

REVIEW

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Epithelial-mesenchymal transition orchestrates tumor microenvironment: current perceptions and challenges

Yuqi Xie¹, Xuan Wang^{1,2}, Wenquan Wang^{1,2}, Ning Pu^{1,2} and Liang Liu^{1,2*}

Abstract

The epithelial-mesenchymal transition (EMT) is a critical process in cancer progression, facilitating tumor cells to develop invasive traits and augmenting their migratory capabilities. EMT is primed by tumor microenvironment (TME)-derived signals, whereupon cancer cells undergoing EMT in turn remodel the TME, thereby modulating tumor progression and therapeutic response. This review discusses the mechanisms by which EMT coordinates TME dynamics, including secretion of soluble factors, direct cell contact, release of exosomes and enzymes, as well as metabolic reprogramming. Recent evidence also indicates that cells undergoing EMT may differentiate into cancer-associated fibroblasts, thereby establishing themselves as functional constituents of the TME. Elucidating the relationship between EMT and the TME offers novel perspectives for therapeutic strategies to enhance cancer treatment efficacy. Although EMT-directed therapies present significant therapeutic potential, the current lack of effective targeting approaches—attributable to EMT complexity and its microenvironmental context dependency—underscores the necessity for mechanistic investigations and translational clinical validation.

Keywords Epithelial-mesenchymal transition (EMT), Tumor microenvironment (TME), Tumor progression, Plasticity

Introduction

The epithelial-mesenchymal transition (EMT) is a reversible process operative in physiological and pathological contexts, marked by progressive loss of epithelial traits (e.g., cell–cell adhesion, apical-basal polarity) and concomitant adoption of mesenchymal phenotypes [1–3]. Although EMT plays pivotal roles in embryonic development and wound healing, its pathological activation drives carcinoma aggressiveness through augmented cellular motility and invasiveness [4, 5]. Accumulating evidence links EMT with cancer stem cells (CSCs)

generation, thereby implicating this process in tumorigenesis [6–9]. Notably, EMT confers therapeutic resistance and facilitates immune escape mechanisms in malignant cells [8–11].

The EMT process does not occur spontaneously but is initiated by various signals from the surrounding tumor microenvironment (TME), a heterocellular ecosystem comprising immune cells, fibroblasts, endothelial cells and adipocytes all embedded within the extracellular matrix (ECM) [12]. TME-derived signals orchestrate epigenetic reprogramming of core EMT transcription factors (EMT-TFs), including SNAIL, TWIST, and ZEB family members. These master regulators execute EMT programming through transcriptional suppression of epithelial markers (e.g., E-cadherin-encoding CDH1) and coordinated induction of mesenchymal effectors (e.g., vimentin, fibronectin, N-cadherin) [13]. Extensive research over recent decades has established the TME

*Correspondence:

Liang Liu
liu.liang@zs-hospital.sh.cn

¹ Department of Pancreatic Surgery, Zhongshan Hospital, Fudan University, 180 Fenglin Road, Shanghai 200032, People's Republic of China

² Cancer Center, Zhongshan Hospital, Fudan University, Shanghai 200032, China



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as a key driver of cancer progression via bidirectional tumor-stroma crosstalk. However, the TME is not always a driving force behind malignancy. During early tumorigenesis, immune populations predominantly exhibit tumor-suppressive activity. Yet, malignant cells rapidly acquire immune-evasion capacities through intrinsic reprogramming and TME remodeling, fostering pro-tumorigenic niches [14]. This tumor-educated microenvironment—featuring immunosuppressive immune landscapes, activated stromal networks, and remodeled ECM architecture—collectively establishes a tumor-promoting milieu. This reciprocal co-evolution between tumor cells and their microenvironment underscores the remarkable adaptive plasticity of neoplastic ecosystems.

Substantial research efforts have elucidated EMT initiation mechanisms. Current paradigms position TME as inducers, EMT-TFs as regulators, and mesenchymal-associated proteins as terminal effectors in EMT execution. Emerging studies reveal EMT functions not merely as a TME-responsive program but rather as an active microenvironmental remodeler. This reciprocal relationship involves TME-mediated EMT induction followed by EMT-driven TME reconstitution. This review analyzes how EMT activation reprograms the TME landscape, ultimately influencing tumor

progression trajectories and modulating responses to conventional therapeutics.

Multifaceted signaling: EMT-driven command of surrounding cells

Soluble secreted factors

EMT-reprogrammed tumor cells acquire enhanced paracrine signaling capacity, enabling intercellular communication within the TME via secreted mediators. This regulatory axis comprises three principal components: (i) chemokines, (ii) immunosuppressive ligands, and (iii) angiogenic factors, collectively driving stromal reprogramming and tumor evolution (Fig. 1).

Chemokines

The EMT master transcriptional factor SNAIL, first characterized for its E-cadherin-repressive function in EMT initiation [15], exhibits broader transcriptional regulatory capacities. Emerging studies demonstrate SNAIL’s dual regulatory role: activating mesenchymal gene programs while enhancing tumor proliferation and upregulating CXCL1/CXCL2 to recruit myeloid-derived suppressor cells (MDSCs) into ovarian cancer TME [16]. Additionally, SNAIL directly binds to the E-box of IL-8 (also known as CXCL8), promoting its expression [17]. These chemokines, which share receptors on neutrophils, play

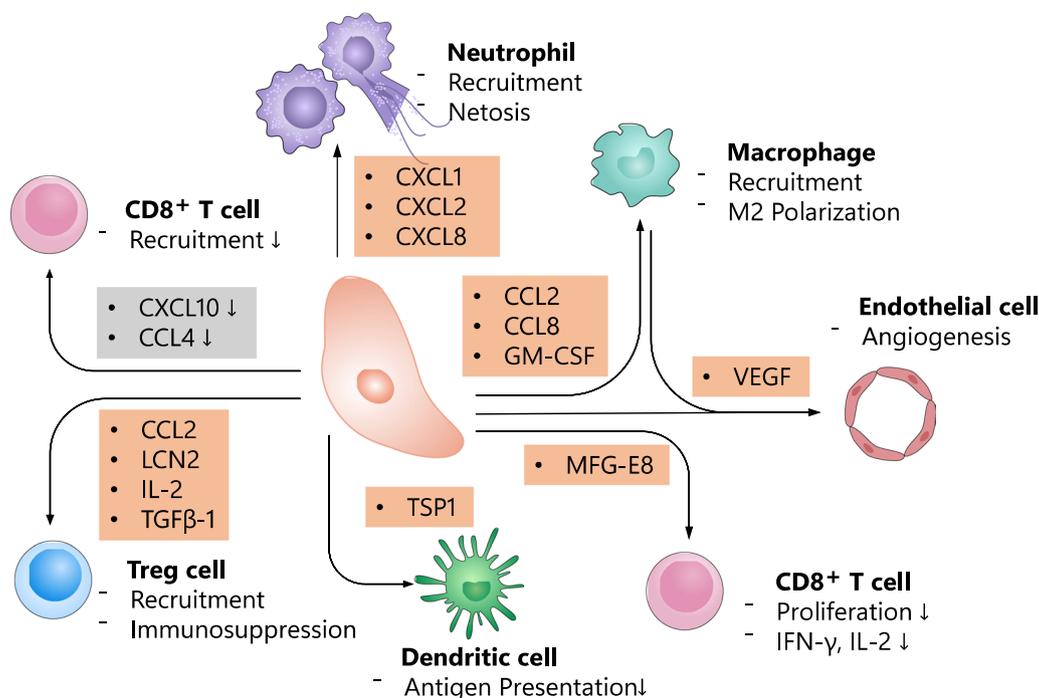


Fig. 1 EMT-induced paracrine secretion. EMT reprograms tumor cell secretomes, releasing soluble mediators that can influence the neighboring cells. The key impact of this paracrine signaling is on immune cells, affecting their recruitment, function, and phenotypic changes

crucial roles in mediating neutrophil chemotaxis and NETosis, a neutrophil-specific form of death linked to tumor metastasis in numerous oncology studies [18, 19].

