primary studies - published RCT

A pilot study of zafirlukast as an anti-inflammatory agent in the treatment of adults with cystic fibrosis.

Code: PM15463842 **Year:** 2003 **Date:** 2003 **Author:** Conway SP

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

open cross-over design.

Participants

30 clinically stable patients were enrolled in the study if they had no history or clinical evidence of asthma, bronchial hyper-reactivity, or aspergillosis. 25 patients completed the study.

Interventions

zafirlukast 20 mg twice daily with all routine treatment for four months or routine treatment

Outcome measures

Primary endpoints were changes in respiratory function tests and a modified NIH clinical score

Main results

There was a significant improvement in the modified NIH clinical score but no significant increase in respiratory function with zafirlukast.

Authors' conclusions

Patients receiving a leukotriene receptor antagonist in addition to routine treatments showed significant improvement in a clinical score which is a composite of clinical wellbeing, chest radiograph appearance, and physical examination. Respiratory function showed a non-significant trend towards improvement with treatment. Zafirlukast may benefit patients with CF. An adequately powered study is justified on the basis of these results.

http://dx.doi.org/10.1016/S1569-1993(02)00142-X

See also

J Cyst Fibros. 2003 Mar;2(1):25-8.

Keywords

Adult; Anti-Inflammatory Agents; Leukotriene Antagonists; pharmacological_intervention; Zafirlukast; Anti-Inflammatory Agents - excl Steroids;