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Gene toxic tau neuron keessaa geessu tokko, yeroo tokko keessatti isa qulqulleessa fi spread gochuuf gargaara

Alzheimer's disease keessatti tau pathology neuron irraa neuron biraa deema, garuu tau cell keessaa akkamitti akka bahu ifa hin turre. Qorannoon Cell tokko Arc — gene neuronal virus-like capsids uumu — tau kallattiin hidhatee extracellular vesicles neurons gad-lakkisan keessa akka pack godhu argate. Mice fi cultured cells keessatti, Arc deleting vesicles kana keessaa seed-competent tau baay'ee hir'ise, cell-to-cell transmission jechuun ni danda'ama dhaabe; human Alzheimer's brain vesicles keessatti Arc levels phosphorylated tau waliin track godhan. Garuu packaging walfakkaatu toxic tau neuron keessaa baasa, yeroo wal fakkaatutti spread godha: Arc-less mice neurons keessa tau caalaa kuufatan, early cell death keessatti increase xiqqoo agarsiisan. Kun models keessatti mechanism, human correlation support godhu waliin — cause Alzheimer's miti, therapy miti.

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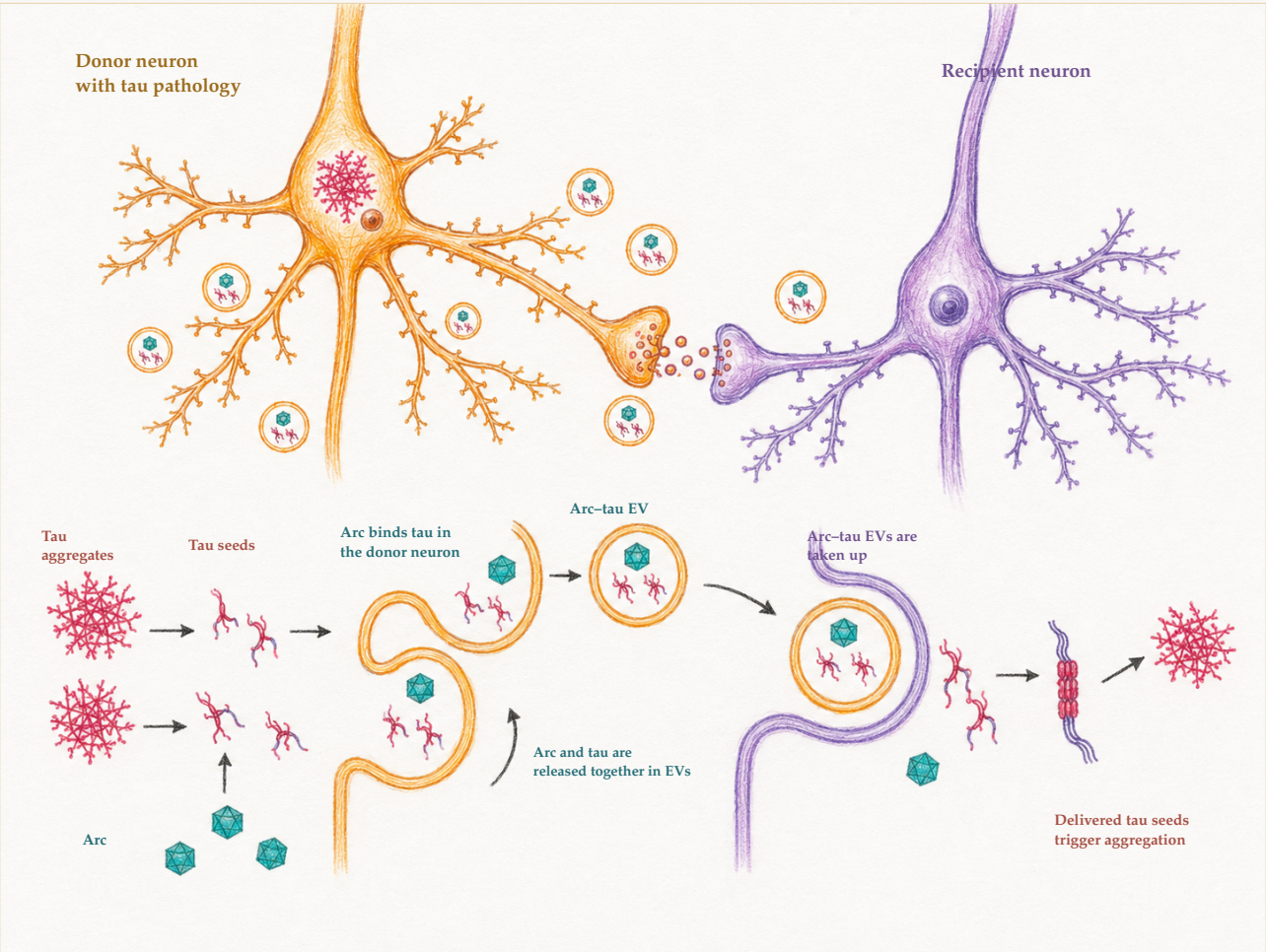
Paper: *Arc mediates intercellular tau transmission via extracellular vesicles*, Mitali Tyagi, Eric de Hoog, Matthew Grega, Kaelan R. Sullivan, Alicia C. Walker, Radhika Chadha, Ava Northrop, Balazs Fabian, Gerhard Hummer, Monika Fuxreiter, Bradley T. Hyman, Jason D. Shepherd, Cell 189, 1-18 (2026) · DOI: 10.1016/j.cell.2026.06.008

