



## Doppler ultrasonography as a tool for ovarian management

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### Abstract

Doppler ultrasonography allows the characterization and measurement of blood flow, and can be used to indirectly make inference regarding the functionality of different organs, including the ovaries. Several studies highlighted the importance of an adequate blood flow for follicle development and acquisition of ovulatory potential, and for progesterone secretion by the corpus luteum. Due to some particularities of the ovarian vascular anatomy, however, different strategies had to be developed to measure the blood flow detected by Doppler imaging. Some of these approaches were successful to characterize the patterns of blood flow throughout the estrous cycle, pregnancy, and early postpartum, but require post-acquisition image processing and do not allow real time decisions to be taken. The subjective evaluation of blood flow has been alternatively used in field conditions aiming to early detect non-pregnant animals, select embryo recipients, or predict artificial insemination and *in vitro* fertilization outcomes. In summary, color-Doppler imaging provides important information about the function of corpus luteum and follicles, supporting clinical diagnoses and management decisions. Nonetheless, the adoption of Doppler ultrasonography as a routine exam, instead of a limited use in an individual basis, requires further development of feasible blood flow evaluation procedures and the establishment of reference values.

**Keywords:** blood flow, cattle, reproduction, vascular dynamics.

### Introduction

The development of image technologies significantly contributed to advances in the field of biological sciences. The possibility of a non-invasive, real time approach to assess tissues and organs was of great importance for the study of many physiological mechanisms and for the diagnosis of pathological conditions. For these purposes, several of technologies, from the X-ray to the modern computer tomography, have been used in human and veterinary medicine. The

B-mode ultrasonography, for example, had a central role in the characterization of ovarian follicle dynamics in different domestic species and in the subsequent development of several protocols to control ovarian function for assisted reproductive technologies (ARTs) such as timed artificial insemination, superovulation, and oocyte pick-up (Adams *et al.*, 2008). The versatility and the number of potential use have made the B-mode ultrasound a valuable and widespread adopted tool in animal reproduction sciences.

Over the past few decades, various new technologies for image diagnosis with potential use in reproductive medicine emerged, including the Doppler ultrasonography (King, 2006). The Doppler technology allows the identification of movement of cells or tissues and is particularly important in the characterization and measurement of blood flow. The vascular dynamics is very closely related to the function of different organs, including those from the reproductive tract, and consequently is an important evaluation parameter of reproductive function. Doppler ultrasonography is routinely used in human gynecology and obstetrics, frequently as the diagnostic gold standard, and also to predict *in vitro* fertilization outcomes (Chui *et al.*, 1997; Borini *et al.*, 2001). The use of Doppler ultrasonography in animal reproduction research is more recent but not less important, and several studies have demonstrated the relationship of blood flow and ovarian and uterine function throughout the estrous cycle and pregnancy (Acosta *et al.*, 2002, 2003; Miyamoto *et al.*, 2005; Honnens *et al.*, 2008; Herzog *et al.*, 2010). In spite of its potential usefulness for reproductive management (Miyamoto *et al.*, 2006; Matsui and Miyamoto, 2009), and differently from the human medicine, the adoption of Doppler imaging technology in large animal practice is still limited.

Two main factors have contributed to this low use of Doppler technology in cattle: 1) the availability and cost of portable devices, and 2) the relative lack of knowledge by practitioners about its potentials as a tool to evaluate reproductive function. Along with the recent technological advances in electronics and data processing computers there is a trend for the reduction in both size and price of portable ultrasound devices (Herzog and Bollwein, 2007). The present article aims

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to review some of the particularities of the use of Doppler ultrasonography in the evaluation of ovarian function and its implications for cattle reproductive management, considering the basic mechanisms of the technique, the vascular physiology of the ovary, and the alternatives to evaluate its vascularization.

### **Doppler ultrasonography: basic principles, limitations, and alternatives for ovarian evaluation**

The Doppler Effect was first described in 1842 by Christian Johan Doppler. It is a natural phenomenon characterized by the apparent change in the sound wave frequency when the source of the wave moves towards or away from the receptor. The difference between the frequency generated and received (Doppler shift) is proportional to the velocity of the movement. This effect also occurs with ultrasound waves, and the frequency difference caused by the movement of blood cells allows for the detection and measurement of blood flow (Ginther, 2007). The change in the frequency of reflected waves relative to emitted waves can be positive, when blood cells move towards the transducer; or negative, when cells move away from the transducer (Herzog and Bollwein, 2007).

