GM-CSF therapy in pulmonary alveolar proteinosis

Treatment with granulocyte-macrophage colony stimulating factor (GM-CSF) has been shown to benefit a subset of patients with adult pulmonary alveolar proteinosis (PAP). A 47 year old woman with PAP, confirmed by lung biopsy, and severe physiological and symptomatic disturbances was not improved with daily subcutaneous GM-CSF in alveolar proteinosis. Blood 1998;92:2657-67.

Conventional RIA underestimates cortisol suppression in the presence of prednisolone

The recent letter from Meijer et al.1 concludes that measuring serum cortisol by RIA severely underestimates serum cortisol suppression in the presence of oral prednisolone. This is rather a sweeping statement as the underestimation will, of course, depend on the degree of the cross reactivity with the particular RIA, and on the one found by his group or from that of others in the literature.

Authors’ reply

We thank Dr Lipworth for his comments. The ratio of systemic effects of fluticasone to prednisolone cannot be deduced reliably from our data, but we agree that the suppression we found is probably not markedly different from the one found by his group or from that of others in the literature.

Inhaled corticosteroid dosage in asthma

We would like to congratulate Ward and colleagues2 on their very important study which showed that significant changes in airway basement membrane thickness in asthma were not observed until after 3 months of treatment with inhaled fluticasone propionate metered-dose inhaler.

References


months of treatment with high dose inhaled corticosteroids (ICS), by which time maximum improvement in lung function and airway inflammation had already occurred.

The authors remind us that current guidelines advocate titration of ICS dosages against symptoms and spirometric data, and express their concern that, under these guidelines, ICS treatment would have been stepped down at 3 months, before the maximal benefit in terms of airway remodelling had been achieved. However, we have shown in a long term study of inhaled budesonide that AHR continued to improve over an 18 month period even while the ICS dose was being down-titrated. In this study AHR improved by a mean of 3.1 doubling doses after 4 months of high dose budesonide treatment, with a further 1.6 doubling dose improvement over 14 months of ICS dose reduction.

Ward and colleagues used high dose ICS (equivalent to 3000 µg/day budesonethasone), and commented that the changes they observed may well have been achieved with much lower doses. However, in the 2 year study by Sont and colleagues which tested the addition of AHR to the usual treatment algorithm,3 patients receiving approximately 300 µg/day ICS did not show the reductions in bronchial hyperreactivity that were seen in the intervention group. The latter group started with approximately 1100 µg/day, reducing to 700 µg/day. In the 2 year study by Sont and colleagues, patients who commenced treatment with budesonide 1600 µg/day ultimately achieved the same improvement in AHR as those starting with 3200 µg/day. However, the higher starting dose resulted in a much faster reduction in airway responsiveness and a significantly reduced rate of exacerbations in patients who achieved normal airway responsiveness.

Further studies are needed to establish the optimal dosing regimen required for long term achievement of optimal asthma control and reversal of remodelling. It appears that initial ICS doses may need to be somewhat higher than those required to achieve clinical improvement alone, but the dosage may be able to be down-titrated without loss of benefit. As Ward and colleagues have shown, short term studies will primarily reflect anti-inflammatory effects, but it is important that guidelines concerning ICS dosages should also take into account long term studies which reflect changes in remodelling.

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Authors’ reply
We would like to thank Dr Reddel and colleagues for their encouraging and constructive communication regarding our study.4 An implication of our findings was that titration of inhaled corticosteroid (ICS) medication “simply” against symptoms and basic spirometric values, as specified in current international guidelines, may be inadequate, leading to reduction of ICS before optimal benefit in terms of airway remodelling and bronchial hyperreactivity (BHR).4 We feel that our data are complementary to those of Sont et al who found that modulation of ICS against BHR led to fewer exacerbations, greater improvement in forced expiratory volume in 1 second (FEV1) and, in a subgroup who agreed to participate, a significant reduction in reticular basement membrane thickening compared with a group treated using current guidelines.

Understandably, but unfortunately, the 2 year study by Sont et al was restricted to two biopsy episodes and inflammatory and remodelling changes could have occurred at any time during the 2 years between bronchoscopies. It was of interest that patients in the two treatment groups were not different in terms of inflammatory cell changes. Overall, the scarce pathophysiological data that are available indicate that long term modulation of at least a component of BHR might involve changes in airway remodelling,4 with earlier changes in BHR being more related to cellular inflammation.

Our experience is that adequately powered bronchoscopic studies are particularly demanding, and we do not advocate routine direct assessment of airway remodelling.4 The use of BHR testing, or other physiological measurements that may reflect airway remodelling,4 is perhaps more practicable in contributing to the assessment of asthma control. However, in a survey of the British Thoracic Society Directory of Laboratories, the majority of the 68% of centres that responded did not perform BHR assessment, and the median number of tests per year in the 58 of the 139 responders that did was 25 (range 1-480).4 In addition, even when standardised methodology is adopted for academic multi-centre studies, there is considerable variability even when using “identical” BHR equipment.

Asthma guidelines have to be firmly placed in the real world and it is incumbent on clinical researchers to respond to this, as well as concerns regarding potential for overtreatment.5 Further work is required and, in particular, we agree with Reddel and colleagues that further studies are needed to establish the optimal dosing regimen required for long term achievement of optimal asthma control and reversal of remodelling.1 The results of such work may have future significance for the refinement of evidence based guidelines relating to the initiation and duration of asthma treatments.

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NIV guidelines

We congratulate the British Thoracic Society (BTS) Standards of Care Committee on their excellent guidelines on non-invasive ventilation (NIV) in acute respiratory failure. The guidelines are timely in that many district general hospitals (DGH) are setting up an NIV service. If our DGH experience is typical, others may be surprised how quickly NIV takes off. Our DGH serves a catchment area of about 200,000 people and use of NIV has increased from 31 patients in the year 1998/9 to 227 in 2000/1. Whereas in 1998/9 78% of all the NIV treated patients were on the intensive care unit (ICU), in 2000/1 71% were treated on wards. The keen involvement of the ICU anaesthetists has been pivotal in setting up the service.

We would query the statement that all patients on NIV should be transferred to the care of a respiratory physician as soon as possible. In 2000/1 65 patients were treated on the ICU with NIV, many of these surgical patients being weaned off ventilators. Similarly, 28 “surgical” patients were treated on the wards with NIV. Should chest physicians really have to take over hospital care of all these patients?

The guidelines do not address the issue of the use of NIV in palliation of breathlessness. In acute exacerbations of chronic obstructive pulmonary disease (COPD) breathlessness settles more rapidly with NIV than with conventional treatment.5 In patients with severe respiratory distress who refused endotracheal intubation, anecdotally NIV was effective in reducing breathlessness.5 It is not surprising that the role of NIV in treating breathlessness is unclear, given the uncertainty over the efficacy of other interventions which have been available for many years such as oxygen, benzodiazepines, morphine, or breathing exercises. We have found NIV useful in reducing dyspnoea in some patients with end stage respiratory disease, and agree with the guidelines that it is vital it be clearly documented whether NIV is being used with palliative or curative intent, and whether or not to proceed to invasive ventilation.

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