Other key regulators of EMT, such as ZEB1 and TWIST1, are often expressed at the invasive front of tumors, steering cancer cells toward a pro-invasive, mesenchymal phenotype. This region also attracts macrophages (M ϕ), and the interplay between EMT and M ϕ chemoattractants may clarify this spatial relationship. Seminal work by Low-Marchelli et al. established TWIST1 as a direct inducer of CCL2 via gain/loss-of-function studies in mammary epithelium [20]. In cervical cancer, ZEB1 was shown to bind the CCL8 promoter and activate its transcription, thereby recruiting M ϕ through CCR2/NF- κ B signaling [21]. Beyond these established chemotactic signals for M ϕ migration [22], EMT-dependent cytokines also direct M ϕ polarization towards pro-tumorigenic phenotypes. Su et al. observed that conditioned medium (CM) from mesenchymal-like breast cancer cell lines contains more tumor-promoting cytokines compared to their epithelial-like counterparts, a pattern replicated in MCF-7 cells undergoing EMT by treatment of transforming growth factor- β (TGF- β), tumor necrosis factor- α (TNF- α), or prolonged mammosphere culture [23]. Notably, GM-CSF, IL-8, CCL2, the GRO family of cytokines (GRO α , GRO β , and GRO γ) were significantly elevated in the CM of mesenchymal-like cells, consistent with findings in other cancer types as NF- κ B target genes. However, only GM-CSF prominently induced cytokine production associated with tumor-associated macrophage (TAM), highlighting its essential role in their activation. The other cytokines may contribute to different functions: CCL2 aids in monocyte recruitment, GROs facilitate neutrophil recruitment, and IL-8 supports angiogenesis. This suggests that the outcomes of EMT are complex, with various soluble factors working together to create a conducive environment for tumor progression. Similar to ZEB1 and TWIST1, SNAIL can also activate TAM-related target genes involved in their recruitment and polarization. Hsu et al. demonstrated that the acetylation status of SNAIL dictates its role as either an activator or repressor [24]. Their ChIP experiments showed that acetylated SNAIL binds to the promoters of activated target genes, while non-acetylated SNAIL binds to those of repressed genes within the same cells. Remarkably, acetylated SNAIL retains its ability to drive EMT by inducing ZEB1 expression, which directly represses E-cadherin, illustrating the complementary functions of these transcription factors.

Since EMT-TFs typically exert transcriptional repression on their target genes, it is not surprising that the EMT process is often associated with the downregulation of certain cytokines. In hepatocellular carcinoma (HCC),

SNAIL-mediated CXCL10 suppression diminishes CD8⁺ T cell infiltration, resulting in immunosuppression and resistance to anti-PD1 therapy [25]. Similarly, in melanoma, ZEB1 binds to the promoters of CXCL10 and CCL4, leading to decreased secretion of these cytokines, which may impair CD8⁺ T cell recruitment. Consistent with this mechanism, knockdown of ZEB1 potentiates immune checkpoint blockade (ICB) efficacy in preclinical models [26].

Immunosuppressive ligands

Mesenchymal-state tumor cells secrete soluble effectors that can directly impair T cell function. A parallel screening using CRISPR whole-genome knockdowns identified milk fat globule-EGF factor 8 (MFGE8) as a key immunosuppressive factor secreted by mesenchymal cancer cells, impairing CD8⁺ T cell proliferation and interferon- γ (IFN- γ)/TNF- α production [27]. This mechanism aligns with previous findings in esophageal cancer, where MFGE8 expression was linked to T cell exclusion [28]. Notably, MFGE8 itself induces TWIST/SNAIL expression in melanoma cells, establishing a self-reinforcing EMT-immunosuppression loop [29].

Beyond direct immune cell inhibition, mesenchymal cells favor immunosuppressive Treg generation. SNAIL-expressing cells compromises dendritic cell (DC) functionality via thrombospondin-1 (TSP1) secretion and meanwhile induces CD4⁺Foxp3⁺ regulatory T cells (Tregs) [30]. Similarly, in cholangiocarcinoma (CCA), aPKC- ι /SNAIL-induced CCA cells with EMT-like features generate immunosuppressive CD4⁺CD25⁻ Tregs through the action of regulatory-inducible cytokines, including TGF- β 1 and IL-2 [31]. Targeting SNAIL may reduce Tregs and increase the presence of tumor-specific tumor-infiltrating lymphocytes (TILs), presenting a potential strategy to enhance the effectiveness of immunotherapy [30].

Angiogenesis factors

The vasculature plays a crucial role in the TME, providing essential oxygen and nutrients and enabling hematogenous metastasis. SNAIL family member, SLUG, promotes ovarian cancer angiogenesis primarily through vascular endothelial growth factor (VEGF)-mediated endothelial cell survival and proliferation [32]. A similar phenomenon occurs in breast cancer, where ZEB1 upregulates VEGF expression and stimulates angiogenesis through paracrine mechanisms [33]. Additionally, a study on the antitumor drug Thalidomide in non-small cell lung cancer (NSCLC) identified a novel FGD5-AS1/miR-454-3p/ZEB1-VEGF axis, confirming that EMT-TF not only drive the EMT process but also facilitate the release of VEGF to promote angiogenesis [34].

Tumor cells undergoing EMT produce increased levels of VEGF to promote angiogenesis and may also exert pro-angiogenic effects via a non-cell autonomous mechanism. CM from primary ovarian tumor cells with a mesenchymal phenotype can induce the differentiation of monocytes into a pro-angiogenic CD14⁺/KDR⁺ population, creating a TME conducive to angiogenesis and metastasis [35]. Additionally, experiments involving Mφ depletion and CCL2 rescue in mammary tumor cells indicate that CCL2-dependent Mφ recruitment is essential for TWIST1's ability to promote angiogenesis in vivo [20].

Vimentin, a type III intermediate filament protein, is commonly recognized as a marker for EMT. During EMT, the upregulation of vimentin expression leads to the cytoskeleton rearrangement, enhancing the cell's motility [36]. Recent research has also illuminated its functions outside the cell [37]. Soluble extracellular vimentin has been shown to mimic the action of VEGF as a pro-angiogenic factor [38]. Furthermore, soluble vimentin can influence inflammation and immune responses by interacting with pattern recognition receptors like Dectin-1 and the NLRP3 inflammasome, affecting immune signaling pathways [39, 40]. Conversely, extracellular vimentin may inhibit adaptive immune responses by blocking

DCs' secretion of pro-inflammatory cytokines [41]. These findings highlight the diverse roles of soluble vimentin beyond its traditional structural functions within the cytoskeleton. While current research primarily focuses on vimentin as an intracellular marker for EMT, the functional significance of extracellular vimentin in this context warrants further investigation.

Cell-cell junctions

Immune checkpoints serve as essential regulators of the immune system, modulated by ligand-receptor interactions to prevent autoimmune diseases and excessive inflammation. However, tumors exploit these checkpoints to achieve immune escape. As tumor cells transform into a mesenchymal phenotype, their cell surface characteristics undergo significant changes, leading to the transmission of distinct signals to neighboring cells (Fig. 2).

PD-L1, CD47 and B7-H3

A strong correlation between EMT status and immune checkpoint expression has been observed across various cancers. Definition of EMT status vary among studies, typically relying on classical epithelial/mesenchymal markers and EMT-TFs as phenotypic indicators.

