#### **RESEARCH ARTICLE**

# Parenchymal CSF fraction is a measure of brain glymphatic clearance and positively associated with amyloid beta deposition on PET

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### Abstract

**INTRODUCTION:** Mapping of microscopic changes in the perivascular space (PVS) of the cerebral cortex, beyond magnetic resonance-visible PVS in white matter, may enhance our ability to diagnose Alzheimer's disease (AD) early.

**METHODS:** We used the cerebrospinal fluid (CSF) water fraction (CSFF), a magnetic resonance imaging-based biomarker, to characterize brain parenchymal CSF water, reflecting microscopic PVS in parenchyma. We measured CSFF and amyloid beta ( $A\beta$ ) using <sup>11</sup>C Pittsburgh compound B positron emission tomography to investigate their relationship at both the subject and voxel levels.

**RESULTS:** Our research has demonstrated a positive correlation between the parenchymal CSFF, a non-invasive imaging biomarker indicative of parenchymal glymphatic clearance, and  $A\beta$  deposition, observed at both individual and voxel-based assessments in the posterior cingulate cortex.

**DISCUSSION:** This study shows that an increased parenchymal CSFF is associated with  $A\beta$  deposition, suggesting that CSFF could serve as a biomarker for brain glymphatic clearance, which can be used to detect early fluid changes in PVS predisposing individuals to the development of AD.

#### KEYWORDS

aging effect, Alzheimer's disease, amyloid beta, glymphatic clearance, magnetic resonance imaging, magnetic resonance transverse relaxation time relaxometry, parenchymal cerebrospinal fluid fraction, positron emission tomography

#### Highlights

- Cerebrospinal fluid fraction (CSFF) could be a biomarker of parenchymal perivascular space.
- CSFF is positively associated with amyloid beta (Aβ) deposition at subject level.

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- CSFF in an Aβ+ region is higher than in an Aβ- region in the posterior cingulate cortex.
- Correspondence is found between Aβ deposition and glymphatic clearance deficits measured by CSFF.

### 1 | BACKGROUND

Glia-lymphatic (glymphatic) clearance deficits have recently gained attention as a major driver of the amyloid pathology seen in neurodegenerative conditions like Alzheimer's disease (AD).<sup>1-3</sup> Perivascular spaces (PVS) in the brain contain cerebrospinal fluid (CSF)-like fluid and constitute a key component of glymphatic clearance. Specifically, PVS enlargement is believed to reflect reduced CSF flow and impaired glymphatic clearance.<sup>4</sup> Although the pathophysiology of the enlargement of PVS is still not fully understood, it has been shown to be associated with a higher level of aquaporin-4, breakdown of the blood-brain barrier (BBB), cerebral amyloid angiopathy (CAA), hypertension, and small vessel disease (SVD).<sup>5-9</sup> We hypothesized an impaired drainage could be a potential cause of enlarged PVS due to fluid residue and stasis. The enlargement of PVS might further decrease the CSF flow due to more fluid away from the vessel wall and fluid accumulation.<sup>10</sup> The dysfunctional CSF clearance along with the enlargement of PVS can lead to the deposition and accumulation of extracellular amyloid beta (A $\beta$ ) plagues that can be quantified using positron emission tomography (PET) with various radiotracers.<sup>1,11-13</sup> Historically, PVS load has been associated with an array of conditions and has been quantified using T2-weighted magnetic resonance imaging (MRI) and image segmentation techniques. Limitations of PVS segmentation approaches include image quality and resolution, and also low detection of PVS at the sub-voxel level or within close proximity to arteries and veins.<sup>14-16</sup> We developed a three-compartment water model to characterize fluid within the brain, using multi-echo magnetic resonance transverse relaxation time (MRT2) relaxometry to quantify the parenchymal CSF fraction (CSFF), the intra-extracellular water fraction (IEWF), and the myelin water fraction (MWF).<sup>17,18</sup> According to biophysical principles, CSFF is the component of the total T2 signal with a long T2 time (T2 > 200 ms in 3T magnetic field) that theoretically corresponds to the freely mobile water that resides in the PVS.<sup>19,20</sup> Therefore, because PVS is a component of the glymphatic system, CSFF could serve as a biomarker of glymphatic clearance. Our previous study showed that the CSFF quadratically increases in the cerebral cortex (gray matter [GM]) and linearly increases with normal aging in deep gray matter (dGM) and cerebral white matter (WM), suggestive of decreased glymphatic function or more retention of glymphatic fluid in PVS and parenchyma with age.<sup>21</sup> Research on water homeostasis is not only important to healthy aging, but also to the understanding of the progression of neurodegenerative disease. For example, lower CSF clearance (vCSF) in the lateral ventricle (LV) and lower diffusivity of interstitial fluid along PVS (diffusion tensor image analysis along the perivascular space [DTI-ALPS]) has been shown to be associated with AD pathology.<sup>12,22,23</sup> Thus, changes in CSF in tissue (CSFF) could be sensitive enough to detect subtle developments in the pathology of PVS enlargement and serve as an early diagnostic biomarker.<sup>21</sup> This led us to further investigate the relationship between CSFF and established AD markers such as A $\beta$  deposition, and to investigate whether AD status could be sufficiently inferred using CSFF data.<sup>24</sup>

