Genomic and Environmental Influences on Canadian Health Phenotypes and Chronic Disease Outcomes

Philip Awadalla

National Scientific Director, Canadian Partnership for Tomorrows Health Director, Computational Biology, Ontario Institute for Cancer Research Professor, University of Toronto

July 18th, 2024



Canadian Partnership for Tomorrow's Health

Population cohorts or laboratories unlocks potential to improve health

1 in 2 Canadians will die from **cancer or a chronic disease**



1 in 2 Canadians will be diagnosed with cancer



1 in 10 Canadians live with asthma or COPD

1 in 12 Canadians are with diagnosed with heart disease

CanPath

Questions that can be answered:

- How do we address the root causes of health and disease in the population?
- What can we do to improve our health?
- What can we do together to build healthier communities? Impact of environment?
- Can cancer and other serious illnesses be detected years earlier?
- How do we build learning health systems that improve outcomes?

*Manolio et al, Nature Reviews Genetics 2006 (re: value of prospective cohorts).

CanPath is Canada's largest population health research platform

CanPath provides a national platform for population-level health research in Canada and globally.



- CanPath collects real-world data from one in every 100 Canadians to enable discovery and innovation in disease detection, treatment, control and prevention
- Over the past decade, **CanPath has brought together scientists across Canada** and **leveraged over \$208 million in investments** to create the nation's largest population cohort and biobank
- Canada has a unique opportunity to leverage the CanPath platform to advance government priorities and build a healthier Canada



CanPath is following the health of over 330,000 adult Canadians for decades



CanPath National Leadership Team















Dr. Philip Awadalla National Scientific Director. CanPath; Executive Scientific Director, Ontario Health Study

- **Dr. Jennifer Brooks** Executive Director. CanPath
- Dr. Trevor Dummer National Scientific Co-Director, CanPath
- Dr. Parveen Bhatti Scientific Director. **BC** Generations Project
- Dr. Jennifer Vena Scientific Director. Alberta's Tomorrow Project

Ms. Shandra Harman Strategic Director. Alberta's Tomorrow Project

Mr. Riaz Alvi Scientific Director. Healthy Future Sask



Dr. Donna Turner Scientific Director, Manitoba Tomorrow Project



CARTaGENE

Dr. Simon Gravel Scientific Co-Director.

Dr. Vikki Ho Scientific Co-Director. CARTaGENE





Dr. Guillaume Lettre Scientific Co-Director. CARTaGENE



Mr. Jason Hicks Executive Director.

Atlantic PATH





Over 330,000 participants have completed detailed questionnaires over the years



- Participant demographics
- Changes in health status
- Mental Health
- Medical history
- Prescribed medication
- Family health history
- Anthropometric measurements
- Working status
- Household income



Behaviours (sleep, alcohol, tobacco, marijuana use, and e-cigarette use)



CanPath has collected over 1,600 variables on disease outcomes across multiple timepoints

Over	
one billion	
data	
elements	
and	
growing!	

CanPath

Over	Neoplasms: C00 D48 -
one billion	Mental and behavioural disorders: F00 F99 -
dete	Injury; poisoning and certain other consequences of external causes; S00 T98 -
uata	Endocrine: nutritional and metabolic diseases: E00 E90 ~
elements	Diseases without precise specification or falling into multiple categories -
and	Diseases of the skin and subcutaneous tissue: L00 L99 -
anu	Diseases of the respiratory system: J00 J99 -
growing!	Diseases of the nervous system: G00 G99 -
	Diseases of the musculoskeletal system and connective tissue: M00 M99 -
	Diseases of the genitourinary system: N00 N99 -
	Diseases of the eye and adnexa: H00 H59 -
	Diseases of the ear and mastoid process: H60 H95 -
	Diseases of the digestive system: K00 K93 -
	Diseases of the circulatory system: 100 199 -
Diseases of the blood and blood	I forming organs and certain disorders involving the immune mechanism: D50 D89 -
0	Congenital malformations: deformations and chromosomal abnormalities: Q00 Q99 -
	Certain infectious and parasitic diseases: A00 B99 -
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Number of variables collected across disease categories

