Adenotonsillectomy May Not Resolve Sleep Apnea

BY DAMIAN MCNAMARA

Miami Bureau

FORT LAUDERDALE, FLA. — Although adenotonsillectomy remains the first-line treatment for children with obstructive sleep apnea syndrome, only about 25%-30% will experience complete resolution of symptoms, according to a prospective study.

Another 25% or so of children will still have apnea severe enough to warrant con-

tinuous positive airway pressure (CPAP) therapy. Management of the rest, who end up better but not cured after tonsillectomy and adenoidectomy (T&A), remains unclear. About 45% of children won't be cured, but won't be worse "somewhere in the middle," said Dr. David Gozal, director of the division of pediatric sleep medicine, Kosair Children's Hospital Research Institute, University of Louisville (Ky.).

That figure comes from a prospective study of 110 consecutive children with obstructive sleep apnea assessed with polysomnography before and after T&A (J. Pediatr. 2006;149:803-8). Mean age was almost 7 years; 62% of patients were boys. A total of 37% was obese, mean body mass index was 24 kg/m², and average time between sleep studies was 6.4 months.

Outcome was measured as change in the obstructive apnea/hypopnea index (OAHI), defined as the number of instances of apnea and hypopnea per hour of total sleep time.

The overall OAHI before T&A was 24, and at a second polysomnography, it was 5.3. Although that was a statistically significant improvement, "it was not normal at all—don't expect it to normalize," Dr. Gozal said at a pediatric pulmonology meeting sponsored by the American College of Chest Physicians.

"It is very difficult to predict results in individual patients, but, globally, the percentage who had a normal respiratory pattern after T&A was less than 30%. That is a jolt [and] not the 80%-85% success rate from ENTs that we quote for parents," he said.

In the study, 28% of children scored an OAHI of 1 or less after surgery. Another 27% scored a postoperative OAHI of 5 or greater and were recommended for CPAP.

Because treatment options for the group with residual, mild sleep-disordered breathing after T&A are unclear, Dr. Gozal and colleagues launched another investigation (Pediatrics 2006;117:e61-6). They identified 22 children who had incomplete resolution of sleep apnea postoperatively on polysomnography at 10-14 weeks (an OAHI greater than 1 and less than 5) and treated them for 12 weeks with anti-inflammatory combination therapy. An additional 14 children not treated served as controls.

Patients received oral montelukast, because leukotriene modifiers have been demonstrated as effective for mild sleepdisordered breathing (Am. J. Respir. Crit. Care Med. 2005;172:364-70). They also received intranasal budesonide. Upper airway collapsibility and presence of mild sleep-disordered breathing after T&A might indicate residual upper airway inflammation that could respond to anti-inflammatory treatment, Dr. Gozal said.

Parameters measured during the polysomnography prior to anti-inflammatory therapy were not statistically different between treated and control children. The mean OAHI was 3.9 per hour of total sleep time (TST) in the treatment group and 3.6 per hour of TST in control patients. Researchers also noted similar nadir arterial oxygen saturations (87.3%) and respiratory arousal index findings (4.6 per hour of TST) for both groups. "Sleep fragmentation seems common in these children," Dr. Gozal said.

The posttreatment polysomnography, however, indicated some significant improvements in the treated group, compared with controls. In fact, 21 out of the 24 patients in the treated group normalized their sleep apnea, Dr. Gozal said. The treatment group showed significant improvements in OAHI (0.3 per hour of TST), in nadir arterial oxygen saturation (92.5%), and in respiratory arousal index (0.8 per hour of TST), whereas no significant changes were seen over time in the control group children.

"Although randomized, double-blind, placebo-controlled trials are needed to confirm the current findings, the present study clearly establishes the beneficial role of anti-inflammatory approaches for asymptomatic children with mild sleepdisordered breathing after T&A," said Dr. Gozal, who disclosed he is on the national speakers bureau for Merck & Co.

