Miglustat therapy ameliorates bone mass and bone formation in F508del cystic fibrosis mice
C. Le Henaff1, V. Fattorusso1, V. Raia1, E. Mozzillo1, C. Natale1, E. De Nitto1, N. Amato1, J. Jacquot1, J. Jaccoub1, F. Vellard1, C. Marty2, P. Marie2, J. Jacquot1, J. Jaccoub1, University Reims Champagne Ardenne, SFR Cap-Sante, BIOS 4691, Reims, France; University Paris Diderot, Inserm U806, Paris, France

In CF patients with the F508del mutation, vertebral fractures and subsequent dorsal kyphosis decrease pulmonary function, thus accelerating the course of the disease. We discovered a defective CFTR-mediated CFTR channel activity and deficit of osteoprotegerin production by primary osteoblasts (the cells that form bone) of a 25-yr-old CF male (Gimenez A., 2012). Homozygous F508del-CFTR mice exhibit a severe osteopenic phenotype (Le Henaff C., 2012). Miglustat (N butyldexonylo-jirimycin) was reported to normalize CFTR-dependent chloride transport in nasal mucosa in F508del CF mice.

We evaluated the efficacy of oral miglustat treatment in restoring bone mass in CF mice. The bone microarchitecture of CF mice, relative to wild type (WT) littermates was evaluated after an administration of 120 mg/kg/day miglustat for 28 days using in vivo micro-CT, bone histomorphometry and dynamic parameters of bone formation. Levels of two serum growth factors, insulin-like growth factor 1 (IGF-1) and 17b-estradiol (E2) were determined.

A once-a-day oral treatment with miglustat normalized bone volume and improved bone micro-architecture of the lumbar spine in CF mice after 4 weeks. This increase of bone volume was accompanied to both an increased bone formation and serum E2 level with no changes in IGF-1 level in miglustat-treated F508del mice. This study provides further evidence that oral administration of miglustat increases bone mass and formation in CF mice; these findings support the therapeutic potential of miglustat in patients with CF-related bone disease.

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Effects of a 3-year therapy with glargine among pediatric patients with cystic fibrosis and early glucose derangements
V. Fattorusso1, V. Raia1, E. Mozzillo1, C. Natale1, E. De Nitto1, N. Amato1, F. De Gregorio1, A. Franzese1, A. Casadei1, University of Naples, Federico II, Pediatrics, Naples, Italy

Objectives: Diabetes and early glucose derangements adversely affect both nutritional status and respiratory function of patients with cystic fibrosis (CF). Aim of this study is to evaluate the effects of a 3-years therapy with glargine among CF-patients with early glucose derangements.

Methods: CF-patients with early glucose derangements, diagnosed by means of oral glucose tolerance test, were enrolled in this study. Parameters evaluated during the 3-years before the beginning of insulin therapy and during the 3-years after the beginning of therapy, were Body Mass Index (BMI) z-score, Forced Expiratory Volume at first second (FEV1%) and the number/year of respiratory infections. Mean age at the beginning of the study was 12.48 yr (range 2−19). Glargine was administered at the mean dose of 0.23 UI/kg/die (range 0.14−0.32). Mean HbA1c% did not show significant alterations during the treatment: 6.1% at the beginning of the study and 6.5% at the end of the follow-up. Mean BMI z-score decreased during the 3-years before the therapy (−0.31±0.97, −0.45±0.96, −0.55±1.14), while showed an increase during the therapy: −0.30±1.27, −0.21±1.04, −0.40±0.94. Mean FEV1% decreased during the 3-years before therapy (90%, 76%, 70%), while did not show a further decrease after the beginning of therapy (73.05%, 71.78%, 73.80%). The mean number/year of respiratory infections showed a significantly reduction (p <0.05) before therapy 2.53/yr, 3.0/yr, 3.2/yr, after the beginning of therapy 2.0/yr, 2.1/yr, 1.6/yr.

Conclusion: Glargine seems to ameliorate both nutritional status and respiratory function of CF-patients with early glucose derangements before the onset of overt diabetes.

Comparison of pharmacy prescription refill frequency in CF adults before and after switching from tobramycin inhalation solution (TIS) to TOBI Podhaler – ‘Real world’ evidence of improved adherence
E.F. Nash1, B. Ahitan1, C.J. Brown1, K. Thakrar1, V. Carrolan1, R. Rashid1, J.L. Whitehouse1, West Midlands Adult CF Centre, Heart of England NHS Foundation Trust, Birmingham, United Kingdom

Background: In the clinical trial setting, TOBI Podhaler (TIP) has been shown to be non-inferior to nebulised Tobramycin Inhalation Solution (TIS) in CF subjects. There is little ‘real world’ evidence of tolerance and effectiveness of TIP.

Aim: To assess the experience of CF adults receiving TIP at our large regional UK adult CF centre.

Methods: We report the results of a prospective observational study to evaluate changes in lung function and quality of life of 130 CF adults who have completed a trial of TIP. Patients also completed a visual analogue score (VAS) of satisfaction, ease of administration and likelihood to continue (1= positive, 10= negative).

Results: Adverse events (AEs) were reported by 26% at trial, most commonly cough (n=31, 24%). Only 3 patients discontinued at trial, due to a ≥ 10% drop in FEV1% predicted. To date 83 patients have completed 1 cycle of TIP, with median change in FEV1% predicted of −3% (p=0.08). 64% (n=53) reported AEs; most commonly cough (n=18, 22%). 27% commenced on oral or IV antibiotics for pulmonary exacerbation. Median VAS for satisfaction, ease of administration and likelihood to continue were all 1/10. Quality of life in the treatment burden domain of the CFQ-R increased by a median of 11.2 (p = 0.1). 27/130 patients to date have discontinued TIP before completion (n=23) or at completion (n=4) of their 1st cycle, 14 (52%) of whom were previously intolerant of TIS. The most common reason for discontinuation was cough (n=19, 27%).

Conclusion: Despite a high incidence of adverse events, patients commencing TIP report high levels of treatment satisfaction and a trend towards perceived reduction in treatment burden.