Konkolaataa geejjibaa tau neuron keessaa baasu, hojii lama qabu

Alzheimer's dhibee keessatti, pirootiinii tau bakka isaa hin turu. Neuron dhukkubsate keessa inni bifa isaa dogoggoraan jijjiiratee walitti qabamee tangles uuma; sana booda, karaa tokkoon, miidhaan neuron itti aanu, achiis kan itti aanu bira darba, sammuu keessa akkaataa yaadannoo fi thinking gadi bu'uu hordofuun babal'ata. Waggootaaf spread'n mataan isaa ifa ture, *adeemsa hojii* isaa garuu dukkanaa'aa: tau akkamitti seelii tokko keessaa ba'ee seelii biraa keessa seena?

Qorannoon *Seelii* keessatti maxxanfame deebii keessaa kutaa nama hawwatu tokko, dabalataan twist dhugumaan nama ajaa'ibu, dhiyeessa. Escort tau neuron keessaa baasu **Arc** ta'uu isaa argan — jiinii pirootiinii idilee caalaa virus mana keessa galfame fakkaatu; capsids duwwaa uumeen cargo sammuu seelota gidduu geessa. Qorattoonni, garee Jason Shepherd University of Utah'tiin durfaman, Arc tau qabee **extracellular vesikilii**, bubbles membrane xixiqqoo neurons gad-lakkisan, keessa akka pack godhu, fi Arc malee tau cell-to-cell spread jechuun ni danda'ama dhaabbatu argan.



Arc donor neuron keessatti tau waliin hidhata, extracellular vesikilii keessa pack gochuuf gargaara. Recipient neuron vesikilii sana yeroo fudhatu, tau geeffame aggregation haaraa seed gochuu danda'a. Kanaaf route walfakkaatu double-edged dha: donor keessaa tau baasuu irratti gargaara, recipient immoo cargo seed-competent'f saaxila. Kun schematic proposed adeemsa hojii ti; microscope image miti.

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Twist'n kun seenaa villain salphaa irraa adda godha. Packaging walfakkaatu tau healthy neighbours bira facaasu, neuron pack godhu keessaa toxic tau illee *clears*. Arc saboteur qofa miti; delivery van route isaa seelii tokko gargaaree isa itti aanu miidhu dha.

Qorattoonni maal godhan

Hojichi gosa ragaa hedduu walitti tuula; tokko tokko daangaa isaa qaba.

- **Cultured neurons keessatti.** Normal neurons fi neurons Arc hin qabne (Arc knockout) walbira qabanii tau hammam extracellular vesikilii keessa bahu safaran. Arc deebi'ee dabaluu, qofa ykn partner pirootiinii tokko waliin, tau gadhiisuu jijjiiraa laata illee qoran.
- **Mice keessatti.** Moodeela beekamaa **tauopathy** fayyadaman — maatii dhukkuboota tau pirootiinii bifa dogoggoraan jijjiiratee sammuu keessatti walitti qabamu, Alzheimer dabalatee — jechuun **rTg4510 mice**, kan mutant namaa tau (P301L) baay'inaan akka oomishan qophaa'e ta'an, Arc-knockout mice waliin cross godhan. Sana booda sammuu tishuu irraa vesikilii qulqulleessanii tau hammam akka baatan, fi tau sun aggregation haaraa "seed" gochuu danda'aa laata gaafatan.
- **Seeding assay keessatti.** Vesikilii **reporter seelota** ("biosensor" seelota qophaa'e) irratti kaa'aman; yeroo tau walitti qabamuu jalqabu fluorescence mallattoo kennaan ifu. Kun vesicle-borne tau aggregation haaraa seed gochuuf humna hammam akka qabu dubbisa.
- **Namaa sammuu tishuu keessatti.** Post-mortem prefrontal koorteksii namoota Alzheimer's hin qabne jaha fi dhibee sadarkaa cimaa (Braak stage six) qaban jaha irraa qoratan; Arc fi phosphorylated tau sammuu vesikilii keessatti waliin deemuu isaanii ilaalan. Walbira qabni kun donorota fi maatii isaanii sammuu tishuu research'f akka kennan godhan irraa danda'ame, namoota Alzheimer's hin qabne irraa tishuu walbira qabuu barbaachisaa kennu dabalatee.
- **Molekiyuulii bal'ina ibsaa keessatti.** Purified pirootiinota fi all-atom fakkeessuuwwan fayyadamuun, Arc physically tau waliin hidhataa, akkamitti, qoran.