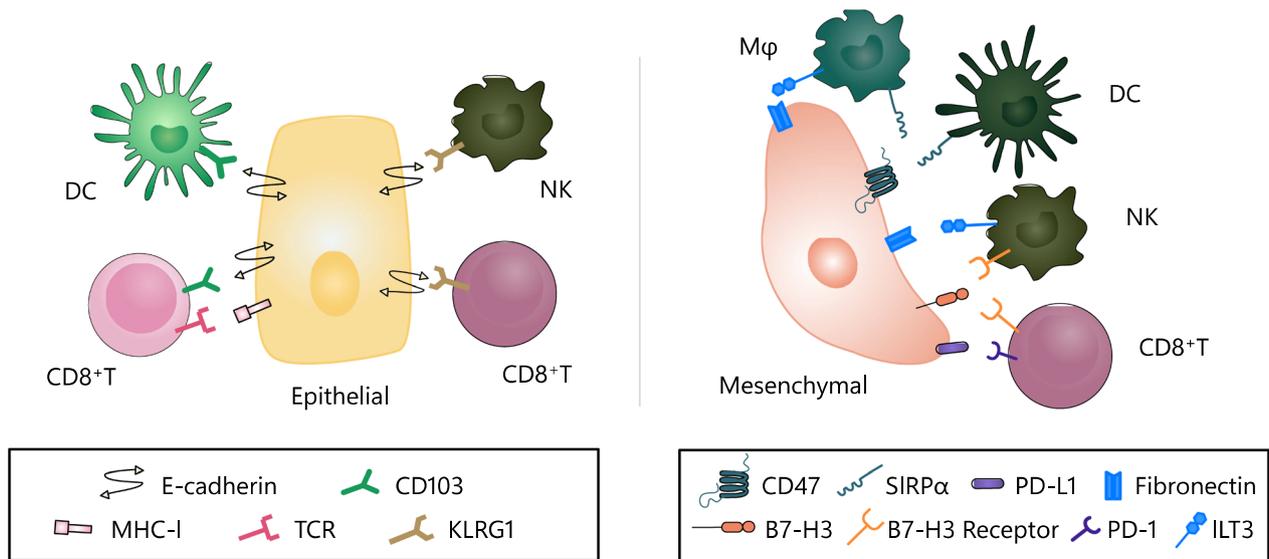


Fig. 2 Tumor cells in E/M states exhibit distinct surface markers. Epithelial-state tumor cells express higher levels of E-cadherin and Major Histocompatibility Complex (MHC), which can serve as antigens to activate DCs and CD8⁺ T cells. In contrast, when tumor cells transition to a mesenchymal state, they downregulate these two molecules, effectively evading immune detection. On the other hand, E-cadherin can also bind to KLRG1 on the surface of natural killer (NK) cells and CD8⁺ T cells, reducing the proliferation and cytotoxic capabilities of these immune cells. Mesenchymal cells upregulate several immunosuppressive ligands on their surface, including CD47, programmed death ligand 1 (PD-L1), and B7-H3. CD47 interacts with signal regulatory protein α (SIRPα) to deliver a “don’t eat me” signal, weakening the phagocytic function of Mφ and DCs. PD-L1, famous as a clinical immune checkpoint, binds to programmed death protein 1 (PD-1) to inhibit immune responses. B7-H3 also exerts broad immunosuppressive effects by affecting CD8⁺ T cell proliferation, cytokine secretion, and NK cell cytotoxicity. Fibronectin, a classic mesenchymal cell marker, interacts with ILT3 on myeloid cells and NK cells thereby weakening their immune response

Bioinformatics studies utilizing transcriptomic data have shown that high EMT scores, characterized by multiple mesenchymal markers, positively correlate with PD-L1 expression in breast cancer, HCC, oral squamous cell carcinoma and pan-cancer groups [42–45].

Immunofluorescence staining of patient tissues provides a clear demonstration of this association at protein level. In head and neck squamous cell carcinoma (HNSCC) (n=50), PD-L1 expression significantly correlates with EMT status, indicated by high vimentin and low E-cadherin levels [46]. Similarly, in extrahepatic CCA (n=117), PD-L1 expression is correlated with elevated ZEB1, N-cadherin, and vimentin, along with reduced E-cadherin [47]. Kim et al. further reinforced this relationship in a larger cohort of pulmonary adenocarcinoma (pADC) cases (n=409) [48]. Comparable findings have also been reported in breast cancer and esophageal squamous cell carcinoma [11, 49].

Three mechanistic frameworks may explain the correlation between EMT and PD-L1 expression: (i) common upstream activation (ii) EMT-driven PD-L1 upregulation, (iii) PD-L1-mediated EMT induction.

Signaling molecules from the TME interact with receptors on tumor cells, activating intracellular pathways that initiate the EMT process. Many of these pathways are also crucial for PD-L1 upregulation across various cancers. For instance, epidermal growth factor receptor (EGFR) triggers EMT through the MEK–ERK signaling pathway [1]. Additionally, EGF activates the JAK2–signal transducer and activator of STAT3 pathway, promoting EMT in multiple cancers. In NSCLC, triple negative breast cancer (TNBC) and HNSCC, EGFR signaling also enhances PD-L1 expression [50]. The overlapping pathways suggest that EMT and PD-L1 expression can be induced by a common stimulus. Therapeutic targeting of these nodes may dually suppress EMT and PD-L1. For example, mTORC1/2 inhibition concomitantly attenuates EMT and PD-L1, potentiating anti-tumor immunity in NSCLC [51].

Studies across malignancies have established a clear causal relationship between EMT-TFs and PD-L1, suggesting a direct regulatory connection rather than merely two branches of the same pathway. In diffuse large B cell lymphoma, ZEB1 not only upregulates PD-L1 but also induces CD8⁺ T cell apoptosis via the PD-1/PD-L1 signaling [52]. In gastric cancer, ZEB1 upregulates PD-L1 expression, inhibiting T cell proliferation and suppressing IL-2 secretion [53]. Similarly, in colorectal cancer (CRC), ZEB1 positively regulates PD-L1, while biochanin A can downregulate PD-L1 by inhibiting ZEB1 expression [54]. Moreover, silencing ZEB1 via RNA interference has been shown to reduce both mRNA and protein levels of PD-L1 in esophageal squamous cell lines [49]. The regulatory

influence of ZEB1 on PD-L1 likely stems from ZEB1 binding sites located in the promoter region of PD-L1, with mutation of these sites abolishing ZEB1's regulatory effect [55].

MicroRNAs (miRNAs) regulate target genes post-transcriptionally by promoting mRNA degradation or inhibiting translation, which leads to reduced protein levels. The miR-200 family, consisting of five members (miR-200a, 200b, 429, 200c, and 141), directly targets ZEB1 for inhibition, while ZEB1 can bind to the miR-200 motif to suppress its transcription [56]. This interaction creates a double-negative feedback loop that mutually regulates ZEB1 and miR-200, influencing the EMT process. In breast cancer, ZEB1's effect on PD-L1 was found to be antagonized by miR-200, which not only silenced ZEB1 but also reduced PD-L1 expression—an effect not observed with other EMT-TFs like SNAIL, TWIST, or SLUG [57]. In NSCLC, ectopic miR-200b/a/429 expression in highly metastatic cancer cells increased numbers of proliferating and granzyme B⁺ CD8⁺ T cells and a decrease the exhausted CD8⁺ T cells (PD1⁺/TIM3⁺), ultimately suppressing metastases [42]. Additionally, in hepatitis B, miR-200c overexpression counteracts HBV-mediated PD-L1 expression by directly targeting the 3'-UTR of CD274 (which encodes PD-L1), thereby reversing antiviral CD8⁺ T cell depletion [58].

Beyond PD-L1, multiple immune checkpoints are associated with a more mesenchymal tumor phenotype. Overexpression of SNAIL1 or ZEB1 in epithelial-type breast cancer cells induces EMT with concomitant CD47 upregulation. Conversely, targeting SNAIL1 or ZEB1 with siRNA in mesenchymal-type breast cancer cells reverts EMT and downregulates CD47 [59]. Mechanistically, SNAIL1 and ZEB1 enhance CD47 expression by binding directly to E-box in the CD47 promoter, allowing cancer cells to evade Mφ phagocytosis. A study in pancreatic cancer identified a miRNA that dually inhibit EMT and CD47 expression. This dual inhibition reprograms TME immune landscapes, increasing the proportion of DCs, CD8⁺ T cells, and natural killer T cells (NKT) in the tumor and enhancing anti-tumor immunity [60].