In this study, we assessed the relationship between CSFF and brain  $A\beta$  deposition measured by <sup>11</sup>C-Pittsburgh compound B (PiB) PET in patients with mild cognitive impairment (MCI) or mild AD, and cognitively normal (CN) control subjects. We evaluated the effects of age and diagnostic group on CSFF. We specifically investigated the regional distribution of CSFF in the  $A\beta$  positive and negative voxels of the posterior cingulate cortex (PCC), a widely accepted region of early  $A\beta$  deposition in AD.<sup>25–27</sup> We hypothesized that increased CSFF would be associated with diagnostic group and regional  $A\beta$  deposition.

#### 2 METHODS

#### 2.1 | Subjects

In this cross-sectional study, a total of 29 of subjects had both MRbased CSFF maps and PiB PET scans. Seven subjects were diagnosed with MCI that were  $A\beta$ - (PiB PET reading) and thus were excluded, as was one with multiple sclerosis (MS), leaving 21 eligible subjects. Seven of the 21 subjects were diagnosed as MCI/AD and 14 were CN. All studies were approved by the Weill Cornell Medicine Institutional Review Board and written informed consent was obtained from all participants.

### 2.2 | Subject assessment

All subjects underwent standardized evaluations by a cognitive neurologist. The evaluation consisted of a neurological exam, interviews with the subject and informant, Clinical Dementia Rating scale,<sup>28</sup> Montreal Cognitive Assessment,<sup>29</sup> the National Alzheimer's Coordinating Center (NACC) Uniform Data Set V3.0 telephone cognitive battery,<sup>30</sup> clinical blood tests, electrocardiogram, MRI, and amyloid (<sup>11</sup>C-PiB) and tau (<sup>18</sup>F-MK-6240) PET scanning. Subjects were assigned a final diagnosis by a board-certified neurologist (T.B.) in accordance with NACC criteria based on evaluation of all available information. The MRI and

PET examinations were reviewed by a board-certified radiologist with subspecialty certification in neuroradiology and 14 years of experience in diagnostic brain PET imaging (G.C.). All subjects were reviewed in a multidisciplinary consensus conference. Subjects included in this study were diagnosed as either CN or with MCI or mild dementia due to AD (MCI/AD).

#### 2.3 | Image acquisition

#### 2.3.1 | MRI images acquisition

All subjects underwent brain MRI studies on a Siemens Prisma 3T scanner (Siemens Healthineers) using a product 64-channel head/neck receiver coil. The brain imaging protocol consisted of 3D magnetization-prepared rapid acquisition gradient echo (MPRAGE) T1w and 3D T2-SPACE sequences for anatomical structural imaging, as well as 3D FAST-T2 sequence for mapping of water fractions (WF), and T2 fluid-attenuated inversion recovery (FLAIR) sequence for WM hyperintensity detection.<sup>17</sup> The imaging parameters were as follows:<sup>21,31</sup> (1) 3D sagittal T1 MPRAGE: repetition time (TR)/echo time (TE)/inversion time (TI) = 2300/2.3/900 ms, flip angle (FA) =  $8^{\circ}$ , readout bandwidth (rBW) = 200 Hz/pixel, voxel size = 1.0 mm isotropic, GRAPPA parallel imaging factor (R) = 2, scan time = 5.5 minutes; (2) 3D sagittal T2W SPACE: TR/TE = 3200/408 ms, FA =  $90^{\circ}$ , rBW = 751 Hz/pixel, turbo factor = 285, voxel size = 1.0 mm isotropic; (3) 3D axial FAST-T2 at two slice thickness: spiral TR/TE = 7.8/0.5 ms, nominal T2prep times = 0 (T2-prep turned off), 7.5, 17.5, 67.5, 147.5, and 307.5 ms,  $FA = 10^{\circ}$ , rBW = 1042 Hz/pixel, number of spiral leaves per stack = 32, number of spiral leaves collected per T2prep = 64. voxel size =  $1.3 \times 1.3 \times 2$  mm<sup>3</sup> (scan time = 7 minutes); (4) 3D sagittal FLAIR SPACE with fat saturation: TR/TE/TI = 4000/384/2400 ms, echo spacing = 3.46 ms, FA =  $90^\circ$ , rBW = 751 Hz/pixel, turbo factor = 278, voxel size = 1.0 mm isotropic, R = 2, scan time = 5.4 minutes.