The Doppler shift can be represented in the ultrasound screen as a colored image (color and power Doppler) or as a graph (spectral Doppler). In the color flow mode, the Doppler shift is shown as a spectrum of one or two colors, usually red and blue, which represents the direction of blood flow. In the power flow mode the color represents the intensity of the Doppler signal, regardless of direction. In the spectral flow mode, the Doppler shift is represented as a chart (speed by time). In an artery, for example, the spectral graph will typically have a wave form corresponding to the arterial pulse in each cardiac cycle (systole and diastole), while in veins the flow will be almost constant, without a pulse pattern (Herzog and Bollwein, 2007). The spectral flow mode allows a detailed analysis of flow distribution and waveform, and consequently the calculation of velocity and indices (pulsatility index [PI], resistance index [RI]), in one particular vessel. The color flow mode, on the other hand, provides less flow information, but allows an overview of the blood flow perfusion in a region.

Most of the objective measurements of blood flow performed by Doppler ultrasonography, including calculation of flow velocity and indices, are usually performed in large and straight arteries and veins. However, the evaluation of blood flow in the genital system, especially the ovary may be particularly challenging. Arterioles and venules detectable by ultrasound in follicles and corpora lutea represents only part of the vascular plexuses of these structures (Jiang *et al.*, 2003), and besides having very small diameters they show slow blood flow, requiring the Doppler function to be set for a high sensitivity (usually by decreasing pulse repetition frequency [PRF]). This high sensitivity,

however, requires a well-immobilized patient during the exam, what is frequently difficult to achieve in large animals. The interference of breathing and peristaltic movements may also impair correct caliper positioning during the exam and so spectral mode Doppler is hardly used in routine evaluations of cattle ovaries. Additionally, the Doppler shift is affected by the angle (insonation angle) between the Doppler beam and the flow direction; therefore calculation of blood flow velocity requires the knowledge of the vessel orientation (Ginther, 2007). Besides being small, most of the vessels in the follicular wall or around the corpus luteum are tortuous, and it is difficult to establish the insonation angle and, consequently, to have a correct estimation of flow velocity. Finally, the architecture of the ovarian artery, which is coiled around the ovarian vein, reduces the pulse pattern of the ovarian arterioles, affecting PI and RI.

To overcome these limitations, some alternative approaches have been used for the assessment of blood flow in follicles and corpora lutea. One of the most used is the measurement of the colored area in one or a few representative images of the area under study (Acosta *et al.*, 2002; Ginther *et al.*, 2007; Rauch *et al.*, 2008). In this approach, the ovarian structure is scanned and the color-Doppler mode is used to identify the blood flow, and cross section images of the central area or of the areas with greatest Doppler signal are recorded and later measured using software for image analysis. Alternatively, power mode Doppler can be used and pixel analysis performed in the colored areas to have a semiquantitative assessment of luteal or follicle blood flow (Lüttgenau *et al.*, 2011a, b). This methodology is relatively simple to perform and results are usually coherent with the expected physiological variation in blood flow (Herzog *et al.*, 2010). Unfortunately, images post-processing prevents real-time decisions to be taken. Although a high repeatability was reported for blood flow evaluation based on single images (Lüttgenau *et al.*, 2011b), bias may also occur due to the unevenly distribution of angiogenesis, especially in the follicle, where largest vessels are present mainly in the basal region (Jiang *et al.*, 2003). During transrectal ultrasound exam of the ovaries, it is not always possible to adjust the angle of scanning in order to have in the same (“representative”) picture the cross section of a follicle on its maximum diameter and on the area with the maximum number of colored pixels. This could explain, to some extent, the relatively low correlation between follicle blood flow (FBF) and follicle diameter observed during dominant follicle growth (Lüttgenau *et al.*, 2011a; Arashiro *et al.*, 2012), comparing to that observed between corpus luteum blood flow (CLBF) and corpus luteum (CL) size.

