primary studies - published RCT

Cyproheptadine is an effective appetite stimulant in cystic fibrosis.

Code: PM15211696 **Year:** 2004 **Date:** 2004 **Author:** Homnick DN

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

12-week, randomized, double-blind, controlled trial

Participants

18 subjects with documented CF (sweat or genetics positive), minimum age of 5 years, and ideal body weight for height

Interventions

cyproheptadine hydrochloride (CH) vs. placebo

Outcome measures

Subjects were seen at baseline and every 4 weeks. Measures included baseline demographics, Shwachman score, anthropometrics (weight, height, body mass index, skin folds, and body composition by bioelectric impedance analysis), spirometry, caloric intake, days of oral (PO) and intravenous (IV) antibiotics, and a symptom and satisfaction survey.

Main results

Subjects in the CH group showed significant increases in weight (mean 3.45 kg vs. 1.1 kg in the placebo group), height, BMI percentiles, ideal body weight/height, weight for age z-scores, and fat and fat-free mass. There were no changes or differences in PO or IV antibiotic use or spirometric changes. No significant side effects except transient mild sedation occurred in the CH group. Patient acceptance was good.

Authors' conclusions

In conclusion, CH appears to be an effective appetite stimulant with minimal side effects in children and adults with CF.

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See also

Pediatr Pulmonol. 2004 Aug;38(2):129-34.

Keywords

Adolescent; Adult; Appetite Stimulants; Child; Cyproheptadine; Gastrointestinal Agents; Malnutrition; Nutrition Disorders; pharmacological_intervention;