim et al. 2008), but little is known about their interactions with the vasculature. Reactive astrocytes farther from the lesion continue to envelop the vasculature, but expression of endfoot proteins is reduced or irregular (Ren et al. 2013). Notably, TBI results in substantial vessel dilation, neurovascular uncoupling, and autoregulatory dysfunction (Szarka et al. 2018, Toth et al. 2016, Villalba et al. 2017). Capillaries compressed by swollen astrocyte endfeet have also been observed in biopsies from TBI patients (Østergaard et al. 2014). However, whether TBI-initiated changes in astrocyte endfeet contribute to these pathologies is unresolved.

Reactive astrocytes release soluble factors that can disrupt BBB integrity, such as matrix metalloproteases (MMPs), or reduce leakage of blood-borne factors (Michinaga & Koyama 2019, Rempel et al. 2016). Many molecules assessed for BBB repair, for example, Sonic hedgehog (Shh), transforming growth factor β (TGF β), or glial-derived neurotrophic factor (GDNF), also regulate astrocyte reactivity. Leakage of immune cells, plasma proteins, or dyes is often used to determine whether BBB repair has taken place, but these readouts do not distinguish the leakage-reducing function of border-forming astrocytes from the restoration of BBB properties at leaky vessels. In fact, there is a surprising lack of *in vivo* imaging data supporting the idea that vessels reacquire BBB properties after TBI, even though ruptured vessels are repaired and reperfused (George et al. 2022). Thus, it is unclear whether blood-borne factor leakage is simply contained by the glial border or whether astrocytes initiate BBB repair at leaky vessels by secreting molecules that modulate tight junctions and other barrier properties.

After mild TBI/concussion, BBB leakage can persist for months (George et al. 2022, Johnson et al. 2013, Wang & Li 2016). Why such relatively minor BBB damage is not swiftly repaired remains a mystery, but a surprisingly different atypical astrocyte response induced by mild TBI/concussion may be one mechanism. In contrast to classical astrogliosis, atypical astrocytes rapidly lose many proteins after exposure to blood-borne factors (George et al. 2022), including endfeet-enriched proteins such as AQP4, Kir4.1, Cx43, and Cx30. Unlike focal TBI, where such loss is limited to the endfeet, mild TBI/concussion results in the loss of these proteins in the entire astrocyte (Shandra et al. 2019). Though endfeet typically remain in place at vessels, endothelial tight junctions and the basement membrane are disrupted (George et al. 2022). Early after mild TBI/concussion, BBB disruption is likely a direct consequence of the shear forces on the brain. What is surprising is that neither the tight junctions nor basement membrane are repaired even months after the injury. This lack of repair could be due to the inability of atypical astrocytes to form borders because a clear lesion to cord off is lacking. The loss of most astrocyte-specific proteins suggests that soluble BBB repair factors may also be missing. Alternatively, atypical astrocytes may release factors like MMPs that keep the BBB open. Further research is needed to determine the exact mechanisms at play.

Stroke

Stroke induces widespread reactive astrogliosis, evidenced by drastic changes in the expression profile of astrocytes that occur within hours and last for weeks (Rusnakova et al. 2013, Zamanian et al. 2012). Border-forming reactive astrocytes that separate the infarct lesion from the surrounding tissue are characterized by AQP4 mislocalization away from the endfoot to the parenchymal

fine processes (Banitalebi et al. 2022), suggesting changes in endfoot functions (**Table 2**). Whether stroke also alters other DAPC-anchored proteins remains unexamined.

Ischemic stroke impairs NVC in patients, even in nonischemic regions extending far beyond the infarct (Krainik et al. 2005, Lin et al. 2011, Salinet et al. 2015). This NVC impairment is partly caused by increased capillary constriction due to 20-HETE (Li et al. 2021). As the enzyme that produces 20-HETE is largely expressed by astrocyte endfeet and its receptor GPR75 is largely expressed by VSMCs and pericytes (Gonzalez-Fernandez et al. 2020), this impairment likely reflects astrocyte dysfunction. NVC is also impaired after hemorrhagic stroke, and increased 20-HETE is observed in patients after both ischemic (Yi et al. 2017) and hemorrhagic (Crago et al. 2011, Donnelly et al. 2015) stroke, where it correlates with worse neurological decline. In animal models of hemorrhagic stroke, a complete inversion of NVC has been observed, whereby neuronal activity results in vasoconstrictions rather than dilations (Balbi et al. 2017, Koide et al. 2012) due to large K^+ efflux from endfeet via BK channels, resulting in VSMC depolarization and vessel constriction (Koide et al. 2012). This increased K^+ efflux is driven by large-amplitude purinergic-mediated Ca^{2+} signals in astrocyte endfeet (Pappas et al. 2015, 2016).