Another approach routinely used by both researchers and practitioners is the subjective evaluation of Doppler images (Ghetti *et al.*, 2012). In this methodology the technician ranks blood flow based on a

general overview of the Doppler signal in all areas of the structure, based on a mental reconstruction of the three-dimensional image of the vascularization. When there is few Doppler signal, as occurs in small follicles, blood flow can also be simply classified as “present” or “absent” (Pancarci *et al.*, 2012). The subjective approach is a fast and straightforward way to evaluate blood flow, in which diagnostic and decisions can be taken during the exam and, consequently, is suitable to most of the field reproductive management routines. The subjective approach, as any other methodology based on visual ranking instead of objective measurement, is more difficult to standardize and requires previous experience of the evaluator (Siqueira *et al.*, 2013). Moreover, it will be more efficient when the amount of detectable blood flow is larger, as occurs when we evaluate blood flow in the CL, in comparison to evaluation in follicles; or when the expected differences are greater, as occurs in day-20 CL between pregnant and nonpregnant cows. Previous studies, however, reported a good correlation of blood flow between objective and subjective methods, for both follicles and CL ( $R = 0.72$  and  $R = 0.78$ , respectively;  $P < 0.0001$ ), in a single evaluation (Areas *et al.*, 2012; Ghetti *et al.*, 2012). Figure 1 illustrates the subjective and objective approaches to evaluate the CL.

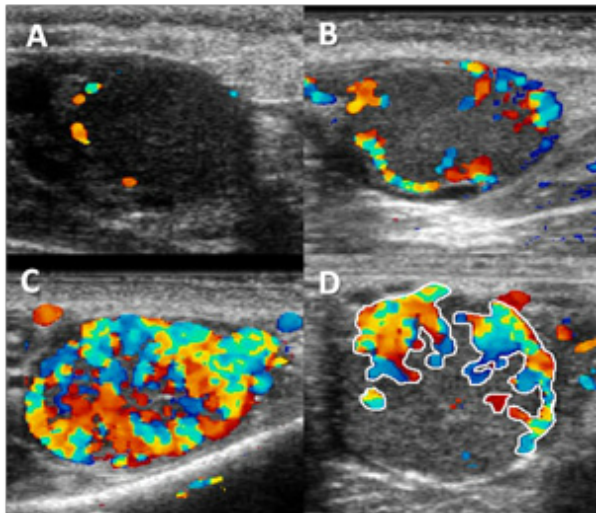


Figure 1. Corpus luteum blood flow evaluation with color flow Doppler imaging. A-C: Corpus luteum subjectively scored as presenting low (A), intermediate (B) or high (C) vascularization. D: Corpus luteum with Doppler signal (colored) area delimited (in white) for further objective measurement with image assisted computer analysis.

Three-dimensional (3D) modeling was alternatively used to objective evaluation of blood flow volume in corpora lutea (Jokubkiene *et al.*, 2006) and follicles (Lozano *et al.*, 2007) in human and, more recently, in cattle (Arashiro *et al.*, 2012). This new approach allowed an objective measurement of blood

flow, using a set of images that covers the whole structure under analysis. Besides, it is possible to reconstruct the vascular architecture of follicles and CL, what was previously done only with invasive methodologies such as vascular polymer injection and subsequent corrosion of organic tissues (Jiang *et al.*, 2003). The 3D modeling approach also requires post-acquisition image processing and therefore is time-consuming, but may open new possibilities for ovarian vascular dynamics studies. Figure 2 shows 3D models of a CL on day 12 of the estrous cycle with a typical distribution of blood flow (from the periphery to the center; [2B]), and a CL with an unusual vascular architecture (from the center to the periphery; [2D]). Although this uncommon blood flow pattern, the cow bearing this CL was later diagnosed as pregnant (personal data).

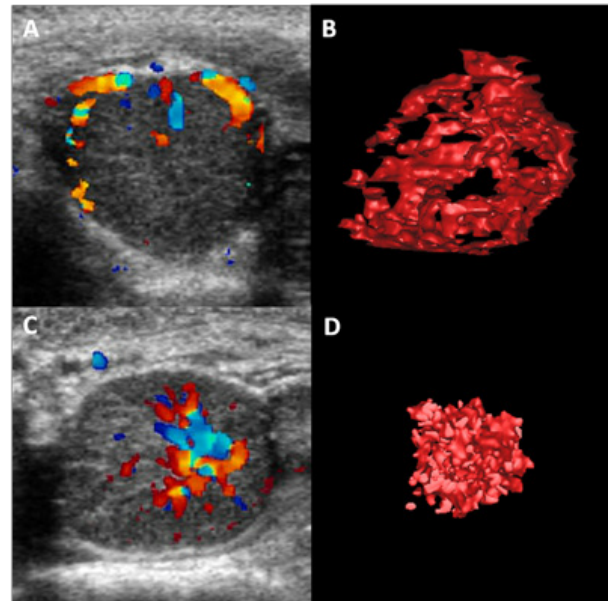


Figure 2. Three-dimensional modeling of corpus luteum vascularization. A-D: Color flow Doppler imaging (A, C) and respective 3D models (B, D) of a corpus luteum with a typical distribution of blood flow (from the periphery to the center; A, B), and of a corpus luteum with an unusual vascular architecture (from the center to the periphery; C, D).

