primary studies - published RCT

Effects of megestrol acetate on weight gain, body composition, and pulmonary function in patients with cystic fibrosis.

Code: PM12006958 **Year:** 2002 **Date:** 2002 **Author:** Eubanks V

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

randomized, double-blind, placebo controlled study.

Participants

All patients were taking replacement enzymes to compensate for pancreatic insufficiency. n = 17

Interventions

megestrol acetate or placebo.

Outcome measures

weight-for-age z scores, at and fat-free mass, FEV1, adrenal suppression

Main results

The treatment group had a significant increase in weight-for-age z scores compared with placebo and reached 100% of their ideal body weight within 3 months of initiating therapy. Weight gain included both fat and fat-free mass. Improved pulmonary function (forced vital capacity and forced expiratory volume in 1 second) was noted in the treatment group compared with placebo (P

Authors' conclusions

Short-term use of megestrol acetate results in significant weight gain and improved pulmonary function in malnourished subjects with CF. Our study provides a controlled basis for this intervention, identifies important side effects, and provides the foundation for multiyear, longitudinal trials in a larger number of patients with CF.

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See also

J Pediatr. 2002 Apr;140(4):439-44.

Keywords

Adolescent; Adult; Appetite Stimulants; Child; Hormones; Hydrocortisone; Hypoglycemic Agents; Insulin; megestrol; non pharmacological intervention - diet; pharmacological_intervention; Steroids; Supplementation; Malnutrition; Nutrition Disorders; Anti-Inflammatory Agents;