Large astrocytic Ca^{2+} waves also occur during cortical spreading depolarizations (Chuquet et al. 2007), which are common after both ischemic and hemorrhagic stroke. The vasoconstriction and inversion of NVC following cortical spreading depolarization depend on astrocyte Ca^{2+} (Chuquet et al. 2007, Major et al. 2017) and, to some extent, on 20-HETE (Fordsmann et al. 2013). Similar large astrocyte Ca^{2+} signals follow ischemic stroke (Ding et al. 2009, Rakers & Petzold 2017), but whether they increase 20-HETE synthesis or K^+ efflux from astrocyte endfeet to reduce NVC following ischemic stroke remains unknown. However, observations that attenuating astrogliosis mitigates cerebral blood flow defects and improves neurological outcomes after ischemic stroke support this idea (Begum et al. 2018). Astrocytic 20-HETE may be an adaptive response to stimulate angiogenesis after stroke (Liu et al. 2019), although with obvious detrimental consequences to NVC.

Stroke also impairs cerebral autoregulation (Koide et al. 2021, Salinet et al. 2015), as well as perivascular space dynamics and glymphatic clearance (Mestre et al. 2020). The hypoxia and reduced waste clearance resulting from these impairments, in addition to neurovascular uncoupling, may underlie the increased incidence of dementia in stroke patients (Delgado et al. 2022, Levine et al. 2015, Savva et al. 2010). However, the role of astrocytes in these dysfunctions is as yet unknown.

Astrocytes play multifaceted roles in BBB integrity after stroke. Ablating reactive astrocytes after stroke increases BBB permeability (Williamson et al. 2021) and prevents behavioral recovery (Liu et al. 2014), suggesting a supportive role in BBB maintenance. In agreement, loss of endfeet after photothrombotic stroke results in a swift recovery of endfoot coverage by processes of nearby astrocytes (Mills et al. 2022). Furthermore, interventions that protect BBB function are correlated with increased astrocyte endfoot coverage, and astrocyte-secreted neurotrophic factors can restore BBB integrity (Zhou et al. 2022). In contrast, other studies report that abnormal reactive astrocytes underlie BBB dysfunction after stroke (Qin et al. 2022, Zhang et al. 2022), suggesting a potentially detrimental role. These findings indicate that astrocytes can either help maintain or disrupt the BBB after stroke, but when, how, and the precise changes in endfoot proteins that mediate these effects have yet to be determined. Suppressing the detrimental consequences of reactive astrocytes, while preserving or even amplifying their beneficial roles, may be the most effective way to combat cerebrovascular dysfunction following stroke (Escartin et al. 2021).

Alzheimer's Disease

Brain vasculature alterations precede dementia and worsen with disease progression (Sweeney et al. 2019, Wardlaw et al. 2019). Imaging and transcriptomics studies have shown that vascular cells such as brain endothelial cells and pericytes are severely altered in conditions that lead to dementia, such as cerebral small vessel disease or Alzheimer's disease (AD) (Procter et al. 2021). Although recent work has highlighted changes in endfoot protein expression and morphology in AD, we know little about how astrocyte endfoot functions are altered in, and contribute to, neurodegeneration (Table 2).

Astrocytes undergo dramatic phenotypical changes in AD (De Strooper & Karran 2016, Perez-Nievas & Serrano-Pozo 2018). Expression of endfoot genes encoding AQP4, MLC1, and dystrobrevin is upregulated in subjects with dementia (Simon et al. 2018). Both human AD brains and mouse models of amyloidopathy show overall AQP4 upregulation in the cortex (Hoshi et al. 2012, Zeppenfeld et al. 2017) and a decrease of endfoot AQP4 polarization with disease progression. This change in AQP4 polarization is largely driven by increased parenchymal AQP4, which is associated with A β plaques, rather than a decrease in the endfeet (Kimbrough et al. 2015, Xu et al. 2015, Zeppenfeld et al. 2017). Changes in AQP4 expression are particularly pronounced around vessels exhibiting cerebral amyloid angiopathy (CAA) compared to non-CAA vessels in the same individual (Hoshi et al. 2012, Owasil et al. 2020). *Aqp4* gene knockout exacerbates pathological and behavioral phenotypes in a mouse model of amyloidopathy (Xu et al. 2015), but the role of endfoot versus parenchymal astrocyte AQP4 in this context remains uncertain. Perhaps the disruption of normal AQP4 distribution leads to a failure of A β clearance via perivascular/glymphatic waste pathways in AD (Iliff et al. 2012). Intriguingly, the glymphatic waste clearance pathway is more active during sleep (Xie et al. 2013), which is also disrupted in AD (Ju et al. 2013).