Maal argatan

- **Arc tau vesikilii keessa load gochuuf murteessaa dha.** Neurons keessatti Arc knockout godhi, vesikilii isaanii keessaa tau qabiyyee baay'ee gadi bu'a, neurons garuu vesikilii normal oomishu itti fufu. Mice keessatti, sammuu vesikilii animals Arc hin qabne irraa namaa tau baay'ee xiqqoo baatan — Arc dhabamuun waliigalaan vesicle production hin hir'ifne; kanaaf waa'een kun *packaging* dha, plumbing miti.
- **Tau Arc pack godhu seed-competent dha — Arc dhabamuun humna isaa cimsinee hir'isa.** Tau mice irraa vesikilii reporter seelota keessatti tau clumping kakaasan; Arc-knockout tau mice irraa vesikilii immoo baay'ee xiqqoo kakaasan. Intercellular tau transmission, akka barreessitoonni jedhanitti, Arc malee "jechuun ni danda'ama absent" ture.

- **Arc tau kallattiin hidhata, phosphorylated boca caalaatti jaallata.** Purified Arc tau waliin interaction kallattii fi addaa ta'een hidhate — tau yeroo **phosphorylated**, jechuun extra phosphate chemical tags dhibee keessatti tau irratti abnormal ta'een kuufaman, qabaatu caalaatti cimaa — fakkeessuuwwan immoo rigid lock mannaa walxaxaa laafaa, socho'aa ("fuzzy") ibsu.
- **Namaa Alzheimer's sammuu vesikilii keessatti, Arc diseased tau waliin hordofa.** Alzheimer's saamudawwan keessatti Arc sadarkaalee fi phosphorylated-tau sadarkaalee waliin ol fi gadi deeman (walitti dhufeenya coefficient 0.89, p-value 0.01). Immunogold electron-microscopy imaging vesikilii sammuu advanced Alzheimer's tokko (Braak stage six) irraa keessatti, dhibbeentaa muraasa qofa Arc fi tau lamaan baatan — carraan isaa guddaa underestimate, sababni labels tau guddaan vesikilii keessa sirriitti seenuu dadhabu.
- **Wanti nama ajaa'ibu: Arc dhabamuun neurons fooyyessu mannaa hammeesse.** Arc tau *baasa* waan ta'eef, isa dhabamsiisuun tau caalaa *keessa* hafe. Arc-knockout tau mice neurons keessatti tau caalaa kuufatan, jalqabaa seelii death keessatti daballii xiqqoo agarsiisan. Arc qofa deleting, mice tau transgene hin qabne keessatti, seelii dhabamuu gosa kanaa hin fidne — kanaaf harm tau achitti kuufamuu irratti hundaa'e.

> **Arc, vesicles fi "seeding" as keessatti maal**
>
> **Arc** jiinii neuronal learning fi yaadannoo keessatti gahee isaatiin beekamu. Adda ta'ee, ancient retrotransposon — virus-like genetic element — irraa dhalate; pirootiinii isaa ammallee capsids cargo neurons gidduu baachuu danda'an uuma. Viral heritage kun molekiyuulota akka tau pack fi ferry gochuuf mijataa isa taasisa.
> **Extracellular vesikilii (EVs)** packets membrane'n marfaman xixiqqoo (as keessatti tens hanga ~150 nanometres), seelota gad-lakkisan fi neighbours fudhatan. Isaan normal cell-to-cell communication channel dha; concern'n dhibee keessatti harmful cargo baachuu danda'uu isaanii.
> **"Seeding"** jechuun tau bifa dogoggoraan jijjiirame xiqqoon healthy tau bifa wal fakkaataa dogoggoraatti template gochuu danda'a, aggregation dabarsa. Seed-competent tau kanaaf gosa balaa qabu: jiraachuu qofa miti, tau biraa corrupt gochuu danda'a.
> **Double edge.** Gocha walfakkaatu — Arc tau vesicle keessa bundling godhee alatti erguu — sending neuron'f protective dha (toxic tau export godha), receiving neuron'f dangerous dha (seed geessa). Kanaaf barruu kana irraa "Arc qofa block godhi" hin hordofu: mice kana keessatti, Arc block gochuun tau caalaa neurons keessa qabee jalqabaa damage xiqqoo hammeesse.