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*60 mg, 80 mg, and 160 mg for use in opioid-tolerant patients only

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OxyContin is an opioid agonist and a Schedule II controlled substance with an abuse liability similar to morphine.

Oxycodone can be abused in a manner similar to other opioid agonists, legal or illicit. This should be considered when prescribing or dispensing OxyContin in situations where the physician or pharmacist is concerned about an increased risk of misuse, abuse, or diversion.

OxyContin Tablets are a controlled-release oral formulation of oxycodone hydro chloride indicated for the management of moderate to severe pain when a con tinuous, around-the-clock analgesic is needed for an extended period of time. OxyContin Tablets are NOT intended for use as a nrn analoesic xyContin 60 mg, 80 mg, and 160 mg Tablets, or a single dose greater than 4 (g. ARE FOR USE IN OPIOID-TOLERANT PATIENTS ONLY. A single dose greater

than 40 mg, or total daily doses greater than 80 mg, may cause fatal respirator depression when administered to patients who are not tolerant to the respiratory depres

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OXYCONTIN TABLETS ARE TO BE SWALLOWED WHOLE AND ARE NOT TO BE BROKEN, CHEWED, OR CRUSHED. TAKING BROKEN, CHEWED, OR CRUSHED DXYCONTIN TABLETS LEADS TO RAPID RELEASE AND ABSORPTION OF A POTENTIALLY FATAL DOSE OF OXYCODOM

OxyContin 60 mg, 80 mg, and 160 mg Tablets, or a single dose greater than 40 mg, ARE FOR USE IN OPIDID-TOLERANT PATIENTS ONLY. A single dose greater than 40 mg, or total daily doses greater than 80 mg, may cause fatal respiratory depression when administered to patients who

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Oxycodone is an opinid agonist of the morphine-type. Such drugs are sought by drug abusers and
people with addiction disorders and are subject to criminal diversion.
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considered when prescribing or dispensing Oxycoffin in students where the physician or pharmacist
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product. These practices will result in the uncontrolled delivery of the opinid and pose a significant risk
to the abuser that could result in overdose and death
(see WARNINGS and DRUG ABUSE AND ADDICTION).
Concerns about abuse, addiction, and diversion should not prevent the proper management of pain.
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product. Misuse, Abuse and Diversion of Opioids

consists of a dual-polymer matrix, intended for oral use only. Abuse of the crushed tablet azard of overdose and death. This risk is increased with concurrent abuse of alcohol and stances. With parenteral abuse, the tablet excipients, especially talc, can be expected to call tissue necrosis, infection, unimonary organiumas, and increased risk of endocard to the call students of the call the c

her agents that depress respiration. done should be used with extreme caution in patients with significant chronic obstructive many disease or cor pulmonale, and in patients having a substantially decreased respiratory p. Hypoxia, hypercapina, or pre-existing respiratory depression. In such patients, even usual suits dosses of oxycodone may decrease respiratory drive to the point of agnea. In these patients tive non-epiold analysics should be considered, and opioids should be employed only under medical supervision at the lowest effective dose.

The administration of oxycodone may obscure the diagnosis or clinical course in patients with acute abdominal conditions. Oxycodone may aggravate convulsions in patients with convulsive disorders, and all opioids may induce or aggravate seizures in some clinical settings. Interactions with other CNS Depressants

Interactions with Mixed Agonist/Antagonist Opioid Analgesics
Agonist/Santagonist analgesics (i.e., pentazocien, nalbuphine, and butorphanol) should be administered
with caution to a patient who has received or is receiving a course of therapy with a pure opioid agonist
analgesics such as oxycodome. In this situation, mixed agonist/antagonist analgesics may reduce the
analgesic effect of oxycodome and/or may precipitate withdrawal symptoms in these patients.

