

Additional Data Link Valproate Use to Birth Defects

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BOSTON — Two new data sets reinforce the recommendation to avoid valproate as a first-line therapy for any indication in women of childbearing years.

The findings, presented at the annual meeting of the American Academy of Neurology, strengthen evidence of a link between valproate and major congenital malformations as well as impaired cognitive

development of children exposed in utero.

“Not only our study, but nine other studies on valproate’s anatomical and behavioral effects, have shown similar signals of poor outcome with this drug,” Dr. Kimford J Meador said. “The drug should not be a first-line therapy for any indication in women of childbearing age. At the very minimum, women need to be aware of these risks if they are going to take this drug. We need to remember that half of U.S. pregnancies are unplanned.”

Dr. Meador, the Melvin Greer Professor of Neurology and director of the epilepsy program at the University of Florida, Gainesville, presented interim data from the ongoing Neurodevelopmental Effects of Antiepileptic Drugs (NEAD) study for which investigators enrolled 185 children whose mothers took carbamazepine (48), lamotrigine (66), phenytoin (42), or valproate (29) for epilepsy during pregnancy.

Dr. Meador presented data on patients’ mental development at age 2 years; the

prospective study will follow the cohort to age 6. Mean IQ scores based on the Mental Development Index (MDI) from the Bayley Scale were lowest for children in the valproate group (81), Dr. Meador said. A score below 85 is considered to be below normal limits. Mean scores in the other groups were 94 for lamotrigine, 95 for phenytoin, and 96 for carbamazepine.

In addition, he said, the percentage of children in the valproate group with an MDI of less than 70 (correlating with mental retardation) was 24%, about double that seen in any of the other groups (carbamazepine, 13%; lamotrigine, 11%; and phenytoin, 12%).

The study also found an inverse relationship between maternal valproate blood levels during pregnancy and MDI scores in the children, Dr. Meador noted. All of the valproate relationships remained constant even after maternal IQ—an important driver of childhood IQ—maternal epilepsy type, and past medical history were controlled for.

The mechanism of brain injury in the valproate group is probably third-trimester neuronal apoptosis, Dr. Meador said in an interview. “We think it’s similar to what’s seen in fetal alcohol syndrome, and the apoptosis appears to occur at a relatively lower dose than it would with other drugs, such as phenytoin. I think that’s why we see such an increased signal.”

NEAD only includes children of women with epilepsy—the group that accounts for the smallest proportion of valproate prescriptions, he added. “Most of the prescriptions are written for other things. ... [Fewer] than half are for epilepsy.”

In the third quarter of 2006, about 16% of women of childbearing age with epilepsy were taking the drug, making it the fourth leading antiepileptic in the United States for this group. Valproate sales jumped 28% last year, an increase “that has to include some portion of women of childbearing age,” Dr. Meador said.

The second study, GlaxoSmithKline’s lamotrigine pregnancy registry, found that valproate in conjunction with lamotrigine significantly increases the risk of a major birth defect. The company produces lamotrigine. The registry, now in its 14th year, has prospectively enrolled 2,400 pregnancies occurring in 32 countries. There are known outcome data on 1,539 pregnancies, said Marianne Cunningham, Ph.D., of GlaxoSmithKline.

The risk of a major birth defect in the 908 first-trimester exposures to lamotrigine only was 2.9%, similar to the background population risk of 2%-3%. The risk associated with nonvalproate polytherapy was 2.6%. But when lamotrigine polytherapy included valproate, the risk of a major congenital malformation jumped to more than 11%. “We have a signal for an increased risk for polytherapy including valproate,” she said, although “it’s unclear whether valproate is responsible for this increased risk.”

Dr. Meador noted, however, that six other studies have concluded that valproate significantly increases the risk of birth defects. “Each of these studies has different cohorts, but [investigators] all found similar rates.”

BETASERON®

(INTERFERON BETA 1b) FOR SC
INJECTION

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Brief Summary of Full Prescribing Information

INDICATIONS AND USAGE

Betaseron (interferon beta-1b) is indicated for the treatment of relapsing forms of multiple sclerosis to reduce the frequency of clinical exacerbations. Patients with multiple sclerosis in whom efficacy has been demonstrated include patients who have experienced a first clinical episode and have MRI features consistent with multiple sclerosis.

CONTRAINDICATIONS

Betaseron is contraindicated in patients with a history of hypersensitivity to natural or recombinant interferon beta, Albumin (Human), USP, or any other component of the formulation.

