Factors influencing the worsening of lung function between 16 and 18 years of age in Czech patients

D. Zernkova, L. Smolíková, L. Fila, J. Bartosova, M. Mackr Jr., V. Vavrova
1CF Centre, University Hospital Prague Motol, Charles University – 2. Medical School, Prague, Czech Republic

Despite improved medical care we still observe marked deterioration of lung function between 16 and 18 years of age followed by increased mortality. The aim of the study was to analyze the factors influencing such decline. We analyzed lung function tests of 87 patients longitudinally followed up at our Centre between 14–18 years who were treated by modern approaches for at least 5 years. We evaluated the influence of gender, CFTR genotype, pancreatic function, bacterial infection, CFRD, nutritional status and previous development of their lung disease on its deterioration between 16 and 18 years. FEV1 at the age of 16 years was 76.5±24.4%, at 18 years 65±23.3%, two year’s FEV1 decline was 11.6±14% (median 10%). We did not prove the influence of gender, genotype, pancreatic function, nutritional status, diabetes and Pseudomonas aeruginosa infection on this decline. In 42 patients infected by Burkholderia cepacia complex (Bcc) the worsening was more marked 15.1±12.9% (med 12.5%), than in the remaining 45 patients 8.2±14% (med 6%; all above of the predicted value; p=0.019). A more pronounced deterioration was observed in patients whose lung function was better at the age of 16 years (r=−0.369; p=0.001). This association is particularly strong in Bcc infected patients. The deterioration between 16 and 18 years of age is influenced mainly by Bcc infection, but it is present also in other patients. Finally, we have to consider non-compliance with therapy, during the age of transition to adulthood, as another deleterious factor.

Supported by: VZENM00064203.

Listing patients to lung transplantation (LTx). Experience of 110 cases in the CF Center of Verona

B.M. Assael, M. Barao-Ocampo, U. Pradat, C. Tartali, S. Perobelli, C. D’Orazio, S. Volpi
1Cystic Fibrosis Center, Verona, Italy

In the period 1999–2008 110 pts were evaluated for LTx by a multidisciplinary team (MD, physiotherapist, psychologist, social assistant). In 99% of cases the main indication was respiratory insufficiency, in one recurrent severe haemoptysis. 3 patients were listed for double L and liver Tx, one for double L and kidney. Psychiatric disorders in 1 case was considered an exclusion criteria but the pt was eventually listed by the surgical LTx Center. Other exclusion criteria were M cheloneae infection, thyroid or colon carcinoma. One of two patients with previous lobectomy/pneumectomy was excluded for the presence of severe thoracic organ displacement. B cepacia (genomovar III), HIV infection, multiresistant P aeruginosa, severe malnutrition, prolonged steroid treatment, young age, severe portal hypertension with TIPS, mechanical ventilation were not considered exclusion criteria. Pts were referred to 5 surgical centers. The median age was 26 yrs and 17 yrs were <18 years. Thirty-three pts died in the waiting list (70% in the first year) and 62 were successfully transplanted (median time in list 7 months). Patients who died early (<1 year) in list had required significantly more iv antibiotic treatment (93±43 vs 63±47 days) in the year before listing but did not differ otherwise (diabetes, gender, age, BMI, pathogens) from those who survived >1 yr in the list. Overall survival after Tx was 75% at 5 years.

Conclusion: criteria to exclude CF pts from LTx are very few, even conditions such as HIV infection, B cepacopa could be questioned as absolute contraindications. Recognizing patients with very poor prognosis is a major challenge, but our more recent experience lead us to consider patients for LTx earlier than ten years ago.

Osteoporosis and vertebral fractures in CF patients after lung transplantation

1Cardiothoracic Surgery, General Hospital Vienna, Vienna, Austria; 2Radiology, General Hospital Vienna, Vienna, Austria

Objective: CF have marked loss of bone mass caused by malnutrition, lower sex hormones, inactivity and chronic inflammation. In literature the prevalence of osteoporosis is about 30% and compression fractures is 7–35% in adult CF. But no osteologic data exist, when CF are exposed to a high immunosuppressive and glucocorticoid therapy after lung transplantation (CFTX).

Methods and Results: We therefore retrospectively analysed clinical data, bone radiographs and dual-energy X-ray absorptiometries (DXA) of 21 CF (9 m/12 f; age: 28±9 yrs), transplanted between 01/99 and 08/04. The mean follow up was 2 yrs (range: 0.1–8.5 yrs). Only 1 CFTX (4.7%) had normal T-values, 3 CFTX (14.3%) had osteopenia, 11 CFTX (52.4%) had osteoporosis and 6 CFTX (28.6%) had vertebral fractures. 50% of vertebral fractures were diagnosed within the first year after lung transplantation. Bone mineral density was markedly decreased (lumbar vertebral column-mean: 0.97 g/cm²; T score: −2.9 – femur mean: 0.73 g/cm², T score −2.64) and predictive for compression fractures. Parathyroid hormone (PTH) was elevated in 82%, osteocalcin in 45% and 25-Hydroxyvitamin D was low in 36%. The creatinine clearance in CFTX was 56.4 ml/min in mean. Despite of high physical activity and adequate osteoporosis therapy no significant increase of bone mass could be seen after CFTX.

Conclusions:
1. All adult CF should be screened for osteoporosis as early as possible.
2. A bisphosphonate/calcium/vitD therapy in CF with osteopenia or osteoporosis before LuTX and after CFTX, in combination with physical activity and optimal nutrition may reduce osteoporosis and vertebral column fractures within the first year after CFTX.