Vascular amyloid accumulation has additional consequences for endfoot functions. In CAA, amyloid aggregations form between the endfeet and vascular mural cells, resulting in a swollen endfoot appearance and reduced vessel coverage (Kimbrough et al. 2015). These amyloid aggregations physically distance endfeet from vascular cells, leading to NVC impairment. This impairment likely contributes to neuron starvation and BBB dysfunction, thus worsening pathology in AD (Sweeney et al. 2019). CAA also upregulates angiopoietin-related protein 4 (ANGPTL4), an angiogenic factor normally induced by hypoxia, in endfeet, further contributing to vascular susceptibility (Chakraborty et al. 2018).

Although a causative relationship between endfoot dysfunction and AD initiation and progression is difficult to establish at the moment, the importance of astrocyte endfeet for the interaction of the CNS with the vasculature demands more investigation in this field.

Multiple Sclerosis

Multiple sclerosis (MS) is characterized by white matter lesions that lead to demyelination in the spinal cord and cortex. These lesions are thought to be caused by T lymphocytes crossing the BBB and invading the nervous system (Mapunda et al. 2022). Research in the experimental autoimmune encephalomyelitis (EAE) mouse model of MS has shown that T cells first accumulate between the brain endothelial cells and endfeet. Symptoms develop when T cells pass through the endfoot barrier and enter the parenchyma (Tran et al. 1998). Swollen endfeet and a disrupted endfoot barrier are observed in humans with MS and in EAE mice (Brosnan & Raine 2013, Eilam et al. 2018). Interestingly, endfoot β -dystroglycan cleavage, induced by macrophage-derived MMP-2 and MMP-9, is necessary for endfoot barrier disruption, T cell parenchymal invasion, and disease development in EAE mice. Accordingly, loss of β -dystroglycan has been observed around vessels with T cell parenchymal invasion (Agrawal et al. 2006, Wolburg-Buchholz et al. 2009). In addition,

in both humans and EAE mice, AQP4 is upregulated around cortical and spinal cord lesions compared to healthy tissue (**Table 2**) (Aoki-Yoshino et al. 2005, Fournier et al. 2019, Sinclair et al. 2007). Waste clearance mechanisms are also dysfunctional in MS, and this dysfunction correlates with clinical disability severity, lesion volumes, and brain atrophy (Carotenuto et al. 2022). Further research is needed to inform whether therapies that prevent endfoot disruption could be clinically relevant strategies for treating MS.

CONCLUSIONS AND FUTURE DIRECTIONS

Technical advances in the past few decades have facilitated and intensified the investigation of astrocyte interactions with the vasculature. Yet, many fascinating and imperative questions remain open.

Although astrocyte endfoot development and maturation parallel CNS capillary formation, the role of astrocytes in forming and maintaining the BBB is unclear. In the mature healthy brain, endfeet contribute to NVC, resting vascular tone, and, to some extent, vascular reactivity to blood pressure changes. As structures that form the physical border between CNS tissue and the vasculature, endfeet are also well positioned to regulate brain-body homeostasis. What other signals in the blood, aside from osmolality and CO₂, might endfeet sense? Do endfeet modulate local neural activity in the CNS to regulate additional peripheral physiological processes?

Astrocyte endfoot morphology, function, and molecular makeup are severely altered at early stages of CNS pathologies. Endfoot changes could lead to blood flow dysregulation and BBB dysfunction, which prevents the proper exchange of substances between the blood and CNS. In contrast, some endfoot alterations could protect and prevent further damage in disease. Identifying the damaging and protective roles of endfeet may help design treatments that halt CNS impairment and restore homeostasis.

New technical advances will be essential to answer these open questions. Automated analysis tools for three-dimensional electron microscopy images would provide detailed information about endfoot-vasculature interactions. Molecular sensors designed for astrocytes, for example, voltage-sensitive dyes tuned to hyperpolarized membrane properties, would uncover how ionic changes influence endfoot-vessel communication. Finally, new tools to investigate endfoot protein makeup would facilitate the discovery of proteins relevant to endfoot function and dysfunction.

In summary, astrocyte endfeet play a crucial role in the bidirectional communication between neural tissue and the blood to maintain homeostasis within both the CNS and body. More detailed investigations using novel tools developed to approach the questions we pose here are bound to illuminate the complex role of astrocyte endfeet in brain function and assist future efforts to develop therapeutic interventions for neurological disease.

DISCLOSURE STATEMENT

The authors are not aware of any affiliations, memberships, funding, or financial holdings that might be perceived as affecting the objectivity of this review.

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