Kun maal hin mirkaneessu

Alzheimer's headlines ragaa caalaa yeroo baay'ee fuuldura deemu; kanaaf boundaries as keessatti baay'ee barbaachisaa dha.

- **Kun sababii Alzheimer's miti.** Dhukkuba guutuu, ammallee guutumaan hin hubatamne, keessatti tarkaanfii tokko — tau akkamitti vesikilii keessatti neuron keessaa ba'u — adeemsa hojii isaa dha. Tau spread Alzheimer's amaloota tokko; origin isaa miti; tau mataan isaa amyloid,

inflammation fi wantoota biroo waliin stage qooda.

- **Yaala miti, yaala tokko illee sirriitti hin akeeku.** Move obvious "adeemsa hojii drug godhi" — Arc block godhi — exactly double-edged bu'aan itti akeekkachiisu: mice kana keessatti neurons toxic tau caalaa qabsiise. Therapeutic yaada as irraa ba'u "Arc off godhi" caalaa baay'ee delicate dha, barruu keessatti tokko illee hin qoramne.
- **Mouse bu'aawwan tau-overexpression moodeela irraa, natural dhibee miti.** rTg4510 mice neurons mutant namaa tau baay'ee akka oomishan ijaaraman. Tau spread qorannoo gochuuf powerful istaandaardii meeshaa dha, garuu qophaa'e jiinii'n driven tauopathy moodeela godhu; sporadic Alzheimer's dhukkubsattoota hedduu qaban miti.
- **Namaa ragaa walitti dhufeenya dha, saamudaa xiqqaa keessatti.** Arc fi diseased tau sammuu vesikilii donor kudha lama irraa waliin deemuun mouse adeemsa hojii waliin wal-simu dha; mataan isaa Arc humans keessatti tau spread sochii godha hin agarsiisu. Non-Alzheimer's saamudawwan keessatti comparable walitti dhufeenya istaatistikii barbaachisummaa istaatistikii hin geenye; brains kudha lama keessatti walitti dhufeenya starting qabxii dha, verdict miti.
- **Vesikilii tau gadhiisuu seenaa guutuu miti.** Tau free pirootiinii ta'ee fi routes birootiin neuron keessaa baha; barruun Arc-vesicle karaa barbaachisaa ta'uu isaa haala cimaa godha, qofa route ta'uu isaa miti.

Ragaan hammam cimaa dha

Central himannaa isaa — Arc tau vesikilii keessa pack godha, kun cell-to-cell tau transmission'f barbaachisaa dha — ragaan layers hedduu fi wal cimsu qaba: kallattii fiizikaalaa interaction, dhabamuu-of-function dhiibbaa cultured neurons keessatti, matching dhabamuu mouse sammuu vesikilii keessatti, hojii-qabeessa seeding readout, fi namaa walitti dhufeenya deeggaaru. Adeemsa hojii yaalii tokko qofa irratti hin hundoofne; "packaging, miti vesicle production" to'annoo hiika qulqulleessu gosa sakatta'a gaarii dha.

Reach'n isaa kutaa laafaa dha; barreessitoonnis mata-duree caalaa safarame dha. Links cimoon qophaa'e mice fi cultures keessatti; namaa daataa correlational fi haphii; therapeutic hiika dhugumaan ambiguous dha, sababni adeemsa hojii karaa lamaanuu hojjetu. Honest amanamummaa: sirnoota kana keessatti Arc vesicle-borne tau gadhiisuu keessatti gahee qaba irratti ol-aanaa; "cause of Alzheimer's" ykn "treat gochuuf karaa" jedhamu irratti gadi-aanaa.

Disclosure tokko galmee irratti jiraachuu qaba: corresponding barreessaan commercial interests adeemsa hojii kana waliin wal qabatan declare godha — dhaabbata tokko co-founder, dhaabbata biraa intellectual amaloota fi patents Arc capsids irratti licenses qabu keessatti stockholder fi consultant.

