Other Reviews - - Other Review

Systematic review: efficacy and safety of pancreatic enzyme supplements for exocrine pancreatic insufficiency

Code: DARE-12010000169 **Year:** 2010 **Date:** 2010

Author: Taylor JR

Study design (if review, criteria of inclusion for studies)

Systematic review of RCTs

Participants

Patients with exocrine pancreatic insufficiency.

Interventions

Pancreatic enzyme supplements

Outcome measures

Coefficient of fat absorption, diarrhoea and adverse events.

Main results

A total of 12 manuscripts met inclusion criteria. Most studies (10/12) compared pancreatic enzyme supplements that used different delivery systems, while using similar quantities of enzymes. These studies found no consistent difference in fat malabsorption or gastrointestinal symptoms between different active treatments. Two small placebo-controlled trials (n = 65 patients) demonstrate that pancreatic enzyme supplements are superior to placebo for fat absorption. Data are inadequate to determine if pancreatic enzyme supplements lead to weight gain or improvement in diarrhoea.

Authors' conclusions

Based on data from randomized cross-over trials, pancreatic enzyme supplements appear to improve fat malabsorption. No specific branded product or specific delivery system is superior for treatment of fat malabsorption in patients with exocrine pancreatic insufficiency.

http://dx.doi.org/10.1111/j.1365-2036.2009.04157.x

See also

Alimentary Pharmacology and Therapeutics YR: 2010 VL: 31 NO: 1 PG: 57-72

Keywords

Gastrointestinal Diseases; pharmacological_intervention; Pancreas insufficiency; Pancreatic Diseases; Pancreatic Enzyme Replacement Therapy; Malabsorption; Nutrition Disorders; Gastrointestinal Agents;