Computer-assisted ultrasound image analysis was first reported for the evaluation of CL and follicle echotexture (Singh *et al.*, 2003), and is a requirement for most studies on the objective blood flow evaluation in both 2D and 3D Doppler imaging. Different computer programs were used in ovarian Doppler evaluation, including open-source (Image-J, Acosta *et al.*, 2002) and commercial versions of general purpose (Adobe Photoshop, Acosta *et al.*, 2002; FixFoto, Lüttgenau *et al.*, 2011b; Mimics, Arashiro *et al.*, 2012) or custom image analysis software (PixelFlux, Rauch *et al.*, 2008; VOCAL, Jokubkiene *et al.*, 2006). Software



choice must consider the goals and complexity of each study, the Doppler ultrasound device available, as well as the type and resolution of the image files generated.

### Vascularization and ovarian function

The development of the ovarian follicle is closely related to the development of a vascular network in the theca layer, which provides nutrients, hormones and oxygen to support follicle growth and steroidogenesis. There are no blood vessels in the granulosa layer and metabolites reach the intrafollicular environment by diffusion. The vascular plexus of medium and large follicles are supplied by individual spiral arteries but drained by several veins (Jiang *et al.*, 2003). There are many evidences demonstrating the relationship between vascularization and follicular function. Angiogenesis and ischaemia are related to the fate of follicles, although it is not clear whether they are cause or consequence of follicle development or atresia (Jiang *et al.*, 2003). Blood flow affects the composition of follicular fluid (Rodgers and Irving-Rodgers, 2010) and is positively correlated to intrafollicular estradiol concentrations and estradiol:progesterone ratios (Pancarci *et al.*, 2012). Follicular blood flow increases during follicle deviation (Arashiro *et al.*, 2012) and reaches a peak in the preovulatory follicle after the onset of the LH surge or 0.5 h after GnRH injection (Acosta *et al.*, 2003), supporting the concept that a close association between blood flow and the morphological and functional changes precedes ovulation. Consequently, FBF affects oocyte quality and its developmental potential (Sutton *et al.*, 2003). Follicle vascularization is also associated to responsiveness to exogenous stimulation and to further embryo implantation rates (Lozano *et al.*, 2007), and has been used in human medicine to predict *in vitro* fertilization outcomes (Chui *et al.*, 1997).

The CL is highly vascularized and shows the greatest blood flow per unit of tissue in the body (Acosta *et al.*, 2002). Luteogenesis is characterized by intensive angiogenesis, and CLBF increases 3 to 4-fold in the first 96 h after ovulation (Acosta *et al.*, 2003). Most of steroidogenic cells are adjacent to one or more capillaries (Reynolds *et al.*, 2000) and luteal blood flow perfusion is so intense that affects acoustic impedance of the organ, resulting in the hypoechoic echotexture characteristic of the CL (Singh *et al.*, 1997). Neovascularization during CL development is important to support the rapid growth of luteal tissue and is essential for both the provision of substrate for progesterone biosynthesis and for the delivery of steroids to the general circulation (Miyazaki *et al.*, 1998). Plasma progesterone concentrations are positively correlated to CLBF throughout the estrous cycle, reflecting the development and regression of luteal tissue (Herzog and Bollwein, 2007). Progesterone secretion is the gold standard for functional evaluation

of the CL, particularly during luteolysis, when changes in luteal tissue volume are slower and more progressive than in luteal function (Niswender *et al.*, 1994). Coherently, the correlations between CLBF or progesterone and CL size are not as strong as between CLBF and plasma progesterone, demonstrating that Doppler ultrasonography improves the accuracy of diagnoses by adding physiological information from the organ (Herzog *et al.*, 2010). Interestingly, both natural and PGF2 $\alpha$ -induced luteolysis are characterized by an initial acute increase in blood flow, followed by a significant drop 24 to 48 h later (Ginther *et al.*, 2007). This initial rise is associated with a transient vasodilation in peripheral vessels of the CL, driven by an increase in endothelial nitric oxide synthase stimulated by the PGF2 $\alpha$  (Shirasuna *et al.*, 2008), and must be taken into account as a factor affecting single evaluations of the CLBF performed during the expected period of luteolysis, specially when the goal is to early identify non-pregnant animals (Siqueira *et al.*, 2013).

