

# Hispanic Physician Group Aims to Develop Leaders

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WASHINGTON — Two programs sponsored by the National Hispanic Medical Association aim to train more Hispanics to become physicians and to help them become leaders in the health care system.

First, the association has partnered with Meharry Medical College in Nashville, Tenn., a historically black medical school, to recruit Hispanic students for the college.

“We are all communities of color and we have to band together,” John Maupin Jr., D.D.S., president of Meharry, said at a meeting sponsored by the National Hispanic Medical Association (NHMA). “We need to be for individuals of color and individuals from poor communities of all races.”

At the meeting, representatives from Meharry and NHMA signed a memorandum of understanding, which establishes a relationship between the two organiza-

tions to expand outreach to Hispanic students. The project involves creating a model joint mentoring program, offering a summer research opportunity to a select number of potential students, and establishing a regional interview program that provides an opportunity for NHMA medical volunteers to interview students—through teleconferencing or other means—who have applied to Meharry.

“Together we ought to be able to help any number of individuals who have the

opportunity to go to Meharry,” Dr. Maupin said. “I want to reach out, Meharry wants to reach out. If we come together and execute this endeavor, we’ll be able to find these students.”

NHMA President Dr. Elena Rios called the memorandum “historic.” “The historically black colleges and universities of this country and the black professional world are light years ahead of the Hispanics,” she said.

“We have Hispanics serving all professions. We just don’t have the boards of trustees and boards of directors that are Hispanic at our universities in this country. For the [historically black colleges and universities] to take their vision and include us, and for us to say we want to work together, this is history in the making.”

The second program is a 2-year initiative with the U.S. Department of Health and Human Services office of minority health to develop leadership training, education, and outreach programs to improve Hispanic health. The initiative’s goals include recruiting Hispanics for senior-level positions at HHS and developing a national leadership training program for Hispanic doctors and public health professionals.

“We believe in developing the leadership of [Hispanic] doctors so they understand how to talk to their congressmen and policymakers in their states,” Dr. Rios said at a press conference announcing the initiative.

The association currently has two leadership-related fellowship programs, she explained. One, the NHMA leadership fellowship, trains mid-career doctors on how to be better advocates. The other one, the NHMA public health leadership fellowship, involves training Hispanic public health managers to be better leaders for the country.

NHMA board member Dr. Luis Estevez said the association’s overall goals go beyond just recruiting Hispanic physicians. “We are [also] forming partnerships to try to build a pipeline to high schools and colleges to not only have more Latinos enter medical school, but also enter health professions in general, be it nursing, technological fields, or medicine,” he said.

Another place more Latinos are needed is in the health care system, especially in the top ranks, Dr. Estevez continued. “One study done at hospital systems in New York found that [in] some of the hospitals that had up to 96 persons [at] the level of vice president and above, including the board of directors, there was not a single Hispanic, despite the fact that these hospitals—which receive federal funds, by the way—are located in Latino communities. You’re not going to change the culture of the hospital unless you also affect the governance.”

## AMITIZA™

(lubiprostone) soft gelatin capsules

**BRIEF SUMMARY OF PRESCRIBING INFORMATION- Please see package insert for complete prescribing information**  
720-03176

### AMITIZA™

(lubiprostone)  
Soft Gelatin Capsules

### INDICATIONS AND USAGE

AMITIZA™ is indicated for the treatment of chronic idiopathic constipation in the adult population.

### CONTRAINDICATIONS

AMITIZA™ should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. If a woman is or becomes pregnant while taking the drug, the patient should be apprised of the potential hazard to the fetus.

### WARNINGS

Patients with symptoms suggestive of mechanical gastrointestinal obstruction should be evaluated prior to initiating AMITIZA™ treatment.

The safety of AMITIZA™ in pregnancy has not been evaluated in humans. In guinea pigs, lubiprostone has been shown to have the potential to cause fetal loss. AMITIZA™ should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. Women who could become pregnant should have a negative pregnancy test prior to beginning therapy with AMITIZA™ and should be capable of complying with effective contraceptive measures (see **Teratogenic Effects: Pregnancy Category C**).

### PRECAUTIONS

#### Patient Information:

AMITIZA™ may cause nausea. If this occurs, concomitant administration of food with AMITIZA™ may reduce symptoms of nausea. AMITIZA™ should not be administered to patients that have severe diarrhea. Patients should be aware of the possible occurrence of diarrhea during treatment. If the diarrhea becomes severe consult your physician.