Pregnancy: childbirth and the puerperium: O00 O9A -

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25	0	2	1
15	0	0	0
26	14	13	35
Baseline Ox	Follow-Up Ox	COVID19 Ox 1	COVID19 Ox 2

Questionnaire

- Collected detailed information on vascular disease, cardiac disease and cognitive function using MRI scans
- Data collected from 10,000 Canadians through existing cohorts, including 1,500 First Nations people living in Canada
- These unique data are being used to evaluate the impact of different environmental determinants on cardiovascular health







With Dr. Sonia Anand, Dr. Matthias Friedrich and the late Dr. Jack Tu.





CanPath will be the first Canadian cohort to host national cohort data and administrative data at a central location

Linkages between the CanPath cohort and the Canadian Institute for Health Information (CIHI) administrative health data are underway.

Individual-level linked CIHI data (N=290,000) will be hosted alongside the harmonized national CanPath dataset and made available to approved researchers requesting administrative health data along with cohort data and/or samples.

CanPath will be the first Canadian program to be able to combine the wealth of cohort resources with national administrative level data in a central location.



Canadian Institute for Health Information

Institut canadien d'information sur la santé

Enabling research breakthroughs to improve the health of Canadians

- CanPath enables research across health domains to improve disease prevention, detection, treatment and health services
- CanPath data and biological samples are available to researchers to study a wide range of exposures (environment, lifestyle, etc.) and outcomes (common chronic disease, rare disease, infectious disease, etc.)
- The longitudinal nature of CanPath enable scientists to perform health-related research today and for years to come
- **CanPath enables a healthier Canada** by building and hosting harmonized national self-reported health data alongside linked administrative health data





June 2005

June 2019

CANUE

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The Canadian Urban Environmental Health Research Consortium

- All CanPath participants have been linked to CANUE environmental exposures
- Every location in Canada can be described by a complex set of environmental factors
- CANUE is building the capacity to study how these multiple
 environmental factors are linked to a wide range of health outcomes

NO₂ Concentration (ppb)



Volume 616 Issue 7955, 6 April 2023



Tumour promotion

In 1947, Isaac Berenblum proposed that the development of cancer was a two-stage process: the first step introduces mutations into healthy cells, the second then promotes tumour growth through tissue inflammation. In this week's issue, <u>Charles Swanton and his</u> <u>colleagues</u> investigate the role of particulate matter in prompting the development of non-small-cell lung cancers and find that cancer initiation in response to pollution conforms to Berenblum's model. The researchers investigated especially fine particles called PM_{2.5}, which are smaller than 2.5 micrometres and are typically found in smoke and vehicle emissions. Looking at nearly 33,000 people from four countries, they found a clear link between prolonged exposure to PM — show all

Cover image: Amal KS/Hindustan Times via Getty Images



International Activities

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Profiling pre-diagnosis plasma cell-free DNA methylomes up to seven years prior to clinical detection reveals early signatures of cancers

Nicholas Cheng





Treating cancer early increases survival



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Canadian Cancer Statistics (2018)

CanPath is building the Canadian Cancer Study to advance Canadian cancer research and discovery

- CanPath is building the Canadian Cancer Study to advance research and discovery for the leading case of death in Canada
- With linked clinical information, we can identify which participants joined the cohort before developing disease
- Using samples collected before disease onset, we are able to develop novel approaches to detect disease years before current methods
- We are adopting a multi-stage approach to build the data resources required to enable early cancer prevention and detection research:
 - Harmonizing aggregate cancer data reporting nationally
 - · Hosting linked individual-level cancer outcomes



Mapping cancer cases in the CanPath cohort



We are leveraging provincial linkages to map map CanPath cancer data and biosample holdings

All cancer data is collected and grouped according to Canadian Cancer Statistic guidelines

Regions included:

- Atlantic Path
- Alberta for Tomorrow Project
- Ontario Health Study
- BC Generations Project

Liquid Biopsy Approaches for Early Cancer Detection



Cell-free DNA as a biomarker of disease and tissue damage

Cell-free DNA (cfDNA) are typically shed from dying cells.