## 2.3.2 | PET images acquisition

PiB PET image was acquired using a Siemens Biograph mCT-S (64) slice PET/CT. PiB was synthesized by the institutional radiochemistry facility. The data was acquired in list mode from 40 to 90 minutes after a rapid bolus injection of  $\approx$ 555 MBq. PiB PET images were reconstructed to a 512  $\times$  512  $\times$  74 matrix of 0.8  $\times$  0.8  $\times$  3 mm voxels in 5  $\times$  10 minute time frames from 40 to 90 minutes with list mode.

#### 2.4 | Image processing

#### 2.4.1 | MRI region of interest parcellation

T1w MRI was regionally segmented using FreeSurfer  $(FS)^{32}$  version 7.1 recon-all command for region of interest (ROI) parcellation with

#### **RESEARCH IN CONTEXT**

- Systematic review: The authors reviewed existing literature on the application of cerebrospinal fluid fraction (CSFF) mapping, a subvoxel-level measure of fluid in perivascular space (PVS), on Alzheimer's disease (AD) (PubMed, Google Scholar). Published studies in similar areas were the application of diffusion tensor imagingbased free water (DTI-FW) mapping, which is mapping the total extracellular water including water in both PVS and interstitial space.
- 2. Interpretation: This study shows that parenchymal CSFF is positively associated with the amyloid beta (A $\beta$ ) deposition measured by <sup>11</sup>C-Pittsburgh compound B positron emission tomography at the subject level. At the voxel level, the results show that an elevated CSFF is associated with the A $\beta$ + voxels in posterior cingulate cortex compared to A $\beta$  voxels, indicating that A $\beta$  deposition is caused by glymphatic clearance deficits.
- Future directions: Further validation of the relationship between CSFF and PVS pathology will be helpful to confirm and push the use of CSFF mapping to the next level.

the assistance of T2w to enhance segmentation quality. ROIs consisted of the bilateral cerebellar cortex as a reference region for  $A\beta$ standardized uptake value ratio (SUVR) determination, and an ROI encompassing the bilateral parietal, frontal, and temporal ROI, were collectively referred to as the AD cortical mask (ADmask) for quantifying  $A\beta$ .<sup>25</sup> ROIs for CSFF values included: ADmask and posterior cingulate cortex (PCC) were extracted from FS aparc+aseg segmentation file matched with FS look-up-table (LUT). To reduce partial volume effect (PVE), all ROIs for CSFF calculation were eroded according to the image resolution. Specifically, for CSFF, the ROI anisotropic erosion was done with Gaussian kernel sized  $1.3 \times 1.3 \times 2$  mm<sup>3</sup>. All ROIs for PET SUVR calculation were eroded by one voxel using 3D sphere kernel to minimize the PVE.

#### 2.4.2 | PET SUVR

Summed PiB PET data from 60 to 90 minutes were used for SUVR calculation. Specifically, all the dynamic frames were realigned to the summed images between 40 and 90 minutes, and the summed image was then coregistered to the T1w in FS space using the normalized mutual information method in FSL.<sup>33</sup> SUVR was calculated using the cerebellar cortex as a reference region.<sup>34</sup> Average SUVR within the cortical ADmask served as the overall measure of A $\beta$  deposition.<sup>25</sup>

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At the voxel level, PCC A $\beta$ + and A $\beta$ - voxels were defined by using SUVR cut-off 1.65, and combined to form ROIs denoted as A $\beta$ + and A $\beta$ - ROIs, respectively.<sup>25,35</sup> A $\beta$ + and A $\beta$ - ROIs were then intersected with PCC, respectively, to get finalized A $\beta$ + and A $\beta$ - ROIs for CSFF values calculation.