DxyContin is not indicated for pain in the immediate postoperative period (the first 12 to 24 hours following surgery) for patients not previously taking the drug, because its safety in this setting has not been established.

to persist for an extended period of time. OvcContin is only indicated for postoperative use if the patient is already receiving the drug prior to surgery or if the postoperative pain is expected to be moderate to severe and persist for an extended period of time. Physicians should individualize treatment, moving from parenteral to rail analgesics as appropriate (See American Pain Society guidelines). Patients who are aready receiving OryContin* Tablets as part of ongoing analgesic therapy may be safely continued on the drug if appropriate dosage adjustments are made considering the procedure, other drugs often and the temporary changes in physiology caused by the surgical intervention (see DOSAGE AND ADMINISTRATION).

The opioid abstrace or withdraws syndrome is characterized by some or all of the following: restlessness, lacrimation, rhinorthea, yawning, perspiration, chilis, myadjia, and mydriasis. Other symptoms also may develop, including rintability, anvelop, backache, joint pain, weakness, abdominal cramps, insomnia, nausea, anorexia, vomiting, diarrhea, or increased blood pressure, respiratory rate, or heart rate. In general, opioids should not be abruptly discontinued (see DOSAGE AND ADMINISTRATION:

ation of Therapy;
mation for Patients/Caregivers
include advantable, patients receiving OxyContin Tablets or their caregivers should be given the
ving information by the physician, rurse, pharmacist, or caregiver.

1. Patients should be aware that OxyContin Tablets contain oxycodone, which is a morphine-like

- 4. Patients should be advised not to adjust the dose of OxyContine without consulting the prescrib-
- atients should be advised that OxyContin may impair mental and/or physical ability required for the erformance of potentially hazardous tasks (e.g., driving, operating heavy machinery).
- Patients should not combine OxyContin with alcohol or other central nervous system depressants (sleep aids, tranquilizers) except by the orders of the prescribing physician, because dangerous additive effects may occur, resulting in serious injury or death.
- Women of childbearing potential who become, or are planning to become, pregnant should be advised to consult their physician reparding the effects of analyssics and other drug use during pregnancy on themselves and their unborn child.
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 8. Patients should be advised that DryContin is a potential drug of abuse. They should protect it from theft, and it should never be given to anyone other than the individual for whom it was prescribed.

 9. Patients should be advised that they may pass enopy matrix 'cynosts' (tables) via colostomy or in the stool, and that this is of no concern since the active medication has already been absorbed.

Use in Drug and Alcohol Addiction OxyContin is an opioid with no appro-

tong-roug interactions ploid analysises, including DxyContin*, may enhance the neuromuscular blocking action of skeletal muscle relaxants and produce an increased degree of respiratory depression. Oxycodone is metabolized in part by cytochrome P450 2D6 and cytochrome P450 3A4 and in theory can be affected by other drugs.

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Nycodone is metabolized in part to oxymorphone via cytochrome P450 2D6. While this pathway may be blocked by a variety of drugs (e.g., certain cardiovascular drugs including amiodarone and quindifine as well as polycyclic antidepressants), such blockeda tens or tyet been shown to be of clinical significance with this agent. Clinicians should be aware of this possible interaction, however.

nogenesis, Mutagenesis, Impairment of Fertility

Pregnancy
Tradapanic Effects - Category B: Reproduction studies have been performed in rats and rabbits by oral administration at doses up to 8 mg/kg and 125 mg/kg, respectively. These doses are 3 and 46 times to a human dose of 160 mg/dgs, base on mg/kg basis. The results din on the reveal evidence of them to the fetus due to oxycodone. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not adways predictive of human response, this drug should be used during pregnancy only if clearly needed.

CAOC offine is not recommended for use in women during and immediately prior to labor and d because oral opioids may cause respiratory depression in the newborn. Neonates whose mothen been taking oxycodome chronically may exhibit respiratory depression and/or withdrawal symp either at birth and/or in the nursery. **Nursing Mothers** Low concentrations of oxycodone have been detected in breast milk. Withdrawal symptoms in breast-feeding infants when maternal administration of an opioid analgesic is stopped. unrising should not be undertaken while a patient is receiving OxyContin because of the posedation and/or respiratory depression in the infant.

