Airway calibre as a confounder in interpreting bronchial responsiveness in asthma

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Abstract

Background The relation between airway responsiveness to constrictor agents and forced expiratory volume in one second (FEV₁) is important when interpreting change in airway responsiveness after an intervention. The aim of the study was to analyse the relation between FEV₁ as a percentage of predicted values (% predicted) and airway responsiveness between and within asthmatic subjects.

Methods Results of non-specific bronchial challenge tests were pooled from two randomised crossover studies comparing the effect of a non-sedative antihistamine with placebo in 35 patients with moderate asthma. The design of the two studies was similar: the provocative concentration of either histamine (first study) or methacholine (second study) resulting in a 20% decrease in ventilatory capacity (PC₂₀) was repeated at two week intervals while patients were treated with the antihistamine or placebo. The dose of inhaled corticosteroid was gradually reduced during the study. Data were analysed with PC₂₀ as the dependent variable in a general linear model so that the influence on PC₂₀ of inhaled corticosteroid dose, antihistamine, and choice of bronchoconstricting agent could be separated from the influence of FEV₁ % predicted.

Results The correlation coefficient between mean PC₂₀ and mean prechallenge FEV₁ for each patient was 0-45. In the general linear model two thirds (65%) of the variation in PC₂₀ was due to variation between subjects. One third of the within subject variation in PC₂₀ could be explained by variation in prechallenge FEV₁ % predicted (a change in FEV₁ of 27% predicted was associated with one doubling or halving of PC₂₀). Treatment with the antihistamine had no influence on PC₂₀ except when histamine was used as the bronchoconstricting agent. The dose of inhaled corticosteroid had a small but significant effect.

Conclusions The variation in a patient’s PC₂₀ over time (several months) is related to changes in FEV₁ % predicted. Variation in FEV₁ % predicted explains less of the variation in bronchial responsiveness between subjects where a patient specific factor, which is probably related to the pathogenesis of bronchial asthma, seems to dominate.

(Thorax 1992;47:702-706)

The relation between airway calibre and bronchial responsiveness is still controversial and important when results from bronchial challenge tests are evaluated. This applies to comparisons within and between patients. Asthmatic subjects have been examined extensively because the influence of baseline airway calibre on bronchial reactivity will act as a confounder when the effect of an intervention such as occupational exposure, drug treatment, immunotherapy, or allergen avoidance on bronchial reactivity is examined.

In this study we analysed pooled data from two randomised clinical trials comparing the effect of a non-sedative antihistamine (loratadine) with placebo in 35 patients with moderate asthma. The patients had 12 histamine or methacholine bronchial challenge tests. We examined the relation between prechallenge forced expiratory volume in one second (FEV₁) and bronchial responsiveness (the provocative concentration of constricting agent resulting in a 20% decrease in FEV₁ (PC₂₀)), account being taken of the type of bronchoconstricting agent and the doses of antihistamine and inhaled steroid.

Patient and methods

PATIENTS

Fourteen men (19 to 56 years of age) and 21 women (19 to 62 years of age) (table 1) were included after they had shown (a) more than a 20% variation in peak expiratory flow (PEF) recorded during a two week period and (b) at least a 15% improvement in FEV₁ 10 minutes after inhalation of 0-2 mg salbutamol. They had their asthma well controlled while taking inhaled beclometasone dipropionate 200 μg twice daily, with a baseline FEV₁ above 50% of the predicted normal value (Quanjer summary equations²). No patient had taken oral steroids for the previous two months or for longer than three months during the previous year. No patient had any other serious disease or was pregnant. All had a normal chest radiograph. Informed consent was obtained from all patients, and both studies were approved by the local ethical committee.

DESIGN

The two studies were set up primarily to investigate the effects of the antihistamine loratadine in patients with asthma. In this paper we took the opportunity provided by the large number of measurements of bronchial responsiveness to examine possible influences on bronchial responsiveness.

Both studies had a double blind, ran-
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Table 1  Characteristics of the 35 asthmatic patients studied

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Mean*</th>
<th>Range*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sex (No of men/women)</td>
<td>14/21</td>
<td></td>
</tr>
<tr>
<td>Age (years)</td>
<td>40</td>
<td>19–62</td>
</tr>
<tr>
<td>Duration of asthma (years)</td>
<td>17</td>
<td>2–31</td>
</tr>
<tr>
<td>Allergy:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seasonal (%)</td>
<td>29</td>
<td></td>
</tr>
<tr>
<td>Perennial (%)</td>
<td>57</td>
<td></td>
</tr>
<tr>
<td>Smoking:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never smoked (%)</td>
<td>68</td>
<td></td>
</tr>
<tr>
<td>Ex-smoker (%)</td>
<td>26</td>
<td></td>
</tr>
<tr>
<td>Current smoker (%)</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Height (cm)</td>
<td>172</td>
<td>155–192</td>
</tr>
<tr>
<td>Baseline FEV₁ (Litres)</td>
<td>2.82</td>
<td>1.68–5.20</td>
</tr>
<tr>
<td>% Predicted</td>
<td>82.5</td>
<td>53.0–118.0</td>
</tr>
<tr>
<td>Baseline PC₂₀ (mg/ml)</td>
<td>0.68</td>
<td>0.03–7.00</td>
</tr>
</tbody>
</table>