### 2.4.3 | CSFF mapping

CSFF, IEWF, and MWF maps were obtained using non-linear least square fitting of the 3-exponential model with L2 regularization. The input data of the fitting process was the 6 echo FAST-T2 data with degibbs and denoising processing. CSFF is the component corresponding to a long T2 (T2 > 200 ms) signal and was constrained in the fitting process. The details of the mapping procedure were documented in our previous publications.<sup>17,21</sup> The CSFF mapping in this study was done identically with the same in-house processing pipeline. The water maps were rigidly coregistered to FS T1w space using normalized mutual information criteria. The ROI values of CSFF were extracted by averaging the CSFF in all the voxels of the ROI.

### 2.5 | Statistical analysis

Statistical analyses were performed in RStudio Version 2022.7 (RStudio PBC) and MATLAB Version 2023a (MathWorks). First, we tested sex differences in the continuous variables like CSFF, PiB SUVR, and age using the Wilcoxon rank sum test, and of binary variables like the diagnostic group and  $A\beta$  status using Pearson chi-square test. Second, we performed the subject-level analysis of the relationship between CSFF and PiB SUVR in ADmask using linear regression by controlling for age and sex. Third, we evaluated the association between CSFF and age in both CN and MCI/AD groups using multivariable regression analysis controlling for sex. An independent two-sample t test was used to test the difference of CSFF between CN and MCI/AD subjects. Fourth, we performed the tests of regional CSFF distribution in  $A\beta$ + and  $A\beta$ - subregions of PCC using the paired Wilcoxon rank sum test. Finally, we conducted the effects of A $\beta$  positivity threshold of PiB SUVR on regional CSFF in PCC by incrementally changing the threshold from 1.45 to 1.9 with a step size of 0.05, and the paired t test was used to compare the CSFF in  $A\beta$ + and  $A\beta$ - subregions. The significance level of all tests and analyses was set to P < 0.05. Note that all r reported is the correlation coefficient and  $R^2$  is adjusted R-squared values.

#### 2.6 🕴 Data availability

Raw data were generated at the Brain Health Imaging Institute (BHII) at Weill Cornell Medicine. Derived data supporting the findings of this study are available from the corresponding author on reasonable request.

#### 3 | RESULTS

#### 3.1 | Subject information

The subjects' demographic and clinical information is listed in Table 1. The last column in Table 1 is the *P* value for each measure compared by diagnostic group. Among the 21 subjects, there were 10 A $\beta$ + and 11 A $\beta$ - subjects. Among those 10 A $\beta$ + subjects, 7 were MCI/AD and 3 were CN.

Age, diagnostic group, ADmask PiB SUVR, PCC PiB SUVR, ADmask CSFF, and PCC CSFF did not significantly differ between sexes, that is, P > 0.05 for all the tests.

#### 3.2 Water maps

Water maps were reconstructed using the 6 TE FAST-T2 data. Figure 1 shows the three water maps of a 72-year-old male with MCI/AD. From left to right are (A) CSFF, (B) IEWF, and (C) MWF, respectively. CSFF is defined as CSFF = 100 - (IEWF + MWF) in percent.

### 3.3 | CSFF for A $\beta$ deposition

Linear regression between PiB SUVR in ADmask and CSFF controlling for age and sex was performed. Figure 2 presents the partial regression plots between A $\beta$  deposition measured by PiB SUVR in ADmask and CSFF (Figure 2A) and age (Figure 2B). We show in Figure 2A that PiB SUVR is positively associated with CSFF in the linear regression (t = 5.355, P < 0.0001,  $R^2 = 0.609$ ) and has no association with age (P = 0.377) in Figure 2B. According to the plots, a combination of CSFF and PiB SUVR can distinguish most MCI/AD subjects from CN.

## 3.4 | CSFF for aging and diagnosis

To investigate the effect of age on CSFF, we performed a linear regression between CSFF and age, sex, and diagnosis. Figure 3 displays the significant relationship between CSFF and age by the diagnostic group showing Pearson correlation coefficients by group (all subjects: r = 0.534, P < 0.05; CN: r = 0.646, P < 0.05; MCI/AD: r = 0.498, P = 0.255). These data show that CSFF, as a potential biomarker for deficits of glymphatic clearance, increases with age and MCI/AD. Figure 3A is the regression plots between CSFF and age (age: t = 2.873, P < 0.01, Dx MCI/AD: t = 4.496, P < 0.001,  $R^2 = 0.618$ ) controlling for sex. Restricting the analysis for only CN subjects, the regression model still shows a significant relationship between increased CSFF with age (t = 3.243, P < 0.05,  $R^2 = 0.398$ ), which is consistent with previous results.<sup>21</sup> However, restricting the analysis to only MCI subjects, the CSFF was not significantly associated with age (t = 1.428, P = 0.227,  $R^2 = 0.009$ ). In Figure 3B the boxplot shows a significant difference of CSFF between CN and MCI/AD (P < 0.01).