#### Drug Interactions:

Based upon the results of *in vitro* human microsome studies, there is low likelihood of drug-drug interactions. *In vitro* studies using human liver microsomes indicate that cytochrome P450 isoenzymes are not involved in the metabolism of lubiprostone. Further *in vitro* studies indicate microsomal carbonyl reductase may be involved in the extensive biotransformation of lubiprostone to M3. Additionally, *in vitro* studies in human liver microsomes demonstrate that lubiprostone does not inhibit cytochrome P450 isoforms 3A4, 2D6, 1A2, 2A6, 2B6, 2C9, 2C19, or 2E1, and *in vitro* studies in primary cultures of human hepatocytes show no induction of the cytochrome P450 isoforms 1A2, 2B6, 2C9, and 3A4. No additional drug-drug interaction studies have been performed. Based on the available information, no protein binding-mediated drug interactions of clinical significance are anticipated.

#### Carcinogenesis, Mutagenesis, Impairment of Fertility:

Two 2-year oral (gavage) carcinogenicity studies (one in Crl:B6C3F1 mice and one in Sprague-Dawley rats) were conducted with lubiprostone. In the 2-year carcinogenicity study in mice, lubiprostone doses of 25, 75, 200, and 500 mcg/kg/day (approximately 2, 6, 17, and 42 times the recommended human dose, respectively, based on body surface area) were used. In the 2-year rat carcinogenicity study, lubiprostone doses of 20, 100, and 400 mcg/kg/day (approximately 3, 17, and 68 times the recommended human dose, respectively, based on body surface area) were used. In the mouse carcinogenicity study, there was no significant increase in any tumor incidences. There was a significant increase in the incidence of interstitial cell adenoma of the testes in male rats at the 400 mcg/kg/day dose. In female rats, treatment with lubiprostone produced hepatocellular adenoma at the 400 mcg/kg/day dose.

Lubiprostone was not genotoxic in the *in vitro* Ames reverse mutation assay, the *in vitro* mouse lymphoma (L5178Y TK+/-) forward mutation assay, the *in vitro* Chinese hamster lung (CHL/IU) chromosomal aberration assay, and the *in vivo* mouse bone marrow micronucleus assay.

Lubiprostone, at oral doses of up to 1000 mcg/kg/day, had no effect on the fertility and reproductive function of male and female rats. The 1000 mcg/kg/day dose in rats is approximately 166 times the recommended human dose of 48 mcg/day, based on the body surface area.

#### Teratogenic Effects: Pregnancy Category C:

Teratology studies with lubiprostone have been conducted in rats at oral doses up to 2000 mcg/kg/day (approximately 332 times the recommended human dose, based on body surface area), and in rabbits at oral doses of up to 100 mcg/kg/day (approximately 33 times the recommended human dose, based

on body surface area). Lubiprostone was not teratogenic in rats and rabbits. In guinea pigs, lubiprostone caused fetal loss at repeated doses of 10 and 25 mcg/kg/day (approximately 2 and 6 times the human dose, respectively, based on body surface area) administered on days 40 to 53 of gestation.

There are no adequate and well-controlled studies in pregnant women. However, during clinical testing of AMITIZA™ at 24 mcg BID, four women became pregnant. Per protocol, AMITIZA™ was discontinued upon pregnancy detection. Three of the four women delivered healthy babies. The fourth woman was monitored for 1 month following discontinuation of study drug, at which time the pregnancy was progressing as expected; the patient was subsequently lost to follow-up.

AMITIZA™ should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. If a woman is or becomes pregnant while taking the drug, the patient should be apprised of the potential hazard to the fetus.

#### Nursing Mothers:

It is not known whether lubiprostone 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 lubiprostone, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother.

#### Pediatric Use:

AMITIZA™ has not been studied in pediatric patients.

### ADVERSE REACTIONS

In clinical trials, 1429 patients received AMITIZA™ 24 mcg BID or placebo. Table 1 presents data for the adverse experiences that were reported in at least 1% of patients who received AMITIZA™ and that occurred more frequently on study drug than placebo. It should be noted that the placebo data presented are from short-term exposure ( $\leq 4$  weeks) whereas the AMITIZA™ data are cumulative data that were collected over 3- or 4-week, 6-month, and 12-month observational periods and that some conditions are common among otherwise healthy patients over a 6- and 12-month observational period.