WARNINGS

Depression and Suicide

Betaseron (interferon beta-1b) should be used with caution in patients with depression, a condition that is common in people with multiple sclerosis. Depression and suicide have been reported to occur with increased frequency in patients receiving interferon compounds, including Betaseron. Patients treated with Betaseron should be advised to report immediately any symptoms of depression and/or suicidal ideation to their prescribing physicians. If a patient develops depression, cessation of Betaseron therapy should be considered.

In the four randomized controlled studies there were three suicides and eight suicide attempts among the 1532 patients in the Betaseron treated groups compared to one suicide and four suicide attempts among the 965 patients in the placebo groups.

Injection Site Necrosis

Injection site necrosis (ISN) has been reported in 4% of patients in controlled clinical trials (see **ADVERSE REACTIONS**). Typically, injection site necrosis occurs within the first four months of therapy, although post-marketing reports have been received of ISN occurring over one year after initiation of therapy. Necrosis may occur at a single or multiple injection sites. The necrotic lesions are typically three cm or less in diameter, but larger areas have been reported. Generally the necrosis has extended only to subcutaneous fat. However, there are also reports of necrosis extending to and including fascia overlying muscle. In some lesions where biopsy results are available, vasculitis has been reported. For some lesions debridement and, infrequently, skin grafting have been required.

As with any open lesion, it is important to avoid infection and, if it occurs, to treat the infection. Time to healing was varied depending on the severity of the necrosis at the time treatment was begun. In most cases healing was associated with scarring.

Some patients have experienced healing of necrotic skin lesions while Betaseron therapy continued; others have not. Whether to discontinue therapy following a single site of necrosis is dependent on the extent of necrosis. For patients who continue therapy with Betaseron after injection site necrosis has occurred, Betaseron should not be administered into the affected area until it is fully healed. If multiple lesions occur, therapy should be discontinued until healing occurs.

Patient understanding and use of aseptic self-injection techniques and procedures should be periodically reevaluated, particularly if injection site necrosis has occurred.

Anaphylaxis

Anaphylaxis has been reported as a rare complication of Betaseron use. Other allergic reactions have included dyspnea, bronchospasm, tongue edema, skin rash and urticaria (see **ADVERSE REACTIONS**).

Albumin (Human), USP

This product contains albumin, a derivative of human blood. Based on effective donor screening and product manufacturing processes, it carries an extremely remote risk for transmission of viral diseases. A theoretical risk for transmission of Creutzfeldt-Jakob disease (CJD) also is considered extremely remote. No cases of transmission of viral diseases or CJD have ever been identified for albumin.

PRECAUTIONS

Information for Patients

All patients should be instructed to carefully read the supplied Betaseron Medication Guide. Patients should be cautioned not to change the dose or schedule of administration without medical consultation.

Patients should be made aware that serious adverse reactions during the use of Betaseron have been reported, including depression and suicidal ideation, injection site necrosis, and anaphylaxis (see **WARNINGS**). Patients should be advised of the symptoms of depression or suicidal ideation and be told to report them immediately to their physician. Patients should also be advised of the symptoms of allergic reactions and anaphylaxis.

Patients should be advised to promptly report any break in the skin, which may be associated with blue-black discoloration, swelling, or drainage of fluid from the injection site, prior to continuing their Betaseron therapy.

Patients should be informed that flu-like symptoms are common following initiation of therapy with Betaseron. In the controlled clinical trials, antipyretics and analgesics were permitted for relief of these symptoms. In addition, gradual dose titration during initiation of Betaseron treatment may reduce flu-like symptoms.

Female patients should be cautioned about the abortifacient potential of Betaseron (see **PRECAUTIONS, Pregnancy-Teratogenic effects**).

Instruction on Self-injection Technique and Procedures

Patients should be instructed in the use of aseptic technique when administering Betaseron. Appropriate instruction for reconstitution of Betaseron and methods of self-injection should be provided, including careful review of the Betaseron Medication Guide. The first injection should be performed under the supervision of an appropriately qualified health care professional.

Patients should be cautioned against the re-use of needles or syringes and instructed in safe disposal procedures. A puncture resistant container for disposal of used needles and syringes should be supplied to the patient along with instructions for safe disposal of full containers. Patients should be advised of the importance of rotating areas of injection with each dose, to minimize the likelihood of severe injection site reactions, including necrosis or localized infection.