**TABLE 1** Subjects' demographics and clinical information. The last column is the P value for diagnostic group differences on each measure.

Item	Overall	CN	MCI/AD	P value
Subjects number	21	14	7	-
Sex = M (%)	6 (28.6)	4 (28.6)	2 (28.6)	1
Age (mean [SD])	66.62 (12.58)	64.79 (13.62)	70.29 (11.18)	0.411
A $\beta$ reading status = positive (%)	10 (47.6)	3 (21.4)	7 (100)	<0.01
ADmask PiB SUVR (mean [SD])	1.58 (0.67)	1.18 (0.16)	2.39 (0.57)	<0.001
PCC PiB SUVR (mean [SD])	1.72 (0.74)	1.3 (0.22)	2.56 (0.69)	<0.001
ADmask CSFF (mean [SD])	5.13 (0.57)	4.85 (0.34)	5.70 (0.51)	<0.001
PCC CSFF (mean [SD])	7.13 (1.01)	6.86 (0.76)	7.65 (1.29)	<0.01

Abbreviations:  $A\beta$ , amyloid beta; AD, Alzheimer's disease; ADmask, Alzheimer's disease cortical mask; CN, cognitively normal; CSFF, cerebrospinal fluid water fraction; MCI, mild cognitive impairment; PCC, posterior cingulate cortex; PiB, Pittsburgh compound B; SD, standard deviation; SUVR, standardized uptake value ratio.



**FIGURE 1** CSF fraction, intra-extracellular water fraction, and myelin water fraction water maps derived from three-water model using multi-echo MR FAST-T2 data. The maps are from a 72-year-old male subject with MCI/AD: (A) CSFF for long T2 component (T2: 200–2000 ms) of multi-echo T2 signal; (B) IEWF for intermediate T2 component (T2: 20–200 ms); and (C) MWF for short T2 component (T2: 5–20 ms). AD, Alzheimer's disease; CSF, cerebrospinal fluid; CSFF, cerebrospinal fluid water fraction; IEWF, intra-extracellular water fraction; MCI, mild cognitive impairment; MR, magnetic resonance; MWF, myelin water fraction.

# 3.5 | Regional CSFF in Aβ positive and negative regions

We performed tests of regional CSFF distribution in  $A\beta$ + and  $A\beta$ regions of the PCC. Figure 4 shows the  $A\beta$ + and  $A\beta$ - subregions in the PCC for a 63-year-old female CN subject. Figure 4A-4C shows the  $A\beta$ + and  $A\beta$ - masks overlaid on the T1w image in sagittal, coronal, and axial views, and Figure 4D-F shows the same masks on the PiB SUVR image. Figure 5 presents the results of increased CSFF values in  $A\beta$ + compared to  $A\beta$ + ROIs of PCC by diagnostic group. Figure 5A,C are the Bland–Altman plots of the comparison between CSFF in A $\beta$ + and A $\beta$ subregions, for CN and MCI/AD groups, respectively. It clearly shows that all the points are located within the 95% confidence interval with positive bias, meaning that CSFF in an A $\beta$ + region is higher than that in an A $\beta$ - region. Figure 5B shows the CSFF changes between A $\beta$ + and A $\beta$ - regions among 14 CN subjects, Wilcoxon rank sum test shows that the A $\beta$ + region has a higher CSFF than that in the A $\beta$ - region (P < 0.01). Figure 5D shows the CSFF change between A $\beta$ + and A $\beta$ regions among seven MCI/AD subjects. There are four MCI/AD subjects with no A $\beta$ - region in the PCC because the PiB SUVR in PCC is

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(A)

-0.5

ADmask PiB SUVR | Others

0

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-20

-10

Ó

10



1.0

-0.5



FIGURE 3 The relationship between ADmask CSFF and age by diagnostic group: (A) the regression plot between CSFF and age by group; (B) boxplot of CSFF by diagnosis. (A) Shows that CSFF increases with age in both MCI/AD and CN subjects with positive correlation coefficients. There is an elevation of CSFF for MCI/AD compared to CN controlled for age (P < 0.01). (B) Shows significant increase in CSFF in MCI/AD compared to CN subjects. AD, Alzheimer's disease; ADmask, Alzheimer's disease cortical mask; CN, cognitively normal; CSFF, cerebrospinal fluid water fraction; MCI, mild cognitive impairment; PET, positron emission tomography; PiB, Pittsburgh compound B; SUVR, standardized uptake value ratio.

