Specifically, the median duration of follow-up was 30 weeks for placebo and 31 weeks for REMICADE.), 17% of patients receiving REMICADE experienced elevations in ALT at >1 to <3 times the ULN compared to 12% of patients treated with placebo. ALT elevations ≥3 times the ULN were observed in 2% of patients who received REMICADE compared with 1% of patients who received placebo. ALT elevations ≥5 times ULN were observed in <1% of patients in both REMICADE and placebo groups. In an AS clinical trial (median follow up 24 weeks) 40% of patients receiving REMICADE experienced elevations in ALT at >1 to <3 times the ULN compared to 13% of patients treated with placebo. ALT elevations ≥3 times the ULN were observed in 6% of patients who received REMICADE compared to none in patients who received placebo. ALT elevations ≥5 times ULN were observed in 2% of patients who received REMICADE compared to none in patients treated with placebo. In a PsA clinical trial (median follow up 24 weeks for REMICADE group and 18 weeks in placebo group) 42% of patients receiving REMICADE experienced elevations in ALT at >1 to <3 times the ULN compared to 16% of patients treated with placebo. ALT elevations ≥3 times the ULN were observed in 5% of patients who received REMICADE compared to none in patients who received placebo. ALT elevations ≥5 times ULN were observed in 2% of patients who received REMICADE compared to none in patients treated with placebo. In PsO clinical trials, (ALT values are obtained in 2 phase 3 psoriasis studies with median follow-up of 50 weeks for REMICADE and 16 weeks for placebo). 49% of patients receiving REMICADE experienced elevations in ALT at >1 to <3 times the ULN compared to 24% of patients treated with placebo. ALT ≥3 x ULN were observed in 8% of patients who received REMICADE compared to <1 % who received placebo. ALT elevations ≥5 x ULN were observed in 3% of patients who received REMICADE compared to none in patients treated with placebo. **Adverse Reactions in Pediatric Crohn's Disease** There were some differences observed in the adverse reactions observed in the pediatric patients receiving REMICADE compared to those observed in adults with CD. The following adverse events were reported more commonly in 103 randomized pediatric CD patients administered 5 mg/kg REMICADE through 54 weeks than in 385 adult CD patients receiving a similar treatment regimen: anemia (11%), blood in stool (10%), leukopenia (9%), flushing (9%), viral infection (8%), neutropenia (7%), bone fracture (7%), bacterial infection (6%), and respiratory tract allergic reaction (6%). Infections were reported in 56% of randomized pediatric patients in Study Peds Crohn's and in 50% of adult patients in Study Crohn's I. In Study Peds Crohn's, infections were reported more frequently for patients who received every 8 week as opposed to every 12 week infusions (74% and 38%, respectively), while serious infections were reported for 3 patients in the every 8 week and 4 patients in the every 12 week maintenance treatment group. The most commonly reported infections were upper respiratory tract infection and pharyngitis, and the most commonly reported serious infection was abscess. Pneumonia was reported for 3 patients, (2 in the every 8 week and 1 in the every 12 week maintenance treatment groups). Herpes zoster was reported for 2 patients in the every 8 week maintenance treatment group. In Study Peds Crohn's, 18% of randomized patients experienced one or more infusion reactions, with no notable difference between treatment groups. Of the 112 patients in Study Peds Crohn's, there were no serious infusion reactions, and 2 patients had non-serious anaphylactoid reactions. Antibodies to REMICADE developed in 3% of pediatric patients in Study Peds Crohn's. Elevations of ALT up to 3 times the upper limit of normal (ULN) were seen in 18% of pediatric patients in CD clinical trials; 4% had ALT elevations ≥3 x ULN, and 1% had elevations ≥5 x ULN. (Median follow-up was 53 weeks.) The most common serious adverse events reported in the post-marketing experience in children were infections (some fatal) including opportunistic infections and tuberculosis, infusion reactions, and hypersensitivity reactions. Serious adverse events in the post-marketing experience with REMICADE in the pediatric population have also included malignancies, including hepatosplenic T-cell lymphomas (see *Boxed WARNINGS* and *WARNINGS*), transient hepatic enzyme abnormalities, lupus-like syndromes, and the development of autoantibodies. **Adverse Reactions in Psoriasis Studies** During the placebo-controlled portion across the three clinical trials up to Week 16, the proportion of patients who experienced at least 1 SAE (defined as resulting in death, life threatening, requires hospitalization, or persistent or significant disability/incapacity) was 1.7% in the 3 mg/kg REMICADE group, 3.2% in the placebo group, and 3.9% in the 5 mg/kg REMICADE group. Among patients in the 2 Phase 3 studies, 12.4% of patients receiving REMICADE 5 mg/kg every 8 weeks through one year of maintenance treatment experienced at least 1 SAE in Study I. In Study II, 4.1% and 4.7% of patients receiving REMICADE 3 mg/kg and 5 mg/kg every 8 weeks, respectively, through one year of maintenance treatment experienced at least 1 SAE. One death due to bacterial sepsis occurred 25 days after the second infusion of 5 mg/kg REMICADE. Serious infections included sepsis, and abscesses. In Study I, 2.7% of patients receiving REMICADE 5 mg/kg every 8 weeks through 1 year of maintenance treatment experienced at least 1 serious infection. In Study II, 1.0% and 1.3% of patients receiving REMICADE 3 mg/kg and 5 mg/kg, respectively, through 1 year of treatment experienced at least 1 serious infection. The most common serious infections (requiring hospitalization) were abscesses (skin, throat, and peri-rectal) reported by 5 (0.7%) patients in the 5 mg/kg REMICADE group. Two active cases of tuberculosis were reported: 6 weeks and 34 weeks after starting REMICADE. In placebo-controlled portion of the psoriasis studies, 7 of 1123 patients who received REMICADE at any dose were diagnosed with at least one NMSC compared to 0 of 334 patients who received placebo. In the psoriasis studies, 1% (15/1373) of patients experienced serum sickness or a combination of arthralgia and/or myalgia with fever, and/or rash, usually early in the treatment course. Of these patients, 6 required hospitalization due to fever, severe myalgia, arthralgia, swollen joints, and immobility. **Other Adverse Reactions** Safety data are available from 4779 REMICADE-treated adult patients, including 1304 with RA, 1106 with CD, 484 with UC, 202 with AS, 293 with PsA, 1373 with plaque PsO and 17 with other conditions. (For information on other adverse reactions in pediatric patients, see *ADVERSE REACTIONS, Adverse Reactions in Pediatric Crohn's Disease.