While most cfDNA circulating in blood are derived from leukocytes, increased shedding from other tissues can be indicative of tissue damage and diseases.

Cell-free DNA genomic, epigenomic and fragmentomic signatures can be utilized as biomarkers for early disease detection.





DNA Methylation Patterns Discriminates between Cancer/Normal tissue and Cancer Tissue of Origin

Using DNA methylation signatures to classifying solid tissue biopsies as cancer or healthy using DNA methylation signatures



F1 Score: 98%

TCGA⊕

CanPath

Predictive models trained using 450k DNA methylation array data from paired TCGA cancer and normal

ssue across of over 15 cancer types



Unpublished

Leveraging population cohorts to study early cancer detection prior to clinical detection



Identifying pre-diagnosis cases up to seven years prior to diagnosis within OHS



Discriminating individuals that will develop cancers using pre-diagnosis cfDNA methylation signatures





Time

30-35 35-46 40-45 45-50 50-55 55-60 60-65 65-70 70-75 Baseline Age

Pre-diagnosis cfDNA methylation signatures share concordant signatures with bulk cancer tissues





cfDNA methylation signatures predicts breast cancer in pre-diagnosis blood samples





Cheng et al. (in Review)

Performance varies for cancer subtypes and age of diagnosis







cfDNA methylation signatures detects breast cancers prior preceding mammogram



Prostate Cancer Integrated feature score performance





Future work: Pre-diagnosis cfDNA signatures are generalizable to other cancers



Breast Cancer Train Set Pre-dx pancreatic cancer cases (n = 67)Cancer-free controls (n = 59)

Breast Cancer Test Set External Ppst-dx pancreatic cancer cases (n = 35) Non-breast cancer controls (n = 11)

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Cancer-free controls (n = 58)

Pre-dx prostate cancer cases (n = 47)

False Positive Rate

Cancer-free controls (n = 47)



Pancreatic Cancer Train Set

Pre-dx pancreatic cancer cases (n = 16)Cancer-free controls (n = 50)

Pancreatic Cancer Test Set

External post-dx pancreatic cancer cases (n = 38)Cancer-free controls (n = 80)

Alcohol associated DMRs that overlap breast cancer DMRs



Future work: Can we see signatures of specific risk factors associated with cancer or disease?





False Positive Rate



What factors contribute to healthy aging of blood?





Mechanisms of healthy aging in blood cells using single-cell -omics

Elyssa Bader, PhD



Classical studies of aging don't capture tissue-specific variation





Aged vs. young blood

↑ myeloid cells
↑ exhaustion & senescence
↑ inflammation





e.g., Centenarian (100+ years old), non-frail





Intermountain risk score predicts 5-year mortality




Intermountain risk score predicts 5-year mortality





Low IRS = Low mortality risk = Healthy blood

Horne et al. (2009) Am J Med 37

Complete blood count Risk Score increases with age



CRS is a modified version of Intermountain Risk Score¹ without the age effect .: comparable across all ages

Canadian Partnership for Tomorrow's Health



Variables in CRS

- Hematocrit
- White blood cell concentration
- Platelet concentration
- Mean corpuscular volume
- Mean corpuscular hemoglobin concentration
- Red blood cell distribution width

¹Horne et al. (2009) Am J Med









<u>Hypothesis 1</u> Protective mechanism: AL blood is different from AH blood





<u>Hypothesis 1</u> Protective mechanism: AL blood is different from AH blood





<u>Hypothesis 1</u> Protective mechanism: AL blood is different from AH blood

<u>Hypothesis 2</u> Healthy aging mechanism: AL blood is similar to YL blood





<u>Hypothesis 1</u> Protective mechanism: AL blood is different from AH blood

Hypothesis 2

Healthy aging mechanism: AL blood is similar to YL blood

Accelerated aging mechanism: YH blood is similar to AH

Variance of blood cell phenotypes among aged and young low-risk individuals smaller compared to high-risk

Young: 30 – 45 years old Aged: 65 – 79 years old

Low-risk: CRS 0 – 3 High- risk: CRS 5+



p-values calculated from Levene's test for variance



Single-cell RNA sequencing identifies major blood cell populations from bio-banked blood samples





