

---

*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](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;