*) Adverse events reported in ≥5% of all patients with RA receiving 4 or more infusions are listed below. The types and frequencies of adverse reactions observed were similar in REMICADE-treated RA, AS, PsA, plaque PsO and CD patients except for abdominal pain, which occurred in 26% of REMICADE-treated patients with CD. In the CD studies, there were insufficient numbers and duration of follow-up for patients who never received REMICADE to provide meaningful comparisons. The percentages of adverse events for placebo-treated patients (n=350; average weeks of follow-up 59) and REMICADE-treated patients (n=1129; average weeks of follow-up 66), respectively, are: *Gastrointestinal:* Nausea: 20, 21; Abdominal pain: 8, 12; Diarrhea: 12, 12; Dyspepsia: 7, 10; *Respiratory:* Upper respiratory tract infection: 25, 32; Sinusitis: 8, 14; Pharyngitis: 8, 12; Coughing: 8, 12; Bronchitis: 9, 10; Rhinitis: 5, 8; *Skin and appendages disorders:* Rash: 5, 10; Pruritis: 2, 7; *Body as a whole—general disorders:* Fatigue: 7, 9; Pain: 7, 8; *Resistance mechanism disorders:* Fever: 4, 7; Moniliasis: 3, 5; *Central and peripheral nervous system disorders:* Headache: 14, 18; *Musculoskeletal system disorders:* Back pain: 5, 8; Arthralgia: 7, 8; *Urinary system disorders:* Urinary tract infection: 6, 8; *Cardiovascular disorders, general:* Hypertension: 5, 7. Because clinical trials are conducted under widely varying conditions, adverse reaction rates observed in clinical trials of a drug cannot be directly compared to rates in clinical trials of another drug and may not predict the rates observed in broader patient populations in clinical practice. The most common serious adverse events observed in clinical trials were infections (see *ADVERSE REACTIONS, Infections*). Other serious, medically relevant adverse events ≥0.2% or clinically significant adverse events by body system were as follows: *Body as a whole:* allergic reaction, diaphragmatic hernia, edema, surgical/procedural sequela; *Blood:* pancytopenia; *Cardiovascular:* circulatory failure, hypotension, syncope; *Gastrointestinal:* constipation, gastrointestinal hemorrhage, ileus, intestinal obstruction, intestinal perforation, intestinal stenosis, pancreatitis, peritonitis, proctalgia; *Central & Peripheral Nervous:* meningitis, neuritis, peripheral neuropathy, dizziness; *Heart Rate and Rhythm:* arrhythmia, bradycardia, cardiac arrest, tachycardia; *Liver and Biliary:* biliary pain, cholecystitis, cholelithiasis, hepatitis; *Metabolic and Nutritional:* dehydration; *Musculoskeletal:* intervertebral disk herniation, tendon disorder; *Myo-, Endo-, Pericardial, and Coronary Valve:* myocardial infarction; *Platelet, Bleeding, and Clotting:* thrombocytopenia; *Neoplasms:* basal cell, breast, lymphoma; *Psychiatric:* confusion, suicide attempt; *Red Blood Cell:* anemia, hemolytic anemia; *Reproductive:* menstrual irregularity; *Resistance Mechanism:* cellulitis, sepsis, serum sickness; *Respiratory:* adult respiratory distress syndrome, lower respiratory tract infection (including pneumonia), pleural effusion, pleurisy, pulmonary edema, respiratory insufficiency; *Skin and Appendages:* increased sweating, ulceration; *Urinary:* renal calculus, renal failure; *Vascular (Extracardiac):* brain infarction, pulmonary embolism, thrombophlebitis; *White Cell and Reticuloendothelial:* leukopenia, lymphadenopathy. **Post-marketing Adverse Events** The following adverse events have been reported during post-approval use of REMICADE: neutropenia (see *WARNINGS*, *Hematologic Events*), interstitial pneumonitis/fibrosis, idiopathic thrombocytopenic purpura, thrombotic thrombocytopenic purpura, pericardial effusion, systemic and cutaneous vasculitis, erythema multiforme, Stevens-Johnson Syndrome, toxic epidermal necrolysis, Guillain-Barré syndrome, transverse myelitis, and neuropathies (additional neurologic events have also been observed, see *WARNINGS*, *Neurologic Events*) and acute liver failure, jaundice, hepatitis, and cholestasis (see *WARNINGS*, *Hepatotoxicity*). Because these events are reported voluntarily from a population of uncertain size, it is not always possible to reliably estimate their frequency or establish a causal relationship to REMICADE exposure. **OVERDOSAGE:** Single doses up to 20 mg/kg have been administered without any direct toxic effect. In case of overdosage, it is recommended that the patient be monitored for any signs or symptoms of adverse reactions or effects and appropriate symptomatic treatment instituted immediately. **Administration Instructions Regarding Infusion Reactions** Adverse effects during administration of REMICADE have included flu-like symptoms, headache, dyspnea, hypotension, transient fever, chills, gastrointestinal symptoms, and skin rashes. Anaphylaxis might occur at any time during REMICADE infusion. Approximately 20% of REMICADE-treated patients in all clinical trials experienced an infusion reaction compared with 10% of placebo-treated patients (see *ADVERSE REACTIONS*, *Infusion-related Reactions*). Prior to infusion with REMICADE, premedication may be administered at the physician's discretion. Premedication could include antihistamines (anti-H1 +/- anti-H2), acetaminophen and/or corticosteroids. During infusion, mild to moderate infusion reactions may improve following slowing or suspension of the infusion, and upon resolution of the reaction, reinitiation at a lower infusion rate and/or therapeutic administration of antihistamines, acetaminophen, and/or corticosteroids. For patients that do not tolerate the infusion following these interventions, REMICADE should be discontinued. During or following infusion, patients that have severe infusion-related hypersensitivity reactions should be discontinued from further REMICADE treatment. The management of severe infusion reactions should be dictated by the signs and symptoms of the reaction. Appropriate personnel and medication should be available to treat anaphylaxis if it occurs.