> 1.65 in all voxels. Consequently, there is no available CSFF in these  $A\beta$ - regions.

In the evaluation of the association between PiB SUVR and CSFF in PCC, a linear regression controlling for age and sex was performed and it was discovered that the PiB SUVR is significantly associated with CSFF ( $n = 21, P < 0.05, R^2 = 0.239$ ).

#### Effects of $A\beta$ positivity threshold on regional 3.6 CSFF

The effect of  $A\beta$ + threshold of PiB PET SUVR on CSFF in PCC was evaluated with results presented in Figure 6. It shows the CSFF differences between  $A\beta$ + and  $A\beta$ - regions in PCC with variable thresholds from 1.55 to 1.9 in the CN group. The CSFF differences on all thresholds are significantly greater than zero. We also observe an increasing CSFF in  $A\beta$ + region as the PiB SUVR threshold increases. These results imply that the observed CSFF gap between  $A\beta$ + and  $A\beta$ - regions is not sensitive to the threshold on PiB SUVR and warrants CSFF as a consistent biomarker across Aß levels.

#### 4 DISCUSSION

Our study presents a significant association between the MR T2 relaxometry-based CSFF and A<sup>β</sup>deposition assessed by PiB PET, suggesting CSFF as a potential biomarker for glymphatic clearance in AD. Key findings include: (1) an increase in  $A\beta$  deposition with CSFF at the subject level, (2) differentiation of CN from MCI/AD based on CSFF, and (3) higher voxel-level CSFF in  $A\beta$ + regions compared to  $A\beta$ regions in CN subjects.

## 4.1 | PVS as a glymphatic clearance pathway

PVS are cavities filled with CSF-like fluid surrounding the blood vessels in the brain.<sup>36,37</sup> They are instrumental in the brain's waste clearance system, including the removal of  $A\beta$ .<sup>2,4,38</sup> Varied research outcomes have linked PVS load to  $A\beta$  deposition, yet inconsistencies may arise from measurement sensitivity.<sup>14,16,39</sup> PVS enlargement may reflect CSF fluid stasis and reduced flow leading to overall deficits in glymphatic clearance<sup>40-42</sup> because PVS load segmentation depends on



**FIGURE 4** Example of  $A\beta$ + and  $A\beta$ - regions in PCC; (A–C) are  $A\beta$ + and  $A\beta$ - masks on T1w sagittal, coronal, and axial views, respectively; and (D–F) overlays of the masks on PiB PET SUVR map. The red region is for  $A\beta$ + voxels and the blue region is for  $A\beta$ - voxels. Please note that the masks were dilated 1 voxel from the outside to enhance the visibility.  $A\beta$ , amyloid beta; PCC, posterior cingulate cortex; PET, positron emission tomography; PiB, Pittsburgh compound B; SUVR, standardized uptake value ratio.

image (typically T2w) resolution and quality,<sup>15,43,44</sup> and only includes the visibly enlarged PVS surrounding periarteries in WM.<sup>45,46</sup> Our CSFF potentially overcomes these limitations by accounting for all parenchymal CSF water in PVS, including microscale PVS that traditional imaging might miss.

# 4.2 | CSFF as glymphatic clearance biomarker for global A $\beta$ deposition

Glymphatic clearance deficits are hypothesized to be associated with A $\beta$  deposition due to impaired clearance of A $\beta$ .<sup>31,38</sup> Our results indicate a positive association between A $\beta$  deposition and CSFF, underscoring its potential as a predictor of A $\beta$  deposition. This is especially pertinent as increased CSFF may reflect PVS enlargement, suggesting impaired glymphatic clearance. We aim to further explore CSFF's predictive capacity through model training on larger datasets.