PD-L1 itself reinforces EMT progression via tumor cell-intrinsic signaling. In renal cell carcinoma (RCC), PD-L1 can induce EMT and enhance RCC cell stemness through upregulating SREBP-1c [61]. In glioblastoma multiforme (GBM), PD-L1 contributes to the malignancy and aggressiveness of GBM cells by binding to Ras and activating the downstream ERK/EMT signaling pathway [62]. Similarly, in nasopharyngeal cancer, PD-L1 prominently activates the EMT process in a PI3K/AKT-dependent manner [63]. In human esophageal cancer cells, increased PD-L1 expression is associated with the

promotion of the EMT phenotype [64]. Moreover, downregulation of PD-L1 in breast cancer cells resulted in signs of EMT reversal, suggesting a bi-directional cross-talk between EMT and PD-L1 expression [43]. PD-L1 has also been reported to promote EMT by downregulating E-cadherin and upregulating SLUG and TWIST in skin epithelial cells [65].

Shrestha et al. developed a reversible EMT model using a HCC cell line and discovered that TGF- β 1-induced EMT resulted in the upregulation of PD-L1 and B7-H3. Importantly, reversing EMT led to decreased expression of both PD-L1 and B7-H3, while knockdown of B7-H3 facilitated the reversal of TGF- β 1-driven EMT [66]. B7-H3, also known as CD276, is an immunomodulatory protein from the B7 family of immune checkpoint molecules. It has been shown to suppress CD8⁺ T cell activation, proliferation, and cytokine production, diminish NK cell-mediated tumor cell lysis, and increase the infiltration of Tregs [67–69].

Given the relationship between EMT and immune checkpoints, targeting key nodes in the EMT process may offer promising therapeutic strategies, either alone or in combination with ICB for enhanced efficacy.

E-cadherin

E-cadherin is a glycoprotein critical for cell–cell adhesion, acting as a molecular glue that maintains tissue integrity. E-cadherin loss represents an EMT hallmark, facilitating cellular movement and enhancing the invasive and metastatic capabilities of cancer cells [1]. This phenomenon, characterized by the concurrent upregulation of N-cadherin and downregulation of E-cadherin, is known as cadherin switching.

Beyond structural roles, E-cadherin engages immune cell receptors to modulate antitumor responses. For instance, E-cadherin can bind to KLRG1, an inhibitory receptor found on NK cells and various T cells, including CD8⁺ T cells, CD4⁺ T cells, and Tregs [70–73]. E-cadherin-KLRG1 interactions suppress the proliferation and cytotoxic capabilities of CD8⁺ T cells and NK cells. Importantly, this effect can be reversed by using antibodies that inhibit the KLRG1-E-cadherin interaction [74–76].

E-cadherin can also bind to the α E(CD103) β 7 heterodimer, which is expressed on immune cells such as T lymphocytes, mediating immune cell retention in epithelial tissues to potentiate immunosurveillance. Within TME, this adhesive interaction supports localized immune activation and effector function execution against malignant cells. Studies demonstrate interactions between α E(CD103) β 7 and E-cadherin on tumor cells enhance cytotoxic T lymphocyte (CTLs)-mediated lysis in lung cancer and pancreatic cancer [77, 78]. Additionally,

CD103 serves as a marker for a specific subset of DCs that play critical roles in immune defense, such as inducing Tregs to maintain tolerance and presenting antigens to CD8⁺ T cells [79, 80].

Major histocompatibility complex (MHC)/human leukocyte antigen (HLA)

EMT downregulates surface MHC class I/HLA molecules in breast cancer, impairing antigen presentation to T cells. This molecular camouflage enables immune evasion from CTL-mediated killing [81, 82]. Similarly, in NSCLC cells with mesenchymal phenotypes, a decline in immunoproteasome components has been noted. These components are essential for generating peptides that bind onto HLA molecules, a prerequisite for efficient antigen presentation [83, 84]. Collectively, these defects in antigen presentation machinery drive immunotherapy resistance by evading T cell recognition [85].

Fibronectin

Fibronectin is also a classic marker associated with the mesenchymal cell state [13] and serves as a physiological ligand for immunoglobulin-like transcript 3 (ILT3; also known as LILRB4) [86]. ILT3, highly expressed on tumor-associated myeloid cells, promotes their suppressive phenotype [87]. Fibronectin-ILT3 engagement drives myeloid cell suppression, reversible by anti-ILT3 blockade. Furthermore, ex vivo treatment of human tumor explants with anti-ILT3 antibodies reprogrammed tumor-associated myeloid cells into a stimulatory phenotype [88]. Activated NK cells paradoxically upregulate ILT3, sensitizing them to fibronectin-mediated inhibition [89]. Fibronectin-ILT3 binding quenches NK cell activation pathways while transmitting inhibitory signals, suppressing cytotoxic function.

Extracellular vesicles

Extracellular vesicles (EVs) represent lipid-bilayer nanoparticles secreted by donor cells, transporting proteins, nucleic acids, and lipids. Through recipient cell internalization, these vesicles facilitate paracrine-like effects, and serves as important mediators of intercellular communication [90]. Among the various cargo, miRNAs are the most stable components of EVs, and there is evidence suggesting they may be selectively loaded into these vesicles [91, 92]. Cancer cells undergoing EMT promote an immunosuppressive environment via miRNA-rich exosome delivery to surrounding cells.

SNAIL-expressing human HNSCC cells release exosomes containing miR-21, which are then internalized by CD14⁺ monocytes, driving M2-like polarization of TAMs [93]. Further studies have shown that these SNAIL-driven, miR-21-rich exosomes inhibit

NLRP3 inflammasome activity in M ϕ , resulting in a poorer response to chemotherapy in HNSCC patients [94]. Another miRNA implicated in M2 polarization of TAMs is miR-106b, also found in exosomes from EMT cells. Yang et al. demonstrated that CRC cells secrete more exosomes during EMT, which promote M ϕ polarization via miR-106b transfer [95]. These EMT-derived exosomes activate M ϕ , facilitating the intravasation of tumor cells and enhancing the generation of circulating tumor cells (CTCs) through a feedback loop, thereby supporting liver and lung metastasis in CRC.

Also in CRC, Bhome et al. identified reduced miR-200 family members (miR-200a/b/c/141) in mesenchymal CRC cells and their EVs versus epithelial states [96]. MiR-200 acts as a counterbalance to ZEB1 in tumor cells. Delivered to fibroblasts via exosomes, miR-200 reduces stromal ZEB1 levels and decreases sensitivity to TGF- β -mediated myofibroblastic differentiation. Conversely, lower levels of miR-200 allow fibroblasts to differentiate more freely in response to TGF- β signaling. This regulatory axis underlies CAF accumulation in mesenchymal CRC subtypes.

Beyond miRNAs, EV cargo incorporates metabolic intermediates and biosynthesis products reflecting cellular state changes [97]. There remains significant potential for exploration regarding the various substances released into the TME via EVs during EMT. Systematic characterization of EMT-EV cargo may reveal novel mechanisms governing tumor-stroma communication.

Metabolic changes: EMT-enhanced tumor cell survival at the expense of immune function

Metabolites exert pivotal roles in the TME, serving as fuel for energy production, building blocks for synthesis, or waste products that can disrupt normal cellular processes. Striking metabolic divergence exists between normal and malignant cells, given that tumors must simultaneously sustain proliferation while acquiring invasive capabilities under nutrient-deprived conditions. This phenomenon is illustrated by the Warburg effect, where tumors exhibit enhanced aerobic glycolysis, converting sugars into lactic acid even in the presence of oxygen, at levels far exceeding normal tissues [98]. Mesenchymal cells may also have distinct metabolic requirements compared to epithelial cells, particularly due to their enhanced motility [99]. Therefore, the phenotypic changes associated with EMT are often accompanied by metabolic reprogramming to meet heightened energy demands.

Shaul et al. analyzed the expression of metabolic genes in cancer cells expressing mesenchymal markers using publicly available data from nearly 1000 cancer cell lines, and identified 44 metabolic genes that exhibited generally

high expression, termed the Mesenchymal Metabolic Signature (MMS) [100]. Furthermore, these genes were also found to be upregulated in human mammary epithelial cells upon induction of EMT by TWIST1 expression. These findings establish that mesenchymal cells adopt a distinct metabolic pattern compared to their epithelial counterparts (Fig. 3).

Glucose metabolism

The crosstalk between intracellular metabolic reprogramming and extracellular microenvironment manifests through substrate consumption and byproduct release. Specifically, EMT-mediated metabolic changes exacerbate enhanced glycolysis, directly reducing glucose availability while increasing lactate levels in the TME.