Laboratory Tests

In addition to those laboratory tests normally required for monitoring patients with multiple sclerosis, complete blood and differential white blood cell counts, platelet counts and blood chemistries, including liver function tests, are recommended at regular intervals (one, three, and six months) following introduction of Betaseron therapy, and then periodically thereafter in the absence of clinical symptoms. Thyroid function tests are recommended every six months in patients with a history of thyroid dysfunction or as clinically indicated. Patients with myeloid-suppression may require more intensive monitoring of complete blood cell counts, with differential and platelet counts.

Drug Interactions

No formal drug interaction studies have been conducted with Betaseron. In the placebo controlled studies in MS, corticosteroids or ACTH were administered for treatment of relapses for periods of up to 28 days in patients (N=664) receiving Betaseron.

Carcinogenesis, Mutagenesis, and Impairment of Fertility

Carcinogenesis: Interferon beta-1b has not been tested for its carcinogenic potential in animals.

Mutagenesis: Betaseron was not mutagenic when assayed for genotoxicity in the Ames bacterial test in the presence or absence of metabolic activation. Interferon beta-1b was not mutagenic to human peripheral blood lymphocytes *in vitro*, in the presence or absence of metabolic inactivation. Betaseron treatment of mouse BALBc-3T3 cells did not result in increased transformation frequency in an *in vitro* model of tumor transformation.

Impairment of fertility: Studies in normally cycling, female rhesus monkeys at doses up to 0.33 mg/kg/day (32 times the recommended human dose based on body surface area, body surface dose based on 70 kg female) had no apparent adverse effects on either menstrual cycle duration or associated hormonal profiles (progesterone and estradiol) when administered over three consecutive menstrual cycles. The validity of extrapolating doses used in animal studies to human doses is not known. Effects of Betaseron on normally cycling human females are not known.

Pregnancy-Teratogenic effects

Pregnancy Category C. Betaseron was not teratogenic at doses up to 0.42 mg/kg/day when given to pregnant female rhesus monkeys on gestation days 20 to 70. However, a dose related abortifacient activity was observed in these monkeys when Interferon beta-1b was administered at doses ranging from 0.028 mg/kg/day to 0.42 mg/kg/day (2.8 to 40 times the recommended human dose based on body surface area comparison). The validity of extrapolating doses used in animal studies to human doses is not known. Lower doses were not studied in monkeys. Spontaneous abortions while on treatment were reported in patients (n=4) who participated in the Betaseron RRMS clinical trial. Betaseron given to rhesus monkeys on gestation days 20 to 70 did not cause teratogenic effects; however, it is not known if teratogenic effects exist in humans. There are no adequate and well-controlled studies in pregnant women. If the patient becomes pregnant or plans to become pregnant while taking Betaseron, the patient should be apprised of the potential hazard to the fetus and it should be recommended that the patient discontinue therapy.

Nursing Mothers

It is not known whether Betaseron is excreted in human milk. Because many drugs are excreted in human milk and because of the potential for serious adverse reactions in nursing infants from Betaseron, a decision should be made to either discontinue nursing or discontinue the drug, taking into account the importance of drug to the mother.

Pediatric Use

Safety and efficacy in pediatric patients have not been established.

Geriatric Use

Clinical studies of Betaseron did not include sufficient numbers of patients aged 65 and over to determine whether they respond differently than younger patients.

ADVERSE REACTIONS

In all studies, the most serious adverse reactions with Betaseron were depression, suicidal ideation and injection site necrosis (see **WARNINGS**). The incidence of depression of any severity was approximately 30% in both Betaseron-treated patients and placebo-treated patients. Anaphylaxis and other allergic reactions have been reported in patients using Betaseron (see **WARNINGS**). The most commonly reported adverse reactions were lymphopenia (lymphocytes <1500/mm³), injection site reaction, asthenia, flu-like symptom complex, headache, and pain. The most frequently reported adverse reactions resulting in clinical intervention (e.g., discontinuation of Betaseron, adjustment in dosage, or the need for concomitant medication to treat an adverse reaction symptom) were depression, flu-like symptom complex, injection site reactions, leukopenia, increased liver enzymes, asthenia, hypertension, and myasthenia.

Because clinical trials are conducted under widely varying conditions and over varying lengths of time, adverse reaction rates observed in the clinical trials of Betaseron cannot be directly compared to rates in clinical trials of other drugs, and may not reflect the rates observed in practice. The adverse reaction information from clinical trials does, however, provide a basis for identifying the adverse events that appear to be related to drug use and for approximating rates.