CSFF is a measure of the portion of the voxel that can be attributed to CSF by modeling the MR T2 signal into three water components.<sup>21</sup> This approach of mapping water fractions was first proposed to map myelin water (MWF, short T2 [5–20 ms] component) in the brain for multiple sclerosis studies.<sup>17,18,47</sup> In contrast, CSFF accounts for

the long T2 (200-2000 ms) component and theoretically corresponds to the signal of freely mobile water, that is, the CSF (or CSF-like) water. The third component in the model accounts for the IEWF corresponding to the signal of intermediate range of T2 (20-200 ms). The underlying mechanism is that the T2 relaxation time of water is affected by the microenvironment of the molecules: myelin water is confined in the myelin sheath, intra-extracellular water is constrained in intracellular space or bounded within the extracellular matrix, and the CSF water in PVS is freely movable in a relatively large space, as illustrated in Figure 7.48-50 The advantage of CSFF is that it maps parenchymal CSF water in both periarterial and perivenous spaces at macroscale and microscale. To the best of our knowledge, CSFF is the first biomarker that is able to detect subvoxel brain CSF water in AD rendering CSFF a promising biomarker for early, subtle change of PVS pathology and glymphatic clearance deficits. It is worth noting that CSFF mapping should be distinguished from the free water mapping in diffusion tensor imaging (DTI-FW).<sup>51</sup> DTI-FW is a mapping of a combination of interstitial fluid (ISF) and CSF in PVS assuming their isotropic diffusivity.<sup>52,53</sup> DTI-FW for the normal brain has a greater number than CSFF (DTI-FW in GM: 30%-60% vs. CSFF in GM: 4%-9%).<sup>21,53</sup> PVS load has been supposed to be at a similar scale as the cerebral blood volume (CBV: 3%-5%) in the human brain,<sup>9</sup> which might

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**FIGURE 5** The results of CSFF values in  $A\beta$ + and  $A\beta$ - subregions of PCC by diagnostic group. (A) and (B) are plots and comparisons of CSFF in PCC  $A\beta$ + and  $A\beta$ - subregions for CN subjects. (C) and (D) are plots of CSFF change between in PCC  $A\beta$ + and  $A\beta$ - subregions for MCI/AD subjects. In (A) and (C), each point represents a subject. In (B) and (D), each pair of connected points represents the change of CSFF for one subject. We see in CN group, CSFF in  $A\beta$ + regions are significantly higher than that for  $A\beta$ - regions.  $A\beta$ , amyloid beta; AD, Alzheimer's disease; CN, cognitively normal; CSFF, cerebrospinal fluid water fraction; MCI, mild cognitive impairment; PCC, posterior cingulate cortex; PET, positron emission tomography; PiB, Pittsburgh compound B; SUVR, standardized uptake value ratio.



**FIGURE 6** The effect of  $A\beta$ + threshold of PiB PET SUVR on CSFF in PCC. In the CN group, CSFF is different between  $A\beta$ + and  $A\beta$ -regions in PCC with variable thresholds from 1.55 to 1.9. The CSFF differences on all thresholds are significantly greater than zero. We also observe an increasing CSFF in the  $A\beta$ + region as the PiB SUVR threshold increases.  $A\beta$ , amyloid beta; AD, Alzheimer's disease; CN, cognitively normal; CSFF, cerebrospinal fluid water fraction; MCI, mild cognitive impairment; PCC, posterior cingulate cortex; PET, positron emission tomography; PiB, Pittsburgh compound B; SUVR, standardized uptake value ratio.

be inferred from mice research where it has been shown a ratio of 1.12 to 1.88 between PVS to vessel cross-sectional area.<sup>54</sup> Therefore, CSFF is a more PVS volume-centered measure, while the DTI-FW is an extracellular space-dominated measure.



**FIGURE 7** An illustration of perivascular space (PVS), intracellular space, and extracellular space shows the different microenvironments of water components. The fluid in PVS is CSF-like water, which is freely movable with long MR T2 time. The water in extracellular space is constrained by the extracellular matrix, which decreases the MR T2 time of the water molecule (modified from Figure 1 in Lau et al.<sup>49</sup>). CSF, cerebrospinal fluid; MR, magnetic resonance.

#### 4.3 | CSFF for aging and diagnosis

CSF clearance in LV decreases with aging and is linked to AD imaging markers.<sup>12,22</sup> Glymphatic clearance relies on two interconnected fluid systems: the traditional CSF system and the newly characterized glymphatic pathways. The interplay between bulk CSF flow and glymphatic clearance has been a topic of growing interest. The microscale CSF flow in PVS could reveal subtle changes in pathology although the LV CSF clearance bulk flow plays a significant role in AD.<sup>1,23</sup> Our data replicates previous findings, showing an age-related increase in parenchymal CSFF among CN subjects.<sup>21</sup> These results could implicate an association between lower CSF turnover in LV and higher CSFF in the brain parenchyma in normal aging. Although we did not find a significant aging effect in MCI/AD subjects due to sample size and variation, elevated CSFF in MCI/AD compared to CN subjects may hint at reduced CSF turnover. This aligns with other findings but provides a novel focus on AD-related changes in the cerebral cortex. It is widely recognized that PVS segmentation in GM is impossible with standard 3T MRI giving limited image resolution. PVS pathology in WM is highly variable due to many factors including SVD, age, inflammation, and other diseases.<sup>55</sup> The variation in PVS among subjects reduces the specificity of using segmented PVS as a biomarker for early MCI/AD detection.