Glucose transporter 1 and 3 (GLUT1 and GLUT3) facilitate glucose uptake independently of insulin. Malignant cells frequently overexpress GLUT1/GLUT3, a biomarker associated with adverse clinical outcomes [101, 102]. In laryngeal cancer cells, a correlation has been observed between GLUT1 expression and the EMT markers vimentin and N-cadherin [103]. In NSCLC mesenchymal cells, ZEB1 orchestrates GLUT3 upregulation, highlighting its non-redundant role in EMT progression [104].

Besides glucose transporters, a variety of glycolytic enzymes are closely associated with the EMT process. The loss of fructose 1,6-bisphosphatase (FBP1) in basal-like breast cancer, mediated by SNAIL, enhances glycolysis, leading to elevated glucose uptake, macromolecule biosynthesis, the formation of tetrameric pyruvate kinase M2 (PKM2), and sustained ATP production under hypoxic conditions [105]. Ectopic ZEB1 directly increases the transcriptional expression of key glycolytic enzymes, including hexokinase 2 (HK2), phosphofructokinase (PFKP), and PKM2, which are crucial for regulating glycolytic rates, thereby promoting the Warburg effect [106, 107].

The metabolic dysregulation of tumor cells imposes nutrient competition on infiltrating immune cells, impairing their normal physiological functions. Tumor cells preferentially utilize aerobic glycolysis to break down glucose for ATP production, resulting in decreased glucose availability and increased lactate levels in the TME. The glucose-deficient, lactate-rich environment adversely affects T-cell function and antitumor immunity, while also promoting M ϕ polarization toward the M2 phenotype [108].

Lactate, a prominent byproduct of aerobic glycolysis, is prevalent in the TME and significantly impacts both cancer cells and immune cells [109]. Elevated lactate concentrations and decreased pH reprograms immune cell phenotypes, fostering immunosuppression via multiple

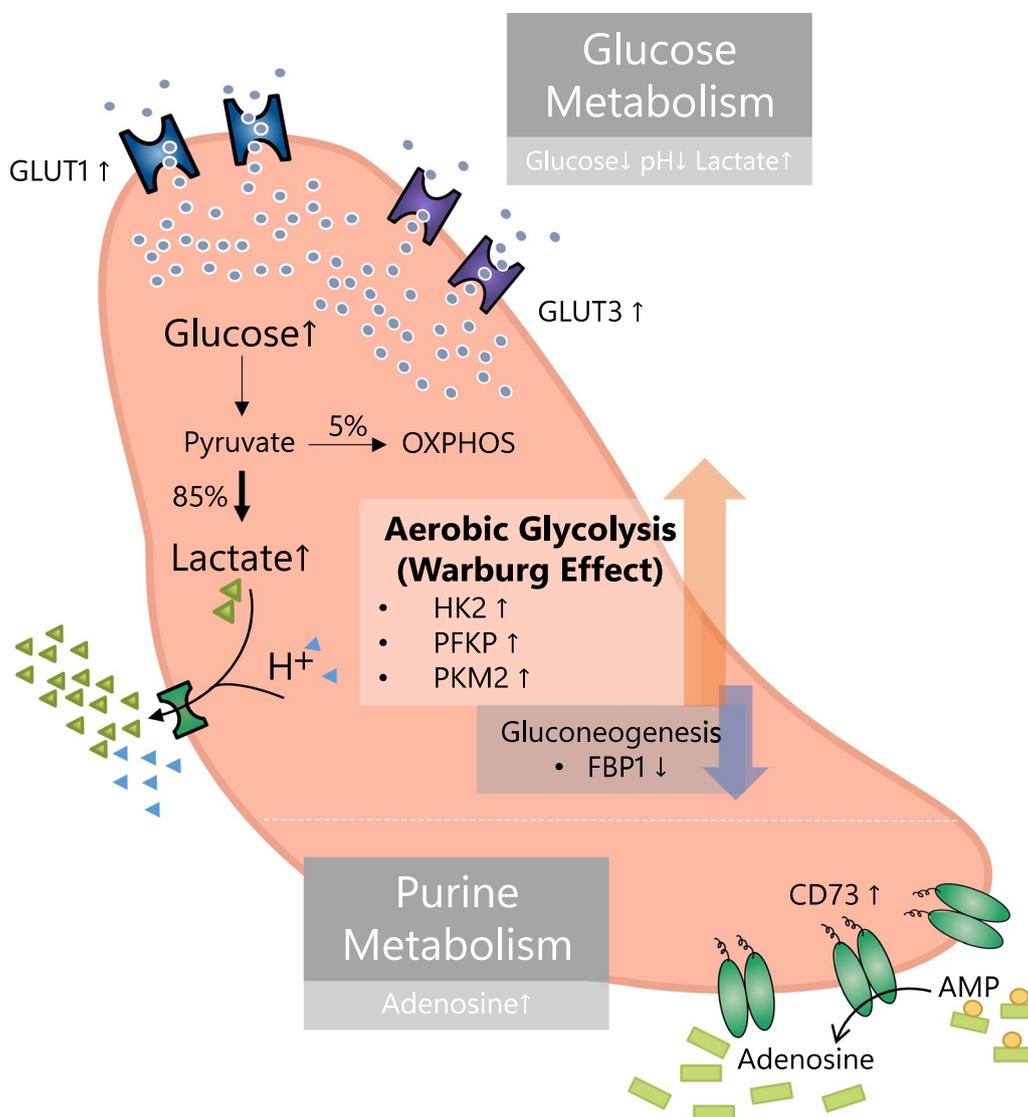


Fig. 3 EMT-Associated Metabolic Rewiring Shapes Immunosuppressive Niches. To meet increased energy demands, mesenchymal cells upregulate two glucose transporters, aggressively depleting glucose from the environment and creating a glucose-deficient state. Changes in the expression of metabolic enzymes and reduced gluconeogenesis further enhance glycolysis. The upregulation of glycolysis-related enzymes accelerates aerobic glycolysis, leading to the production of large amounts of lactate and H⁺, which are released into TME. Additionally, mesenchymal cells exhibit a significant increase in CD73 expression, an enzyme that converts AMP into adenosine. This leads to the accumulation of adenosine, a known immunosuppressant, within TME

mechanisms. Lactate enhances the expression of collagen family genes in prostate cancer cells and signals Mφ to reduce inflammasome activation and pro-inflammatory cytokine production [110]. Additionally, the lactate-induced pH reduction in the TME leads to decreased production of IFN-γ and IL-2 by CTLs [111], as well as inducing their apoptosis [112]. In breast cancer, both increased lactate levels and enhanced GM-CSF production are necessary for activating Mφ to adopt an anti-inflammatory phenotype [23]. Critically, acidification by

lactate—rather than HCl—induces M2-like TAM polarization, underscoring that lactate, rather than a simple pH drop, is responsible for these effects on Mφ [23, 106].

Purine metabolism

EMT-associated metabolic reprogramming extends to extracellular adenosine metabolism—a potent immunosuppressive axis. The ectonucleotidase CD73 (NT5E) catalyzes AMP-to-adenosine conversion at

tumor cell surfaces, driving immunosuppressive adenosine accumulation in the TME [113].

Hasmim et al. found that SNAIL1 expression in the epithelial-like TNBC cell line MDA-MB-468 results in CD73 upregulation by direct binding to E-box motif in the CD73 promoter. This SNAIL1-dependent increase in CD73 leads to elevated levels of extracellular adenosine, which impairs NK cell cytotoxicity and proliferation by binding to A2a receptors expressed on NK cells. This mechanism contributes to the enhanced immunosuppressive properties of TNBC [114].