### Color flow Doppler imaging in the reproductive management

Color flow Doppler imaging can be used to assess the amount and pattern of blood flow within the ovary, and indirectly indicates its functionality. This is particularly useful to characterize the presence of luteal tissue, as in early developing CL, tumors, or in luteinized cysts (Rauch *et al.*, 2008), and to make indirect inference regarding CL function, i.e., progesterone secretion. Visualization of CLBF may therefore be used either in studies of ovarian physiology or for reproductive management decisions. A CL that does not present enough Doppler signals (colored pixels), an evidence of lack of blood supply, may be considered as not functional; the same CL, however, may present a normal size (diameter or area). From this point of view, gray-scale ultrasonography is limited to differentiate from a functional vs. a nonfunctional CL, if they have similar size. This type of assessment of functionality is only possible by using Doppler imaging. Indeed, blood flow has been suggested to be more appropriate than size for CL function evaluation (Herzog *et al.*, 2010), because CL vascularization plays a key role in regulating luteal function (Miyamoto *et al.*, 2005). Evaluations of CLBF could, consequently, be useful to detect pregnancy failures or to predict pregnancy rates after embryo transfer or timed-AI.

In cattle and other domestic mammals, a functional CL is required for pregnancy establishment, because progesterone supports preimplantation embryonic development, allowing maternal recognition of pregnancy (Mann and Lamming, 1999). Failure in conception or the presence of a non-viable embryo results in absence of maternal recognition of pregnancy, which will consequently lead to CL regression (reviewed by Niswender *et al.*, 2000). Luteolysis is



primarily associated to a progressive decrease in the blood flow to the CL in response to prostaglandin F2 $\alpha$  and luteal oxytocin. Although the CL's loss of function (progesterone secretion) responds rapidly to the decrease in blood flow, its morphological regression (reduction in size) only becomes evident hours later (Niswender *et al.*, 1994). This asynchrony between functional and morphological changes limits the usefulness of CL evaluation by conventional B-mode ultrasonography, based on the evaluation of CL size (diameter or area), to determine luteal function around the time of luteolysis (Kastelic *et al.*, 1990). The use of color-Doppler ultrasound can overcome these limitations because it allows real-time CLBF assessment, an indirect measure of CL functionality, especially by the end of the estrous cycle (Miyamoto *et al.*, 2006; Herzog *et al.*, 2010). In the reproductive management routine, an important strategy to improve reproductive efficiency is to detect failure in conception as early as possible. It has been suggested that color-Doppler imaging could be used to early detect nonpregnant animals, by evaluating CLBF (Matsui and Miyamoto, 2009; Siqueira *et al.*, 2013).

Although gray-scale ultrasonography has been successfully used for transrectal early pregnancy diagnosis in cattle (Pierson and Ginther, 1984), this approach presents low reliability and accuracy when performed earlier than 26 days post AI (Pieterse *et al.*, 1990) because clear visualization of the embryo/vesicle in the uterine lumen at this stage is difficult and time consuming (Quintela *et al.*, 2012). Therefore, considering that a functional CL is mandatory for pregnancy establishment, the lack of CLBF on specific days of the estrous cycle may be used as a direct indicator of nonpregnancy. In fact, previous studies have already suggested that a decrease in CLBF around 19 to 21 days post AI is an indicator of nonpregnancy (Matsui and Miyamoto, 2009) and also that color Doppler flow imaging could be useful for an accurate early pregnancy diagnosis in cattle (Matsui and Miyamoto, 2009; Quintela *et al.*, 2012). Briefly, the idea is to detect, by color-Doppler imaging, non-functional corpora lutea, which indicates failure in conception. Results of these types of approaches are still controversial, and some authors recommend CLBF for early pregnancy diagnosis (Matsui and Miyamoto, 2009; Quintela *et al.*, 2012) but others reported low accuracy (Utt *et al.*, 2009) and reliability (Herzog *et al.*, 2011) of this diagnostic method. Perhaps, the explanation for this apparent disagreement lays on the fact that CLBF evaluation has been performed at different days of the estrous cycle in those studies. A recent report showed high accuracy and reliability of pregnancy diagnoses performed on day 20 post AI, using subjective evaluation of CLBF as a unique criterion (Siqueira *et al.*, 2013). The subjective evaluation of CLBF is a feasible approach, and its adoption in the reproductive routine may allow for the

early resynchronization of nonpregnant animals and consequent reduction in days open and calving intervals.