Maaliif barbaachisaa dha

Tau spread Alzheimer's progression akkamitti akka deemu keessatti key driver yoo ta'e, tau neuron keessaa ittiin ba'u *balbaloottan* hubachuun saffisa isaa hir'isuuf prerequisite dha. Arc balbala keessaa

tokko ta'uu — fi unexpectedly, neuron toxic tau gattee of irraa baasuu irratti illee gargaara — rakkoo keessaa kutaa tokko framing isaa jijjiira. Anti-tau strategies vesicle gadhiisuu irratti xiyyeeffatan trade-off waliin hojjechuu akka qaban agarsiisa, galma qulqulluu tokko waliin miti: export dhaabi, neighbours baraaruu dandeessa, garuu madda poison gochuu dandeessa.

Neuroscience keessatti theme nama ajaa'ibu fi guddachaa jiru tokko illee gadi fageessa: jiinii sammuu keenya ancient virus irraa repurpose godhe yaadannoo fi neurodegeneration gidduu akka taa'u, cargo neurons gidduu gaarii fi hamaa lamaan geessu. Kun understanding keessatti advance dhugaa dha — fi sirriitti sababni isaa jalqabaa fi double-edged ta'eef, namatti cure waadaa galuuf bu'uura hamaa dha.

Cuunfaa gabaabaa

Qorattoonni Arc, jiinii neuronal virus-like genetic element irraa dhalate, tau kallattiin hidhatee extracellular vesikilii neurons gad-lakkisan keessa akka pack godhu argan. Cultured seelota fi tau-model mice keessatti, Arc dhabamsiisuun sammuu vesikilii keessa seed-competent tau baay'ee hir'ise, tau cell-to-cell transmission jechuun ni danda'ama dhaabe; post-mortem Alzheimer's brains keessatti, vesikilii keessa Arc sadarkaalee phosphorylated tau waliin correlate godhan. Bu'aan unexpected: packaging kun double-edged dha — neuron tokko keessaa toxic tau export godha, yeroo wal fakkaatutti seeds kanneen biroo bira facaa'a; kanaaf Arc hin qabne mice neurons keessatti tau caalaa kuufatan, jalqabaa seelii death keessatti daballii xiqqoo agarsiisan. Hojichi tau akkamitti neurons keessaa bahu adeemsa hojii tokko addaan baasa, irra caalaa qophaa'e mice fi seelota keessatti, namaa walitti dhufeenya deeggaaru waliin. Kun cause Alzheimer's miti, therapy miti, fi — Arc block gochuun mouse neurons hammeesse waan ta'eef — salphaa drug galma miti.

Sakatta'a ifaa

Wanti barruun agarsiisu: Cultured neurons fi tau-model mice keessatti, jiinii Arc seed-competent tau extracellular vesikilii keessa pack gochuuf fi tau seelota gidduu transmit gochuuf critical dha; Arc tau kallattiin hidhata; namaa Alzheimer's sammuu vesikilii keessatti Arc sadarkaalee phosphorylated tau waliin correlate godhu.

Wanti danda'amu garuu hin mirkanoofne: Arc-vesicle karaa dhugaa namaa Alzheimer's keessatti route tau spread guddaa ta'uu. Namaa daataa kana waliin wal-simu dha, garuu correlational fi limited.

Wanti inni hin agarsiifne: Arc Alzheimer's uuma; Arc block gochuun treat godha (mice kana keessatti faallaa, yoo homaa ta'e); vesikilii qofa way tau spread ta'uu; ykn tau-overexpressing mice argannoowwan sporadic namaa dhibee'tti kallattii transfer godhamu.

Daangaawwan ijoo: Mouse moodeelota mutant namaa tau baay'inaan oomishu; namaa saamudaa post-mortem brains kudha lama, correlational readout waliin (controls keessatti Istaatistikiidhaan hiika-qabeessa hin taane walitti dhufeenya); therapy tokko illee hin qoramne; adeemsa hojii double-

edged ta’uun intervention rakkisa.

Dubbisaan waliigalaa hammam amantaa qabaachuu qaba? Sirnoota kana keessatti Arc tau vesikilii keessa pack godhee tau gadhiisuu keessatti gahee qaba irratti amantaa guddaa. Alzheimer’s cure godha ykn cause ibsa jedhu irratti amantaa gadi-aanaa.

Maddoota

Tyagi et al., Arc mediates intercellular tau transmission via extracellular vesicles, Cell 189, 1-18 (2026) https://doi.org/10.1016/j.cell.2026.06.008