The data described below reflect exposure to Betaseron in the four placebo controlled trials of 1407 patients with MS treated with 0.25 mg or 0.16 mg/m², including 1261 exposed for greater than one year. The population encompassed an age range from 18-65 years. Sixty-four percent (64%) of the patients were female. The percentages of Caucasian, Black, Asian, and Hispanic patients were 94.8%, 3.5%, 0.1%, and 0.7%, respectively.

The safety profiles for Betaseron-treated patients with SPMS and RRMS were similar. Clinical experience with Betaseron in other populations (patients with cancer, HIV positive patients, etc.) provides additional data regarding adverse reactions; however, experience in non-MS populations may not be fully applicable to the MS population.

Table 1 enumerates adverse events and laboratory abnormalities that occurred among all patients treated with 0.25 mg or 0.16 mg/m² Betaseron every other day for periods of up to three years in the four placebo controlled trials (Study 1-4) at an incidence that was at least 2.0% more than that observed in the placebo patients (System Organ Class, MedDRA v. 8.0).

Table 1: Adverse Reactions and Laboratory Abnormalities		
System Organ Class MedDRA v. 8.0 ^a Adverse Reaction	Placebo (n=965)	Betaseron (n=1407)
Blood and lymphatic system disorders		
Lymphocytes count decreased (< 1500/mm ³) ^x	66%	86%
Absolute neutrophil count decreased (< 1500/mm ³) ^x	5%	13%
White blood cell count decreased (<3000/mm ³) ^x	4%	13%
Lymphadenopathy	3%	6%
Nervous system disorders		
Headache	43%	50%
Insomnia	16%	21%
Incoordination	15%	17%
Vascular disorders		
Hypertension	4%	6%
Respiratory, thoracic and mediastinal disorders		
Dyspnea	3%	6%
Gastrointestinal disorders		
Abdominal pain	11%	16%
Hepatobiliary disorders		
Alanine aminotransferase increased (SGPT > 5 times baseline) ^x	4%	12%
Aspartate aminotransferase increased (SGOT > 5 times baseline) ^x	1%	4%
Skin and subcutaneous tissue disorders		
Rash	15%	21%
Skin disorder	8%	10%
Musculoskeletal and connective tissue disorders		
Hypertonia	33%	40%
Myalgia	14%	23%
Renal and urinary disorders		
Urinary urgency	8%	11%
Reproductive system and breast disorders		
Metrorrhagia [*]	7%	9%
Impotence ^{**}	6%	8%
General disorders and administration site conditions		
Injection site reaction (various kinds) ^o	26%	78%
Asthenia	48%	53%
Flu-like symptoms (complex) [§]	37%	57%
Pain	35%	42%
Fever	19%	31%
Chills	9%	21%
Peripherical edema	10%	12%
Chest pain	6%	9%
Malaise	3%	6%
Injection site necrosis	0%	4%

[#] except for "injection site reaction (various kinds)" and "flu-like symptom complex" the most appropriate MedDRA term is used to describe a certain reaction and its synonyms and related conditions.

^x laboratory abnormality

^{*} pre-menopausal women

^{**} men

^o "injection site reaction (various kinds)" comprises all adverse events occurring at the injection site (except injection site necrosis), i.e. the following terms: injection site reaction, injection site hemorrhage, injection site hypersensitivity, injection site inflammation, injection site mass, injection site pain, injection site edema and injection site atrophy.

[§] "Flu-like symptom complex" denotes flu syndrome and/or a combination of at least two AEs from fever, chills, myalgia, malaise, sweating.

Injection Site Reactions

In four controlled clinical trials, injection site reactions occurred in 78% of patients receiving Betaseron with injection site necrosis in 4%. Injection site inflammation (42%), injection site pain (16%), injection site hypersensitivity (4%), injection site necrosis (4%), injection site mass (2%), injection site edema (2%) and non-specific reactions were significantly associated with Betaseron treatment (see **WARNINGS** and **PRECAUTIONS**). The incidence of injection site reactions tended to decrease over time. Approximately 69% of patients experienced the event during the first three months of treatment, compared to approximately 40% at the end of the studies.

Flu-Like Symptom Complex

The rate of flu-like symptom complex was approximately 57% in the four controlled clinical trials. The incidence decreased over time, with only 10% of patients reporting flu-like symptom complex at the end of the studies. For patients who experienced a flu-like symptom complex in Study 1, the median duration was 7.5 days.