A study of OxyContin in patients with hepatic impairment indicates greater plasma concentrations than those with normal function. The initiation of therapy at 1/3 to 1/2 the usual doses and careful dose titration is warranted.

ADVERSE REACTIONS

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Serious adverser reactions which may be associated with DxyContin Tablet therapy in clinical use are shown as adverser reactions which may be associated with DxyContin Tablet therapy in clinical use are those observed with other opioid analgesics, including respiratory depression, appears, respiratory arrest, and (to an even lesser deeper) circulatory depression, hypotension, or shock (see OVERIOSABL). The non-serious adverse events seen on initiation of therapy with DxyContin are typical opioid safe the non-serious adverse events seen on initiation of therapy with DxyContin are typical opioid safe section. The most frequent (>SyS) includer consciptation, nausses, somnolence, dizziness, vomiting, purrisis, headache, dry mouth, swedzing, and asthenia. In many cases the frequency of these events during initiation of therapy may be minimized by careful individualization of starting discage, slow titration, and the avoidance of large swings in the plasma concentrations of the goold. Many of these adverse events will cases or decrease in intensity as DxyContin therapy is continued and some degree of tolerance is developed.

	OxyContin (n=227) (%)	Immediate- Release (n=225) (%)	Placebo (n=45) (%)	
Constipation	(23)	(26)	(7)	
Nausea	(23)	(27)	(11)	
Somnolence	(23)	(24)	(4)	
Dizziness	(13)	(16)	(9)	
Pruritus	(13)	(12)	(2)	
Vomiting	(12)	(14)	(7)	
Headache	(7)	(8)	(7)	
Dry Mouth	(6)	(7)	(2)	
Asthenia	(6)	(7)	_	
Sweating	(5)	(6)	(2)	

The following adverse experiences were reported in DryContin*-treated patients with an incidence between 1% and 5%. In descending order of frequency they were anoreal, nervousness, insominal phytophesion, childs, budden and proposed prop

ders: syndrome of inappropriate antidiuretic hormone secretion (SIADH)

Gastrointestinal disorders: dysphagia, eructation, flatulence, gastrointestinal disorder, ileus,

Gastrointestinal disorders: dysphagia, eructation, flatulence, gastrointestinal disorder, ileus, increased appetite, stomatitis
General disorders and administration site conditions: chest pain, edema, facial edema, malaise, pain, peripharel edema, finist, withdrawal syndrome (with and without sezures)
Immune system disorders: anaphylactic or anaphylacticid reaction (symptoms of)
Intections and intestations: phagnatic paraphylacticid reaction (symptoms of)
Intections and intestations: phagnatic paraphylacticid reaction (symptoms of)
Intections and intestations: phagnatic progression (Metabolism and nutrition disorders: dehydration
Musculoskeletal and connective tissue disorders: neck pain
Musculoskeletal neck part neck pain
Musculoskeletal neck part

The treatment of oxycopone overdosage, primary attention should be given to the re-establishment I a patent airway and institution of assisted or controlled ventilation. Supportive measures (includ-ing oxygen and vasopressors) should be employed in the management of circulatory shock and ulmonary edema accompanying overdose as indicated. Cardiac arrest or arrhythmias may require

The pure opioid antagonists such as radoxone or nahmelene are specific antidotes against respiratory depression from opioid overdose. Opioid antagonists should not be administered in the absence of the control of the SAFETY AND HANDLING

SAFETY AND HANDLING

OxyContin Tables are solid dosage forms that contain oxycodone, which is a controlled substance. Like morphine, oxycodone is controlled under Schedule II of the Controlled Substances Act. OxyContin has been trageled for their and diversion by criminals. Healthcare professionals should contact their State Professional Licensing Board or State Controlled Substances Authority for information on how to prevent and detect abuse or diversion of this product.

Healthcare professionals can belgehone Purdue Pharma's Medical Services Department.

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