# 4.4 $\mid$ CSFF correspondence with regional A $\beta$ deposition

Given the advantages of CSFF mapping in GM for the subvoxel CSF in PVS, our regional observation of CSFF and AB deposition improves our mechanistic understanding of AD lesion formation. Previous studies have shown that the PCC is probably the earliest region of  $A\beta$ accumulation.<sup>25–27</sup> Our data are concordant with that principle given the higher PiB SUVR in PCC than GM. Evaluating  $A\beta$  deposition in an early-stage region like the PCC, we observed higher CSFF in  $A\beta$ + subregions within CN individuals. While not significant in MCI/AD subjects, this could be attributed to the small sample size and the prevalence of  $A\beta$ + voxels in PCC. The data suggest that CSFF is sensitive to early  $A\beta$  deposition. The ability of CSFF demonstrates subvoxel-level accuracy of CSF water mapping for microscopic PVS, namely in GM where conventional PVS segmentation methods may face challenges. It should be noted that because CAA shows significant A $\beta$  deposition in amyloid PET and is associated with PVS enlargement clinical conditions such as CAA may affect the relationship between CSFF and brain amyloid measure. In this study, we have carefully excluded patients with severe CAA.

#### 4.5 | Other glymphatic function measurements

There are other developed non-invasive measures for estimating glymphatic function in humans other than the CSFF reported in this work, including the PVS load by segmentation and DTI-ALPS. PVS segmen-

tation can be performed on T2w but is only feasible for significantly enlarged ones in WM and the segmentation results vary across techniques and image guality.<sup>15,43</sup> DTI-ALPS is a method that computes fluid diffusivity along PVS, which potentially reflects the glymphatic function.<sup>23,31,56,57</sup> However, DTI-ALPS is only a representative global measure and inherently lacks information in local regions. A recent study has shown that DTI-ALPS might be associated with later stage Aß deposition.<sup>23</sup> Compared to PVS load and DTI-ALPS, our proposed parenchymal CSFF offers an approach of whole brain mapping of subvoxel CSF distribution and potential early detection of glymphatic clearance deficits and  $A\beta$  deposition. While existing imaging tools in human study offer insights into glymphatic function, they each provide limited perspectives and there is an absence of universally recognized measurement techniques. A multimodal imaging approach could provide a more comprehensive understanding of fluid dynamics and clearance processes in the brain and might serve as a future research direction.23

#### 4.6 | Limitations of this study

Although the results are promising, the study is not without limitations. First, the study is limited by a small sample size. It is difficult for elderly subjects to remain still during a 90 minute scanning protocol, especially for MCI/AD subjects. These results are expected to be confirmed and validated in a larger cohort as part of our ongoing research with an optimized protocol. Second, cross-sectional studies do not reveal a longitudinal or causal relationship between CSFF and  $A\beta$  deposition. We are currently collecting follow-up data on those subjects to further validate the early detection of  $A\beta$  deposition using CSFF. Third, validation of the association between CSFF and total PVS is not yet established. PVS load segmentation from MR images is limited by resolution that may only include a percentage of the total brain PVS. The validation between these two measures could be performed in histology studies with corresponding MRI scanning in animal models or in phantom experiments.

# 5 | CONCLUSIONS

Our research has demonstrated a correlation between the parenchymal CSFF, a non-invasive imaging biomarker indicative of parenchymal glymphatic clearance, and  $A\beta$  deposition, observed at both individual and voxel-based assessments in amyloid-vulnerable regions. These findings contribute to a more sophisticated comprehension of the localized deficits in glymphatic clearance associated with AD.

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#### CONFLICT OF INTEREST STATEMENT

The authors have no relevant financial or non-financial interests to disclose. All the authors declare no competing interest in the present study. Author disclosures are available in the supporting Information.

#### CONSENT STATEMENT

All studies were approved by the Weill Cornell Medicine Institutional Review Board and written informed consent was obtained from all participants.

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#### SUPPORTING INFORMATION

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