*Unless otherwise specified.

domised, placebo controlled, crossover design with two treatment periods (loratadine and placebo), each lasting 10 weeks. The washout period between the two treatment periods lasted for at least one month. The treatment periods started with a bronchial challenge test followed by a two week running in period to ensure that asthma was stable while patients took inhaled beclomethasone dipropionate 200 μg twice daily. The bronchial challenge test was then repeated and the patients were randomly allocated to receive the antihistamine or placebo capsule. During the following eight weeks the inhaled steroid was gradually reduced by 50 μg twice daily every second week—that is, at 4 weeks, 6 weeks, and 8 weeks—to a total dose of 50 μg twice daily for the last two weeks. For emergency treatment the patients were supplied with a salbutamol inhaler (0.1 mg/puff), which they were instructed to use when needed for immediate relief from exacerbations of their symptoms. Other antiasthmatic treatment remained constant throughout the study.

Patients kept daily records of asthma symptoms (scores for wheezing, dyspnoea, cough, sputum, and nocturnal asthma), PEF, and use of drug treatment throughout the treatment periods. At the end of every second week the patients were seen by one of the investigators, their diaries were checked, and spirometry and a measurement of non-specific bronchial responsiveness were performed. Thus bronchial challenge tests were performed 12 times for each patient.

The two studies differed in two respects. The dose of loratadine was 10 mg daily in the first study and 20 mg daily in the second. The bronchoconstricting agent was histamine in the first study and methacholine in the second.

FORCED EXPIRATORY VOLUME
Maximal FEV₁ was measured with a dry wedge spirometer (Vitalograph, Buckingham, United Kingdom) as the largest value resulting from three technically correct maximal forced expiratory manoeuvres whose variation between the two best values was less than 5%.

BRONCHIAL CHALLENGE
Bronchial challenge was performed by means of a non-cumulative dose-response protocol.³ After an initial saline inhalation the patients inhaled unbuffered histamine dihydrochloride in the first study and methacholine chloride in the second study in doubling doses from 0.015 mg/ml to 16 mg/ml. The inhalations were performed for two minutes with intervals of five minutes between them. FEV₁ was recorded at 30 and 90 seconds after inhalation, and the inhalation was interrupted when a decrease of at least 20% of the post-saline FEV₁ was observed. At rechallenge the starting concentration of bronchoconstrictor was at least two steps below the previously observed PC₂₀ or 0.015 mg/ml.

The provocative concentration (PC₂₀) was calculated by linear interpolation between the last two points on the log dose-response curve. Interpolation between FEV₁ saline and FEV₁ threshold dose was never performed. The same Wright nebuliser was used throughout both studies. When driven by compressed air at 1.3 bar and a flow of 13 l/min, the output was 150 (SD 10) μl/min and the aerodynamic diameter for 99% of the dry particles was within 0.5–1.5 μm.

Patients abstained from bronchodilator treatment before each challenge.³ Study treatment (loratadine or placebo) and inhaled corticosteroids were continued unchanged. In accordance with our standard protocol we confirmed that patients had not had an infection, had not smoked for four hours and had not been exposed to relevant allergens or occupational agents.

STATISTICAL ANALYSIS
The relation between prechallenge FEV₁ and bronchial responsiveness (PC₂₀) was summarised for each patient by plotting the results of the 12 challenge tests in a line derived from the regression model:

$$\log_2 (PC_{20}) = k_0 + k_1 \cdot FEV_1,$$

where the dependent variable PC₂₀ was logarithmically transformed to base 2. The purposes of the transformation were to stabilise variances, to linearise relations, to make distributions more normal, and to enable results to be presented in an acceptable scale of measurement.

The relation between PC₂₀ and other variables was further examined by fitting a general linear model:

$$\log_2 (PC_{20}) = P_{tno} + FEV_1 + P_{tno} \cdot FEV_1 + BDP + LHM,$$

where Ptno is a patient specific factor (patient number) representing the variation in level of bronchial reactivity between asthmatics—that is, the interindividual variation in PC₂₀; FEV₁ is prechallenge FEV₁, as a quantitative variable (% predicted); Ptno * FEV₁ is an interaction term between the patient specific factor and prechallenge FEV₁ to test homogeneity of slopes (see figure 1). BDP is dosage of inhaled steroid as a quantitative covariate, and LHM is dose of antihistamine (L = loratadine) combined with type of bronchoconstricting agent (H = histamine and M = methacholine) as a qualitative factor with four categories: (a) no
antihistamine in two weeks before bronchial challenge with histamine; (b) no antihistamine in two weeks before bronchial challenge with methacholine; (c) loratadine 10 mg daily in the two weeks before bronchial challenge with histamine; and (d) loratadine 20 mg daily in two weeks before bronchial challenge with methacholine.