Laboratory Abnormalities

In the four clinical trials, leukopenia was reported in 18% and 6% [of patients in Betaseron- and placebo-treated groups, respectively. No patients were withdrawn or dose reduced for neutropenia in Study 1. Three percent (3%) of patients in Studies 2 and 3 experienced leukopenia and were dose-reduced. Other abnormalities included increase of SGPT to greater than five times baseline value (12%), and increase of SGOT to greater than five times baseline value (4%). In Study 1, two patients were dose reduced for increased hepatic enzymes; one continued on treatment and one was ultimately withdrawn. In Studies 2 and 3, 1.5% of Betaseron patients were dose-reduced or interrupted treatment for increased hepatic enzymes. In Study 4, 1.7% of patients were withdrawn from treatment due to increased hepatic enzymes, two of them after a dose reduction. In Studies 1-4, nine (0.6%) patients were withdrawn from treatment with Betaseron for any laboratory abnormality, including four (0.3%) patients following dose reduction. (see **PRECAUTIONS, Laboratory tests**).

Menstrual Irregularities

In the four clinical trials, 97 (12%) of the 783 pre-menopausal females treated with Betaseron and 79 (15%) of the 528 pre-menopausal females treated with placebo reported menstrual disorders. One event was reported as severe, all other reports were mild to moderate severity. No patients withdrew from the studies due to menstrual irregularities.

Postmarketing Experience

The following adverse events have been observed during postmarketing experience with Betaseron and are classified within body system categories:

Blood and lymphatic system disorders: Anemia, Thrombocytopenia

Endocrine disorders: Hypothyroidism, Hyperthyroidism, Thyroid dysfunction

Metabolism and nutrition disorders: Hypocalcemia, Hyperuricemia, Triglyceride increased, Anorexia, Weight decrease

Psychiatric disorders: Confusion, Depersonalization, Emotional lability

Nervous system disorders: Ataxia, Convulsion, Paresthesia, Psychotic symptoms

Cardiac disorders: Cardiomyopathy

Vascular disorders: Deep vein thrombosis, Pulmonary embolism

Respiratory, thoracic and mediastinal disorders: Bronchospasm, Pneumonia

Gastrointestinal disorders: Pancreatitis, Vomiting

Hepatobiliary disorders: Hepatitis, Gamma GT increased

Skin and subcutaneous tissue disorders: Pruritus, Skin discoloration, Urticaria

Renal and urinary disorders: Urinary tract infection, Uroepsis

General disorders and administration site conditions: Fatal capillary leak syndrome^{*}

^{*}The administration of cytokines to patients with a pre-existing monoclonal gammopathy has been associated with the development of this syndrome.

Immunogenicity

As with all therapeutic proteins, there is a potential for immunogenicity. Serum samples were monitored for the development of antibodies to Betaseron during Study 1. In patients receiving 0.25 mg every other day 56/124 (45%) were found to have serum neutralizing activity at one or more of the time points tested. In Study 4, neutralizing activity was measured every 6 months and at end of study. At individual visits after start of therapy, activity was observed in 16.5% up to 25.2% of the Betaseron treated patients. Such neutralizing activity was measured at least once in 75 (29.9%) out of 251 Betaseron patients who provided samples during treatment phase; of these, 17 (22.7%) converted to negative status later in the study.

Based on all the available evidence, the relationship between antibody formation and clinical safety or efficacy is not known.

These data reflect the percentage of patients whose test results were considered positive for antibodies to Betaseron using a biological neutralization assay that measures the ability of immune sera to inhibit the production of the interferon-inducible protein, MXA. Neutralization assays are highly dependent on the sensitivity and specificity of the assay. Additionally, the observed incidence of neutralizing activity in an assay may be influenced by several factors including sample handling, timing of sample collection, concomitant medications, and underlying disease. For these reasons, comparison of the incidence of antibodies to Betaseron with the incidence of antibodies to other products may be misleading.

Anaphylactic reactions have rarely been reported with the use of Betaseron.

DRUG ABUSE AND DEPENDENCE

No evidence or experience suggests that abuse or dependence occurs with Betaseron therapy; however, the risk of dependence has not been systematically evaluated.

OVERDOSAGE

Safety of doses higher than 0.25 mg every other day has not been adequately evaluated. The maximum amount of Betaseron that can be safely administered has not been determined.

Rx Only.

REFERENCES

References furnished upon request.

U.S. Patent No. 4,588,585; 4,961,969; 5,702,639; 6,994,847

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