Adenosine receptors are widely expressed across immune cells (CTLs, M ϕ , DCs), thereby exerting a broader immunosuppressive effect [115, 116]. Turcotte et al. revealed that human mammary cells undergoing EMT upregulate CD73 expression on their surface, promoting TME adenosine accumulation. This accumulation affects the number and function of infiltrating immune cells [116]. Their investigation focused on the impact of CD73 on trastuzumab therapy in HER2-positive breast cancer, where trastuzumab is an anti-ErbB2 monoclonal antibody that targets HER2 signaling and stimulates antitumor immunity. They observed decreased levels of NK, CD4⁺, and CD8⁺ T cells, along with increased Tregs and myeloid cells, contributing to resistance to trastuzumab. Co-blockade of CD73 and HER2 synergistically restored treatment sensitivity.

Gene Ontology (GO) enrichment analysis links CD73 to ECM remodeling pathways [117]. CD73 showed a positive correlation with several genes involved in ECM organization, including lysyl oxidase (LOX), lysyl hydroxylase 2 (PLOD2), cathepsin K (CTSK), integrin subunit alpha 11 (ITGA11), matrix metalloproteinase-13 (MMP-13). Investigating the effects of adenosine signaling on these genes could provide valuable insights into the relationships among EMT, CD73 expression and TME remodeling.

ECM dynamics: enzymatic contributions from EMT

The ECM is a three-dimensional network of macromolecules that provides structural and biochemical support to surrounding cells. Compared with normal epithelial cells, tumor cells and CAFs significantly contribute to the ECM by supplying a wealth of its components [118]. Additionally, they produce enzymes that remodel the ECM, such as LOX family and matrix metalloproteinases (MMPs). LOX catalyzes collagen crosslinking for ECM stiffening, whereas MMPs mediate proteolytic ECM degradation [119, 120]. Although their roles may seem contradictory, both enzymes drive tumor progression and metastatic competence (Figs. 4 and 5).

LOX

Collagen, as the predominant ECM component, dictates mechanical strength and biological properties of ECM. Analysis of transcriptome data from the TCGA database revealed a strong positive correlation between collagen-associated genes and EMT signatures in lung cancer, validated through immunohistochemical staining of patient specimens. Subsequent *in vivo* and *in vitro* experiments confirmed that lung cancer cells undergoing EMT are directly responsible for increased collagen levels in the ECM. The ZEB1/miR-200 axis specifically controls the expression of LOX and lysyl oxidase like 2 (LOXL2), independent of other EMT-TFs like SNAIL [121]. The LOX family facilitates the conversion of lysine residues in collagen—primarily type I collagen—and elastin precursors into highly reactive aldehydes, initiating cross-linking and stabilization of these proteins [122].

The stiffening of the ECM establishes a positive feedback loop between LOX and the EMT process. Mechanoreceptors, primarily integrins, transmit mechanical signals into the cell, activating downstream signaling pathways such as the focal adhesion kinase (FAK) and the Rho/Rho-associated protein kinase (ROCK) pathway and culminating in EMT-TF (SNAIL, TWIST, ZEB) activation [119].

Furthermore, LOX confers chemoresistance. A denser and stiffer ECM acts as a barrier, restricting the penetration of anticancer drugs into tumors [123]. Inhibiting LOX can reduce collagen cross-linking and fibronectin assembly, thereby enhancing the permeability of therapeutic drugs and their efficacy [124–126].

ECM rigidity impairs immune surveillance through both physical exclusion and functional suppression of infiltrating immune cells [127–131]. Stiff environments can prompt M ϕ to adopt a pro-inflammatory phenotype, impairing their phagocytic capabilities. In contrast, softer conditions encourage M ϕ to take on an anti-inflammatory and highly phagocytic phenotype [132, 133]. Emerging data established collagen deposition as a key immune evasion mechanism. In NSCLC, insufficient responses to ICB correlates with collagen deposition pathways. Preclinical models have shown that inhibiting collagen deposition can enhance the effectiveness of anti-PD-1 immunotherapy, suggesting a potential therapeutic strategy to improve immune responses in tumors [134].

MMPs

EMT initiation coincides with EMT-TF-driven MMP upregulation [135, 136]. MMP-2 and MMP-9, in particular, degrade collagen—primarily Type IV collagen—which provides structural support and rigidity to the ECM, creating pathways for tumor cell migration and

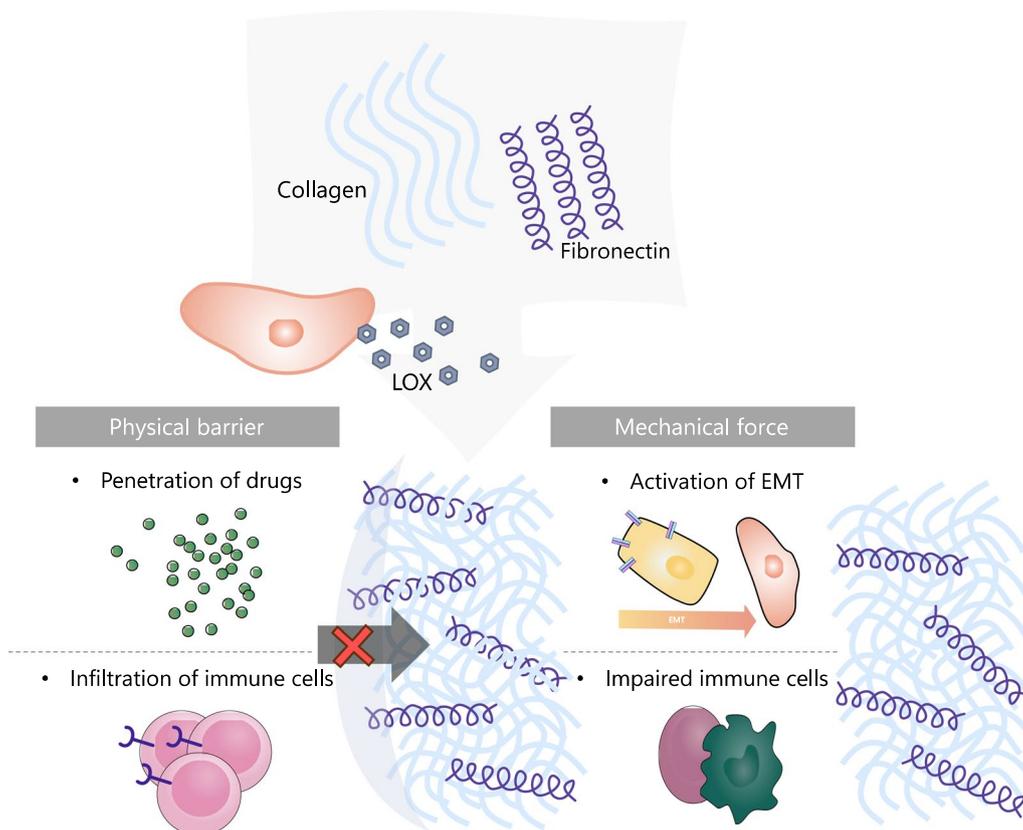


Fig. 4 LOX-Driven Biomechanical Remodeling in EMT. Mesenchymal cells upregulate LOX expression, which facilitates collagen cross-linking and fibronectin assembly. This leads to: (i) densified ECM impeding drug/immune cell infiltration; (ii) mechanotransduction via integrin/FAK/Rho pathways reinforcing EMT; (iii) stiffness-induced CD8⁺T cell dysfunction and macrophage M2 polarization

invasion [137]. Additionally, MMP-mediated ECM degradation releases bioactive molecules, such as growth factors and cytokines that were previously sequestered within the ECM [137]. For example, MMP-9 can bind to CD44 and degrade fibronectin, resulting in the release of active TGF- β [120]. When the ECM is altered, these bioactive molecules are released into the extracellular space, where they can influence cellular behaviors and tissue processes. In pancreatic neuroendocrine tumors, MMP-9 can free VEGF from the matrix, thereby triggering angiogenesis and further promoting tumor growth and spread [138].

Metalloproteinases can also cleave signaling molecules and receptors within the TME. MMP-9 and MMP-2 can cleave the inactive latent form of TGF- β by generating various proteolytic fragments, thus initiating TGF- β downstream signaling [139]. Additionally, MMPs subvert IL-2 signaling via receptor cleavage—a key immunosuppressive mechanism. Shedding of IL-2R α subunit by MMPs depletes surface receptors, attenuating T cell proliferation [140].