**Results**

The relation between bronchial responsiveness (PC$_{20}$) and FEV$_1$ % predicted is shown in figure 1. Despite individual variations in the slope of the lines there was a general tendency for increasing FEV$_1$ % predicted to be associated with increasing PC$_{20}$. The slope of the regression line for each patient and the standard deviation of the slope, with the mean slope and its 95% confidence interval, are shown in figure 2. The mean slope differed significantly from zero ($p < 0.001$).

The correlation coefficient ($r$) between mean PC$_{20}$ and mean FEV$_1$ % predicted for each subject was 0.45 ($p < 0.001$), showing that some ($r^2 = 20\%$) of the between subject variation in bronchial reactivity could be explained by between subject variation in prechallenge FEV$_1$ % predicted.

The results of the more comprehensive analysis of the variation in bronchial responsiveness (PC$_{20}$) in a general linear model are summarised in table 2. Almost two thirds (65%) of the variation in PC$_{20}$ could be ascribed to a patient specific factor—that is, between subject variation in level of hyperresponsiveness. One third (35%) of the total variation in PC$_{20}$ remained for within patient variation in responsiveness, and one third of this intra-individual variation (11% of the total variation in bronchial reactivity) could be ascribed to within subject variation in prechallenge FEV$_1$ % predicted ($p < 0.001$). The coefficient of prechallenge FEV$_1$ % predicted in the general linear model was 0.037 doublings/% predicted FEV$_1$, indicating that an increase in FEV$_1$ by 27% of predicted values was associated with a doubling of PC$_{20}$.

The interaction term between prechallenge FEV$_1$ % predicted and the patient specific factor did not reach significance ($p = 0.09$), which means that the variation in slope of individual patients in figures 1 and 2 can be explained by residual variation—that is, the low reproducibility of PC$_{20}$ and FEV$_1$ measurements. This means that the mean slope of the regression lines in figure 1 should be considered in predicting PC$_{20}$ and that individual variation in the slope of the regression lines is less important.

Inhaled steroid dosage was a significant covariate ($p < 0.05$), although less than 1% of the total variation in PC$_{20}$ was explained by this variable. The interaction term including dose of antihistamine and type of bronchoconstricting agent was highly significant ($p < 0.001$), accounting for 5% of the variation in bronchial hyperresponsiveness. This factor had four categories and further analysis showed that the combination of loratadine 10 mg daily with histamine as the challenge drug differed from the three other categories and that the differences between the three other categories were insignificant, or they had no influence on PC$_{20}$.

**Discussion**

It has been recognised since the 1960s that people with poorer lung function tend to have greater degrees of non-specific airway responsiveness. This relation has now been well documented in population samples and among cigarette smokers with chronic airflow obstruction and chronic mucus hypersecretion, but conflicting data have been reported on the
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The variation in bronchial hyperresponsiveness could be explained by the effect of drugs (loratadine and inhaled corticosteroids). Two thirds (65%) of the total variation in bronchial responsiveness could be ascribed to between subject variation, leaving one third of the variation to be explained by within subject variation. Only 16% of the total variation in non-specific airway responsiveness was not accounted for by the explanatory variables of the model.

In addition to bronchoconstriction, asthma involves several mechanisms that may influence airway responsiveness. Chronic airway inflammation may alter the local production of lipid derived inflammatory mediators, impair local neuroregulation, and damage respiratory epithelium, possibly interfering with production of a putative epithelial derived relaxation factor. These mechanisms, which are probably part of the pathogenesis of bronchial asthma, may increase airway reactivity without concomitant narrowing of the airway and would explain why most of the between subject variation in bronchial responsiveness was not related to FEV\textsubscript{1}, % predicted.

In conclusion, we found a large variation in bronchial responsiveness to histamine or methacholine between asthmatic subjects that was only moderately related to prechallenge FEV\textsubscript{1}, % predicted. Variation in FEV\textsubscript{1}, % predicted explained one third of the variation in the response of an individual patient, however, when bronchial challenge was repeated. The effect of an inhaled corticosteroid was small, and treatment with an antihistamine was important only when histamine was used as the bronchoconstricting agent.

The practical clinical aspect of our findings is that airway responsiveness cannot be predicted with any precision from an asthmatic patient’s FEV\textsubscript{1}, % predicted. Once bronchial reactivity has been determined, however, subsequent...
monitoring of bronchial responsiveness partly mirrors changes in FEV\textsubscript{1}, which can be monitored easily.

We thank Akse Bertelsen from the Statistical Research Unit of the University of Copenhagen for statistical advice and for performing the general linear modelling in the statistical analysis system.


4 Parker CD, Bilbo RE, Reed CR. Methacholine aerosol as test for bronchial asthma. *Arch Intern Med* 1965;115:452-8.