REFERENCES: 1. *Am J Respir Crit Care Med.* 2000;161:S221–S247. **2.** See latest Centers for Disease Control guidelines and recommendations for tuberculosis testing in immunocompromised patients. **3.** Gardam MA, Keystone EC, Menzies R, et al. Anti-tumor necrosis factor agents and tuberculosis risk: mechanisms of action and clinical management. *Lancet Infect Dis.* 2003;3:148-155. **4.** Belhadj K, Reyes F, Farcet JP, et al. Hepatosplenic γδ T-cell lymphoma is a rare clinicopathologic entity with poor outcome: report on a series of 21 patients. *Blood.* 2003;102(13):4261-4269.

History Is Diagnostic in Secondary Osteoporosis

BY KERRI WACHTER
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WASHINGTON — A careful evaluation and thorough history can identify a large portion of secondary osteoporosis patients, Dr. Meryl LeBoff, director of the skeletal health and osteoporosis center and bone density unit at Brigham and Women's Hospital in Boston, said at an international symposium sponsored by the National Osteoporosis Foundation.

The true prevalence of secondary osteoporosis is not known. However, about 50% of patients can be detected with a good medical history, said Dr. LeBoff. While laboratory evaluations vary, such tests can be used to identify 25%-65% of patients with secondary osteoporosis.