Apart from LOX, discoidin domain receptor 1 (DDR1) is another important collagen partner positively correlated with EMT in various cancers, including breast cancer [141–143], squamous cell carcinoma [144], HCC [145, 146], CRC [147], gastric cancer [148] and RCC [149]. This transmembrane receptor specifically binds to collagen, regulating cell adhesion and migratory. Its extracellular domain (ECD), which can be cleaved by MMPs, is critical for the arrangement of collagen fibers, thus affecting the structural organization of the ECM [150]. Inhibition of DDR1 phosphorylation by PRTH-101 reduces collagen-mediated cell attachment and prevents DDR1 shedding from the cell surface. This disruption affects the alignment of collagen fibers within the tumor ECM and promotes the infiltration of CD8⁺ T cells into tumors, enhancing anti-tumor immune responses [151].

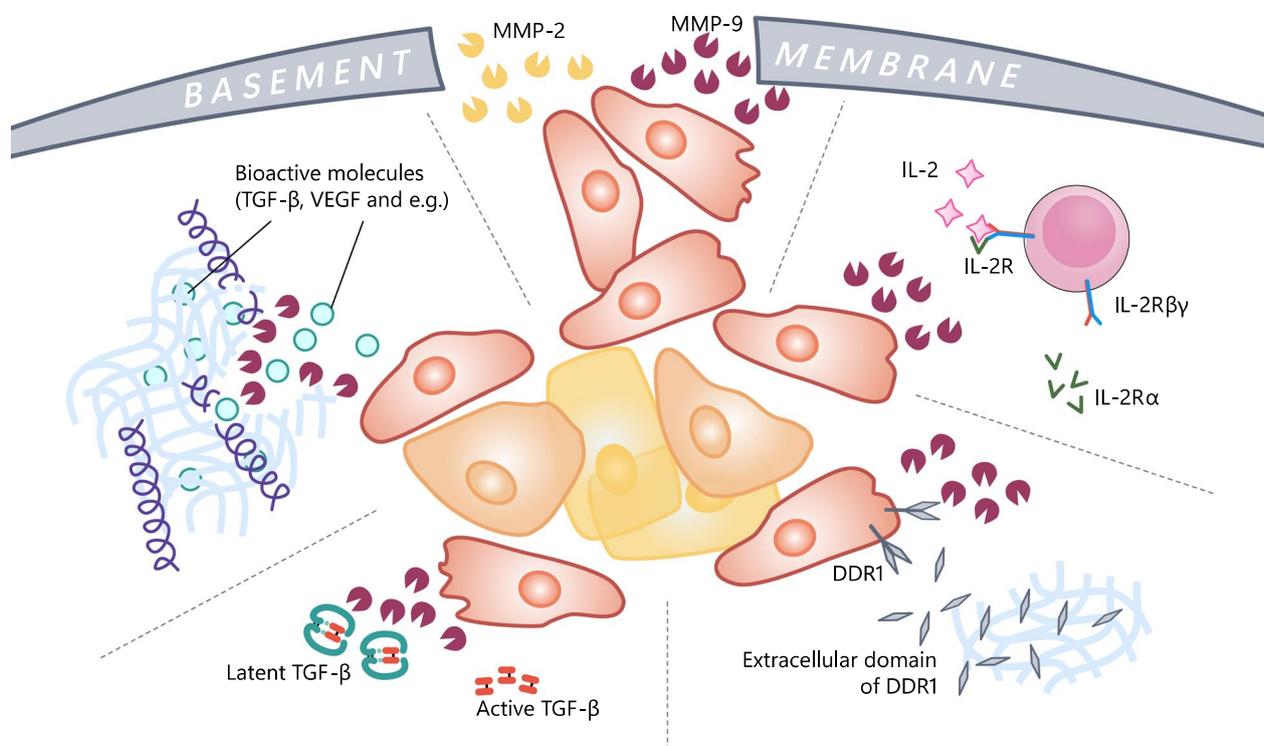


Fig. 5 MMPs as marker of EMT: multifaceted roles in TME. MMPs are classic markers of EMT and are known for their protein-cleaving and degrading capabilities in TME. EMT-associated MMPs execute triple oncogenic functions: (i) basement membrane proteolysis enabling invasion; (ii) latent TGF-β activation fueling progression; (iii) receptor editing (IL-2Ra shedding, collagen receptor ECD cleavage)

CAFs genesis: from tumor cells through the EMT process

The primary source of CAFs involves the phenotypic transformation of resident fibroblasts in response to signaling stimuli. Additionally, non-fibroblastic lineages, including epithelial cells undergoing EMT and endothelial cells via endothelial-mesenchymal transition (EndMT), may transdifferentiate into CAFs [147].

Recent advancements in molecular biology, particularly single-cell RNA sequencing (scRNA-seq), reveal distinct subtypes of CAFs. scRNA-seq in NSCLC stratifies CAFs into five subtypes, based on their collagen and ECM molecule expression, with one subpopulation showing high EMT and ECM-related gene expression [152]. Bartoschek et al. identified four CAF subpopulations in mammary tumors, each of which displays unique gene signatures with distinct functional roles. The dCAF subpopulation stands out due to its expression of stem cell-associated genes like Scrg1, Sox9, and Sox10, along with a strong presence of transgenic polyomavirus middle T antigen (PyMT) oncogenes not seen in other subsets [153]. The shared oncogenes with tumor cells suggests that dCAFs may originate from tumor cells undergoing EMT. Furthermore, the localization of dCAFs at the tumor-stroma boundary,

marked by Scrg1, hints at their malignant origin and potential role in tumor progression.

Su et al. identified a CAF subset defined by the surface markers CD10 and GPR77, which correlates with chemoresistance and poor survival in breast cancers and lung cancers [154]. This subset appears to overlap with the dCAF cluster, suggesting they may represent the same population [153]. Anti-GPR77 monoclonal antibodies effectively attenuate tumor formation and chemoresistance in patient-derived xenograft (PDX)-bearing mice, validating CD10⁺GPR77⁺ CAF subset as a therapeutic target.

In breast cancer, CD10⁺GPR77⁺CAF phenotype is found to be activated by TAM-derived CCL18, which can enrich CSCs and induce chemoresistance via IL-6 and IL-8 production [155]. Similarly, CCL18 from TAMs can upregulate ZEB1 in breast cancer cells, enhancing both EMT and the expression of IL-6 and IL-8 [156]. These data establish a potential link between EMT cells and CAFs, indicating that EMT cells may serve as precursors to CAFs.

In addition, recent findings indicate CD10 and GPR77 can serve as biomarkers for predicting chemoresistance in locally advanced gastric cancer and correlate with overall survival [157]. However, it's still unclear if a

CD10⁺GPR77⁺ CAF population exists specifically in gastric cancer. This highlights the need for further investigation to establish whether this CAF subtype is present in other cancers and to explore its potential EMT origins.

EMT inhibition: unmet challenge in cancer therapeutics

EMT has long been recognized as a promising target for therapeutic intervention, owing to its critical role in cancer progression and metastasis. Recent insights have further elucidated the substantial influence of EMT on the reconfiguration of the TME, thereby enhancing the appeal of this target in the development of novel therapeutic strategies. Current strategies for targeting EMT include: (i) inhibition of upstream signaling pathways (TGF- β , NF- κ B, EGFR, c-MET, WNT, and Notch signaling), (ii) suppression of EMT-TFs, (iii) targeting mesenchymal characteristics (as summarized in previous reviews [158, 159]).

Inhibitors targeting pathways such as TGF- β , NF- κ B, EGFR, c-MET, WNT, and Notch are currently the most advanced and closest to clinical application, with several approved drugs already on the market. However, these inhibitors do not specifically target EMT. For instance, EGFR, first discovered in 1977, undergoes dimerization upon ligand binding to its ECD, which activates intracellular tyrosine kinase activity. Downstream phosphocascades triggers a broad range of signaling pathways involved in cell proliferation, invasion, and metastasis [160, 161]. TGF- β signaling is not limited to tumor cells. TGF- β simultaneously shapes adaptive immunity via Treg expansion, CD4⁺ T cell response, and effector T cell function [162]. Innate immunity is similarly modulated by TGF- β through NK cell, M ϕ , DCs, and granulocytes regulation [163, 164]. While EMT inhibition contributes to therapy efficacy, it is overly simplistic to attribute these effects solely to their inhibition of EMT. These inhibitors have broader effects on various cellular processes, which complicates drawing direct conclusions about their EMT-specific actions.

