primary studies - published RCT

Prospective randomised treatment with recombinant human growth hormone in cystic fibrosis.

Code: PM14670773 **Year:** 2003 **Date:** 2003 **Author:** Schibler A

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

RCT

Participants

20 patients with CF (aged 10-23 years)

Interventions

treatment and control groups. The treatment group received daily subcutaneous injections of 1 IU/kg/wk rGH for 12 months

Outcome measures

Pulmonary function (forced expiratory volume in one second (FEV1) and airway resistance), exercise capacity measured with a bicycle ergometer, body composition (dual energy x ray absorptiometry), and weight were assessed at the beginning of the study and after 6 and 12 months.

Main results

rGH treatment did not improve weight and pulmonary function, but lean body mass increased significantly in the treatment group. Exercise capacity increased in the treatment group from 143 (16) W (mean (SD)) to 164 (19) W after 12 months of rGH treatment.

Authors' conclusions

Treatment of CF patients with rGH for one year improved the exercise capacity significantly but not pulmonary function. The improved exercise capacity needs confirmation in a larger population before such an expensive treatment is justified.

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See also

Arch Dis Child. 2003 Dec;88(12):1078-81.

Keywords

Adolescent; Adult; Child; Growth Hormone; Hormones; pharmacological_intervention; Recombinant Proteins; Respiratory System Agents; subcutaneous;