Identifying secondary osteoporosis is crucial because skeletal changes may be reversible and decreased acquisition of peak bone mass is a determinant of osteoporosis later in life.

In a 2004 report on bone health and osteoporosis, the surgeon general recommended that all patients diagnosed with osteoporosis get at least a limited evaluation for secondary causes of bone loss.

In particular, premenopausal women or men with unexplained fractures and those who are adherent but have a poor response to therapy should be evaluated for secondary osteoporosis.

A low *z* score—which compares a patient's bone mineral density (BMD) to the mean for a healthy age- and gender-matched population—may suggest an increased likelihood of secondary osteoporosis. A *z* score of -1.0 is tied to a twofold greater lifetime risk of fracture and a *z* score of -2.0 is associated with a fourfold greater lifetime risk of fracture. Patients with a low *z* score are most in need of in-depth evaluation for secondary osteoporosis.

"However, *z* scores do not consistently predict which patient has an underlying disorder, so it's important to use clinical judgement in the evaluation of a particular patient," said Dr. LeBoff.

There are no evidence-based guides for evaluating a patient for secondary osteoporosis. Dr. LeBoff recommends a detailed personal and family history. Be sure to ask about calcium intake. In addition to a thorough physical exam, do bone density testing and laboratory tests.

Laboratory tests for serum calcium, 25-hydroxy vitamin D, 24-hour urinary calcium, and parathyroid hormone—plus serum thyroid-stimulating hormone among women on thyroid replacement—can identify an estimated 98% of patients with secondary osteoporosis (J. Clin. Endocrinol. Metab. 2002;87:4431-7).

At the Brigham and Women's osteoporosis center, evaluation guidelines for secondary osteoporosis include a *z* score less than -1.5. Laboratory tests include serum calcium and phosphorus, renal function, 25-hydroxy vitamin D levels, thyroid-stimulating hormone, parathyroid hormone, and urinary calcium. In select patients, bone turnover markers are tested.

Dr. LeBoff also discussed some common causes of secondary osteoporosis:

► **Glucocorticoids.** "Use of glucocorticoids is the most common cause of secondary osteoporosis," said Dr. LeBoff. A number of other endocrine abnormalities—thyroid hormone excess, hypogonadism, anorexia, hyperparathyroidism, hypercalciuria, vitamin D deficiency, and androgen insensitivity—can also cause secondary osteoporosis.

Glucocorticoids increase fracture risk progressively. "Even extremely low doses of inhaled glucocorticoids can lead to bone loss," said Dr. LeBoff.

The pathophysiology of glucocorticoid-induced osteoporosis is multifactorial, involving decreased osteoblast function, increased osteoblast apoptosis, increased gastrointestinal absorption of calcium, increased urinary calcium excretion, and an increase in osteoclast bone resorption.

► **Anorexia.** This disorder affects an estimated 4% of U.S. college students and leads to a 25% lower spine BMD and a sevenfold increased fracture risk. Peak bone mass is decreased and there may be a permanent deficit of bone mass. Anorexic women have subnormal levels of dehydroepiandrosterone, testosterone, estrogen, and cortisol. "Estrogen does not correct the low bone mass [in these women]," said Dr. LeBoff. A number of trials attempting to reverse lost bone mass in anorexic women are underway.

► **Vitamin D deficiency.** Vitamin D deficiency is common and has been implicated in impaired muscle function, increased falls, increased muscle pain, multiple sclerosis, and some malignancies. There is seasonal variation in vitamin D levels. Notably, vitamin D activation decreases with age, darker skin pigment, and increased sunblock use. Gastrointestinal disorders can lead to vitamin D deficiency, as it is absorbed in the small intestine.

"Vitamin D deficiency is currently defined as 25-hydroxy vitamin D level of less than 20 ng/mL … sufficiency for bone is [25-hydroxy vitamin D level] greater than 30-32 ng/mL," said Dr. LeBoff.

Inadequate levels of vitamin D have been documented in 52% of women who participated in osteoporosis trials. Women in these studies had an average T score of -1.8.

In a study at Brigham and Women's, 90% of women admitted with hip fractures had vitamin D insufficiency and 57% had vitamin D deficiency. Because of this, when women are admitted now with hip fragility fracture they are given 50,000 units of vitamin D. They are also evaluated for secondary osteoporosis.

► **Aromatase inhibitors.** "Bone loss is clearly associated with breast cancer therapies," said Dr. LeBoff. Aromatase inhibitors can lead to bone loss of about 2.6% per year, though long-term data are not yet available. Gonadotropin-releasing hormones can lead to bone loss of 4%-6% per year. Ovarian failure can lead to bone loss of about 8% per year. Oophorectomy is associated with bone loss of 11% per year. ■