In previous reviews on EMT therapeutic strategies, histone deacetylase inhibitors (HDACi) have been classified as drugs targeting EMT-TFs, as they can induce the epigenetic reprogramming required to suppress EMT phenotypic changes [165]. However, much like pathway inhibitors, the effects of HDACi are not limited to the regulation of EMT in tumor cells. HDACi exert global chromatin modifications with systemic immunological consequences. Studies conducted in tumor-bearing animal models have demonstrated that HDACi can modify the immunosuppressive TME and enhance the TILs [166–169]. These effects are largely due to increased tumor antigen expression and presentation,

DC activation, and the inhibition of T cell exhaustion, or these mechanisms altogether. In summary, no truly EMT-selective inhibitors exist to date. This may stem from our still incomplete understanding of the key mechanisms driving EMT. Thus, EMT-targeted drug development remains a challenging and ongoing endeavor.

Another major challenge in inhibiting EMT is the risk of side effects. EMT not only plays a pro-carcinogenic role but is also involved in normal physiological processes, such as wound healing [3, 13]. Inhibiting its physiological functions could lead to undesirable consequences. Moreover, attention must be given to the reverse process of EMT, known as mesenchymal-epithelial transition (MET) [170]. Although EMT promotes metastatic dissemination, metastatic colonization demands MET-mediated reversion to epithelial states [171]. This implies that inhibiting EMT at an inappropriate time could unintentionally promote MET in CTCs, thereby accelerating their colonization and growth at metastatic sites.

Concluding remarks

Evolving understanding of EMT, EMT-TFs and related proteins

Traditionally, EMT has been viewed as a response of tumor cells to environmental factors. It is now increasingly recognized that cells undergoing EMT actively influence and modify their surrounding environment. EMT establishes self-reinforcing signaling circuits through bidirectional tumor-stroma crosstalk. Mesenchymal-like breast cancer cells can activate M ϕ via GM-CSF, transforming them into TAM. In turn, CCL18 produced by TAMs can induce EMT in cancer cells. The interaction between deposited collagen and DDR1 on the cell membrane triggers downstream signaling pathway that facilitate EMT. Enzymes such as MMP-3 and MMP-7 contribute to the cleavage of E-cadherin, resulting in the release of soluble fragments that further induce EMT [172]. Moreover, the regulatory capacity of EMT-TFs extends beyond a few key target genes, leading to widespread reprogramming of gene expression. This reprogramming not only governs EMT but also influences other pathways, including aerobic glycolysis. EMT-related proteins also have functions that surpass their roles in the EMT process. For example, E-Cadherin, typically recognized for maintaining epithelial cell adhesion, also functions as a ligand for immune receptors. Vimentin, a crucial intermediate filament protein that supports cell structure and motility during EMT, has significant roles in its soluble form. These diverse roles of EMT-TFs and proteins highlight their involvement in a wider array of cellular processes beyond their classical functions in EMT. This evolving understanding of EMT, EMT-TFs

and related proteins opens the door for more targeted and effective therapeutic strategies.

Limitations of current research

Currently, most studies equate the upregulation of EMT-TFs with the occurrence of EMT itself. While EMT-TFs are indeed crucial initiators of the process, can the upregulation of a single EMT-TF recapitulate the pathophysiological EMT spectrum in vivo? The study by Gu et al. provides valuable insights into this issue, which employed a sustained activating mutant of the TGF- β receptor in mesenchymal-like carcinoma cells sharing the same genomic background, and then captured a broader range of molecular changes that occur during the natural EMT process in tumor metastasis, rather than focusing solely on the direct upregulation of EMT-TFs. The emergence of innovative methodologies will enhance our understanding of EMT and the TME, paving the way for the identification of novel treatment strategies.

Remodeling of distant environments

Tumor-secreted factors (soluble mediators, exosomes, ECM enzymes) prime distant organs for metastatic colonization. LOX secreted by breast cancer cells induces pre-metastatic niche formation through ECM stiffening [173], while LOX inhibition attenuates lung metastasis in murine breast cancer models [174]. Pancreatic cancer models recapitulate this LOX-metastasis axis, suggesting a pan-cancer mechanism [175]. EMT thus orchestrates both local and distant microenvironment, creating a conducive niche for tumor cells to form secondary sites. Gaining a deeper understanding of these mechanisms can inform strategies for preventing or targeting metastasis in cancer therapy.

Dynamic and complexity of EMT

Recent advances challenge the binary epithelial/mesenchymal paradigm, revealing EMT as a dynamic continuum characterized by partial transition and cellular plasticity [176]. EMT may not represent a fixed tumor state, but rather a continuum of cellular plasticity, where some cells exhibit more epithelial traits and others display more mesenchymal ones, with the extremes resembling classical EMT phenotypes [177]. Identifying and quantifying EMT remains challenging due to the lack of reliable biomarkers and the inherent complexity and fluidity of the process [178]. A deeper understanding of how EMT influences the TME, and strategies to target these interactions, will be critical for improving therapeutic outcomes.

Abbreviations

EMT	Epithelial-mesenchymal transition
CAF	Cancer-associated fibroblast

CCA	Cholangiocarcinoma
CM	Conditioned medium
CRC	Colorectal cancer
CSC	Cancer stem cell
CTC	Circulating tumor cell
CTL	Cytotoxic T lymphocyte
CTSK	Cathepsin K
DC	Dendritic cell
DDR1	Discoidin domain receptor 1
ECD	Extracellular domain
ECM	Extracellular matrix
EGFR	Epidermal growth factor receptor
EMT-TF	EMT transcription factor
EndMT	Endothelial-mesenchymal transition
EV	Extracellular vesicle
FAK	Focal adhesion kinase
FBP1	Fructose 1,6-biphosphatase
GBM	Glioblastoma multiforme
GLUT1	Glucose transporter 1
GLUT3	Glucose transporter 3
GO	Gene Ontology
HCC	Hepatocellular carcinoma
HDACi	Histone deacetylase inhibitor
HK2	Hexokinase 2
HLA	Human leukocyte antigen
HNSCC	Head and neck squamous cell carcinoma
ICB	Immune checkpoint blockade
IFN- γ	Interferon- γ
ITGA11	Integrin subunit alpha 11
LOX	Lysyl oxidase
MDSC	Myeloid-derived suppressor cell
MET	Mesenchymal-epithelial transition
MFGE8	Milk fat globule-EGF factor 8
MHC	Major histocompatibility complex
miRNA	MicroRNA
MMP	Matrix metalloproteinase
MMP-13	Matrix metalloproteinase-13
MMS	Mesenchymal metabolic signature
M ϕ	Macrophage
NK	Natural killer
NKT	Natural killer T cell
NSCLC	Non-small cell lung cancer
pADC	Pulmonary adenocarcinoma
PD-1	Programmed cell death protein 1
PD-L1	Programmed death ligand 1
PDX	Patient-derived xenograft
PFKP	Phosphofructokinase
PKM2	Pyruvate Kinase M2
PLOD2	Lysyl Hydroxylase 2
PyMT	Polyomavirus Middle T antigen
RCC	Renal cell carcinoma
ROCK	Rho/Rho-associated protein kinase
scRNA-seq	Single-cell RNA sequencing
SIRP α	Signal regulatory protein α
TAM	Tumor-associated macrophage
TGF- β	Transforming growth factor- β
TIL	Tumor-infiltrating lymphocyte
TME	Tumor microenvironment
TNBC	Triple negative breast cancer
TNF- α	Tumor necrosis factor- α
Treg	Regulatory T cell
VEGF	Vascular endothelial growth factor

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YX drafted the manuscript and created the figures. XW, WW and NP assisted with literature collection and organizing key findings. LL revised the manuscript. All authors read and approved the final manuscript.

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Ethics approval and consent to participate

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