primary studies - published RCT

Inhaled mannitol improves lung function in cystic fibrosis.

Code: PM18339790 **Year:** 2008 **Date:** 2008 **Author:** Jaques A

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

randomized, double-blind, placebo-controlled, crossover study.

Participants

Thirty-nine subjects with mild-to-moderate CF lung disease

Interventions

Patients inhaled 420 mg of mannitol or placebo twice daily for 2 weeks. Following a 2-week washout period, subjects were entered in the reciprocal treatment arm.

Outcome measures

Lung function, respiratory symptoms, quality of life, and safety were assessed.

Main results

Mannitol treatment increased FEV(1) from baseline by a mean of 7.0% (95% confidence interval [CI], 3.3 to 10.7) compared to placebo 0.3% (95% CI, - 3.4 to 4.0; p

Authors' conclusions

Inhaled mannitol treatment over a period of 2 weeks significantly improved lung function in patients with CF. Mannitol therapy was safe and well tolerated.

http://dx.doi.org/10.1378/chest.07-2294

See also

Chest. 2008 Jun;133(6):1388-96. Epub 2008 Mar 13.

Keywords

Adolescent; Adult; Child; Inhalation OR nebulised; Mannitol; pharmacological_intervention; Airway clearance drugs -expectorants- mucolytic- mucociliary-; Respiratory System Agents;