Summary



Factors contributing to healthy blood aging



Genetic and transcriptional variation associated with healthy blood aging is sex and cell type specific



Genetic regulation of gene expression associated with CRS in **innate cells** is stronger and more abundant Mechanisms of healthy blood^{foagingvs Health}



Maintenance of gene expression similar to young individuals



Maintenance of repressed chromatin

CanPath is a partnership between leading health institutes from coast to coast



Acknowledgements

Awadalla I ab Dr. Philip Awadalla Mawussé Agbessi Jarry Barber Vanessa Bruat **Nicholas Cheng Dr. Marie-Julie Favé Elias Gbeha** Heather Gibling Michelle Harwood Ido Nofech-Mozes Tom Ouellette **Kimberly Skead**

CanPath

Committee members Dr. John Dick Dr. Rayjean Hung

Past lab members Dr. Armande Ang Houle Elizabeth Hall Jasmina Uzunović

Collaborators Dr. David Soave





CIHR IRSC Institutes of Health Reserver in statuts de recherche Health Reserver in statut du Canada

GenomeCanada

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Personalized approaches to improving health outcomes



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Adapted from Barbeau, J. Crown Bioscience Blog (2018)

Personalized approaches to improving health outcomes



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Adapted from Barbeau, J. Crown Bioscience Blog (2018)

Differentially methylated regions in cell free DNA

Sources of DMRs in cfDNA

1) Disease process altering tissue or immune methylation profiles (eg cancer)

2) Increased cfDNA shedding from damaged tissues (eg organ transplant)

3) Consequence of environmental exposure (eg alcohol)

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Luo et al. (2021)

Integration with international efforts

For Canada to be competitive in health research, it is crucial to have a large population cohort.

CanPath is Canada's only initiative working with other large cohorts around the world through IHCC (International Hundred Thousand Cohort Consortium



International 100K Cohort Consortium

23andMe Biobank Japan China Kadoorie Biobank Canadian Partnership for Tomorrow's Health (CanPath) EPIC Kaiser Permanente Research Program LifeGene Million Veteran Program Million Women Study Multiethnic Cohort Study MyCode Community Health Initiative Nurses' Health Study (NHS/NHSII) US Precision Medicine Initiative/All of Us Tohoku Medical Megabank Project UK Biobank 🎇



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With Thomas Keane and Melanie Courtot

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Predicting health outcomes from hematopoietic evolution

KIMBERLY SKEAD,

DEPT. MOLECULAR GENETICS, UNIVERSITY OF TORONTO AND THE ONTARIO INSTITUTE FOR CANCER RESEARCH

NATIONAL SCIENTIFIC COORDINATOR, CANADIAN PARTNERSHIP FOR TOMORROW'S HEALTH (CANPATH)



tor lomorrow's Health

UNIVERSITY OF TORONTO

Somatic mutations accumulate in our blood over time

- Blood cell hierarchy derived from population of stem cells (HSCs)
- HSC populations are very tightly regulated
- Age-Related Clonal Hematopoiesis: the preferential expansion of blood cells that carry recurrent somatic mutations
- ARCH almost inevitable in elderly
- Increased risk of cancers and potentially other chronic diseases



Somatic mutations accumulate in our blood over time

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- Increased risk of cancers and cardiovascular disease

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Figure from Jaiswal et al. NEJM (2014), Jaiswal et al. 2014, Genovese et al. 2014, Xie et al. 2014, Loh et al. 2018

Interacting evolutionary pressures in blood shape health outcomes as we age



How does our blood evolve as we progress to disease?



Skead, K., et al. Nature Communications (2021)

Why are large mutations tolerated in our blood?



Skead, K., et al. In review at Nature Genetics

Why are large mutations tolerated in our blood?