In embryo transfer programs, synchronized recipients are routinely selected based on the presence and quality of the CL on days 7 or 8 of the estrous cycle. The relationship between CL quality, assessed by size or echotexture, and pregnancy rates have been evaluated after the transfer of embryos produced *in vivo* or *in vitro* (Siqueira *et al.*, 2009). Although there is a general consensus that CL function affects the likelihood of pregnancy, the relatively poor association between CL morphological characteristics and progesterone production limits the predictive value of B-mode ultrasonography for recipient selection. Progesterone secretion and CL blood flow are positively correlated throughout the estrous cycle (Herzog *et al.*, 2010) and therefore color-Doppler ultrasonography could be a valuable tool to select embryo recipients. Our preliminary results (Guimarães *et al.*; Universidade José do Rosário Vellano, Alfenas, MG; unpublished data) however, showed no differences in CLBF between embryo recipients later diagnosed as pregnant or nonpregnant. This apparent contradiction may be caused by the complex interplay among embryo quality, embryo developmental stage, and endometrial timing by progesterone (Loneragan, 2011). Although the role of progesterone in the establishment and maintenance of pregnancy is well known (Mann and Lamming, 1999), the minimum threshold for the establishment of pregnancy is controversial (Spell *et al.*, 2001) and consequently it is difficult to determine a cutoff value. Moreover, in spite of characterizing the association of CLBF and progesterone during the estrous cycle (Herzog *et al.*, 2010), the same group observed that single Doppler evaluations during mid-luteal phase (on day 9 of the estrous cycle) failed to correlate CLBF and plasma P4 concentration (Lüttgenau *et al.*, 2011b). Thus, it is likely that Doppler evaluation, as occurs with CL size and even with progesterone concentration, will provide additional information to interpret further pregnancy rates after embryo transfer, but may be of limited use as a tool to select recipients.

Follicular blood flow evaluation has been used to predict follicle status and oocyte quality in human medicine (Sutton *et al.*, 2003; Lozano *et al.*, 2007). In cattle, there are some studies highlighting the importance of vascularization on follicle viability, growth, ability to become dominant and ovulate (Acosta *et al.*, 2003; 2005; Pancarci *et al.*, 2012), but few reports associating vascularity of preovulatory follicles and subsequent fertility (Siddiqui *et al.*, 2009a). Although evidences of a direct relationship between blood flow and the fate of the follicle were previously reported (Acosta *et al.*, 2005), the use of FBF in a reproductive routine still requires the establishment of feasible evaluation procedures and respective reference values or criteria. For example, FBF can be detected from small (4-6 mm) to preovulatory follicles and this information



can be used to predict oocyte quality and *in vitro* embryo production (Siddiqui *et al.*, 2009b; Pancarci *et al.*, 2012). In the commercial embryo production laboratories, however, oocytes are not tracked individually throughout the process and therefore embryos cannot be linked to the status of the follicle of origin. A single exam of FBF can be performed in preovulatory follicles, for example as selection criteria to decide for insemination. Follicles presenting no Doppler signal are probably undergoing atresia (Acosta *et al.*, 2005) and will be related to conception failures. In most cases, however, preovulatory follicles will present some degree of vascularization (Ghetti *et al.*, 2012) and the possibility of using these differences to predict fertility is controversial. Actually, there is a significant variation in other predictors of follicle status, such as in intrafollicular concentrations of estradiol, even among growing follicles of the same diameter and presenting estradiol:progesterone ratios higher than 1 (Viana *et al.*, 2013). The physiological relevance of this variation is unclear, and consequently the same is possible for minor differences in FBF.

In summary, color Doppler imaging provides important information about the function of CL and follicles, supporting clinical diagnoses and management decisions. For example, the technology can be used for the characterization of luteal tissue or for the early detection of luteolysis and prediction of pregnancy failures. Nonetheless, the adoption of Doppler ultrasonography as a routine exam, instead of a limited use in an individual basis, still requires further development of feasible blood flow evaluation procedures and the establishment of reference values for a broad range of uses.

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