Insights into clonal haematopoiesis from 8,342 mosaic chromosomal alterations

Po-Ru Loh ⊠, Giulio Genovese ⊠, Robert E. Handsaker, Hilary K. Finucane, Yakir A. Reshef, Pier Francesco Palamara, Brenda M. Birmann, Michael E. Talkowski, Samuel F. Bakhoum, Steven A. McCarroll ⊠ & Alkes L. Price ⊠

Nature 559, 350-355 (2018) Cite this article

Figure adapted from Loh, P. et al. 2018

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B Allele Frequency

Why are large mutations tolerated in our blood?

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- Mosaic chromosomal alterations (mCAs) were found in approximately
 5% of the population
- Is selection is playing a role in maintaining somatic mutations in blood, why are large mCAs tolerated?

ARCH attributable to mosaic chromosomal alterations is three times more common than previously estimated

Mosaic chromosomal alterations were called from genotype array data across ~14,000 individuals

ARCH attributable to mosaic chromosomal alterations is three times more common than previously estimated

Mosaic chromosomal alterations were called from genotype array data across ~14,000 individuals

We capture a higher prevalence of mCAs (2.5x) than previously reported using denser sequencing arrays

CanPath

Collaborate. Translate. Change lives

ARCH attributable to mosaic chromosomal alterations is three times more common than previously estimated

Mosaic chromosomal alterations were called from genotype array data across ~14,000 individuals

We capture a higher prevalence of mCAs (3x) than previously reported using denser sequencing arrays

Higher density arrays enable us to detect smaller mCAs that were previously missed

Determining the impact of selection on shaping mCA accumulation in blood

Low cell fraction

Cell with no mCA

High cell fraction

Determining the impact of selection on shaping mCA accumulation in blood

Under a neutral model of evolution, we would not expect to see an association between the frequency of a mCA and the size of a mCA

Larger mosaic chromosomal alterations are observed at low frequencies in the hematopoietic pool

- The size of mCAs impact the frequency at which they segregate in our blood
- Negative selection plays a role in removing large mCAs from the hematopoietic population

Genome-wide hotspotting approach detects regions which harbour a high burden of mosaic chromosomal alterations

Array • CanPath-Axiom Array • CanPath-GSA Array • CanPath-OMNI2.5 Array mCA Type • CN-LOH • Gain • Loss

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mCAs accumulate across ARCH- and cancer-associated genes Canadian Partnership

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. . . .

mCAs accumulate across ARCH- and cancer-

mCA hotspots suggest positive selection is shaping mCA retention and frequencies across the genome

- mCAs accumulate across ARCH- and cancer-associated genes
- mCAs which overlap at least one hotspot are at a significantly higher cell fraction than mCAs which do not overlap hotspots
- Positive selection may be retaining cell fractions at higher frequencies at select regions of the genome

Individuals with at least one mCA are at significantly greater risk of progressing to blood cancer

Almost all participants in CanPath have consented to administrative health linkages

Key take-aways



mCA-associated ARCH is much more common in the population than previously estimated



Selection plays a role in maintaining structural variability in the population and on shaping the impact of mCAs on gene expression



mCAs are preferentially retained at regions implicated in cancer and ARCH and are associated with an increase in cancer risk



Interrogating mutational spectra through a multi-omics lens can shed light on how somatic mutations impact cancer risk



Variance of blood cell phenotypes among aged and young low-risk individuals smaller compared to high-risk

Hematocrit WBC Platelets 0.6 750 15 0.5 500. Young: 30 – 45 years old 250 Risk 0.3 Group YL YH AL AH MCV MCHC RDWCV 400 120 24 100 20 80 16 320 60

p-values calculated from Levene's test for variance

CanPath

Aged: 65 – 79 years old

Low-risk: CRS 0-3

High- risk: CRS 5+

Variance of blood cell phenotypes among aged and young low-risk individuals smaller compared to high-risk

Hematocrit WBC Platelets 0.6 * p=9.4e-03 p=2.0e-07 p=5.2e-07 750 15 0.5 500 250 Risk 0.3 Group MCV MCHC RDWCV YL AL 400 p=6.7e-06 p=1.5e-02 p=1.2e-04 120 24 100 20 80 16 320 60

p-values calculated from Levene's test for variance



Young: 30 – 45 years old Aged: 65 – 79 years old

Low-risk: CRS 0 – 3 High- risk: CRS 5+