Table 1. Adverse Events Reported for Patients Treated with AMITIZA™

System/Adverse Experience	Placebo n = 316 %	AMITIZA™ 24 mcg QD n = 29 %	AMITIZA™ 24 mcg BID n = 1113 %	AMITIZA™ Any Active Dose n = 1175 %
<b>Gastrointestinal disorders</b>				
Nausea	5.1	17.2	31.1	30.9
Diarrhea	0.9	10.3	13.2	13.2
Abdominal distension	2.2	0.0	7.1	6.8
Abdominal pain	2.8	3.4	6.7	6.8
Flatulence	1.9	3.4	6.1	5.9
Vomiting	0.9	0.0	4.6	4.4
Loose stools	0.0	0.0	3.4	3.2
Dyspepsia	1.3	0.0	2.9	2.7
Abdominal pain upper	1.9	0.0	2.2	2.1
Abdominal pain lower	0.6	0.0	1.9	1.8
Gastroesophageal reflux disease	0.6	0.0	1.8	1.7
Abdominal discomfort	0.0	3.4	1.5	1.5
Dry mouth	0.3	0.0	1.5	1.4
Constipation	0.9	0.0	1.1	1.0
Stomach discomfort	0.3	0.0	1.1	1.0
<b>Infections and infestations</b>				
Sinusitis	1.6	0.0	4.9	4.8
Urinary tract infections	1.9	3.4	4.4	4.3
Upper respiratory tract infection	0.9	0.0	3.7	3.6
Nasopharyngitis	2.2	0.0	2.9	2.7
Influenza	0.6	0.0	2.0	1.9
Bronchitis	0.3	3.4	1.6	1.7
Gastroenteritis viral	0.0	3.4	1.0	1.0
Viral infection	0.3	3.4	0.5	0.6
<b>Nervous system disorders</b>				
Headache	6.6	3.4	13.2	13.0
Dizziness	1.3	3.4	4.1	4.0
Hypoesthesia	0.0	3.4	0.5	0.6
<b>General disorders and site administration conditions</b>				
Edema peripheral	0.3	0.0	3.8	3.6
Fatigue	1.9	6.9	2.3	2.5
Chest discomfort	0.0	3.4	1.6	1.6
Chest pain	0.0	0.0	1.1	1.0
Pyrexia	0.3	0.0	1.1	1.0
<b>Musculoskeletal and connective tissue disorders</b>				
Arthralgia	0.3	0.0	3.1	3.0
Back pain	0.9	3.4	2.3	2.3
Pain in extremity	0.0	3.4	1.9	1.9
Muscle cramp	0.0	0.0	1.0	0.9
<b>Respiratory, thoracic, and mediastinal disorders</b>				
Dyspnea	0.0	3.4	2.4	2.5
Pharyngolaryngeal pain	2.2	0.0	1.7	1.6
Cough	0.6	0.0	1.6	1.5
<b>Investigations</b>				
Weight increased	0.0	0.0	1.0	0.9
<b>Psychiatric disorders</b>				
Depression	0.0	0.0	1.4	1.4
Anxiety	0.3	0.0	1.4	1.4
Insomnia	0.6	0.0	1.4	1.4
<b>Vascular disorders</b>				
Hypertension	0.0	0.0	1.0	0.9

Includes patients dosed at 24 mcg QD, 24 mcg BID, and 24 mcg TID



### AMITIZA™-induced Nausea:

Among constipated patients, 31.1% of those receiving AMITIZA™ 24 mcg BID reported nausea. Of those patients, 3.4% reported severe nausea and 8.7% discontinued treatment due to nausea. It should be noted that the incidence of nausea increased in a dose-dependent manner with the lowest overall incidence for nausea seen at the 24 mcg QD dose (17.2%). Further analysis of nausea has shown that long-term exposure to AMITIZA™ does not appear to place patients at elevated risk for experiencing nausea. In the open-label, long-term studies, patients were allowed to titrate the dose of AMITIZA™ down to 24 mcg QD from 24 mcg BID if experiencing nausea. It should also be noted that nausea decreased when AMITIZA™ was administered with food and that, across all dose groups, the rate of nausea was substantially lower among constipated men (13.2%) and constipated elderly patients (18.6%) when compared to the overall rate (30.9%). No patients in the trials were hospitalized due to nausea.

### AMITIZA™-induced Diarrhea:

Among constipated patients, 13.2% of those receiving AMITIZA™ 24 mcg BID reported diarrhea. Of those patients, 3.4% reported severe diarrhea and 2.2% discontinued treatment due to diarrhea. The incidence of diarrhea did not appear to be dose-dependent. No serious adverse events were reported for electrolyte imbalance in the six clinical trials and no clinically significant changes were seen in serum electrolyte levels while patients were receiving AMITIZA™.

### Other Adverse Events:

The following list of adverse events include those that were considered by the investigator to be possibly related to AMITIZA™ and reported more frequently ( $>0.2\%$ ) on AMITIZA™ than placebo and those that lead to discontinuation more frequently ( $\geq 0.2\%$ ) on AMITIZA™ than placebo. Although the events reported occurred during treatment with AMITIZA™, they were not necessarily attributed to dosing of AMITIZA™:

- **Gastrointestinal disorders:** watery stools, fecal incontinence, abnormal bowel sounds, frequent bowel movements, retching
- **Nervous system disorders:** syncope, tremor, dysgeusia, paraesthesia
- **General disorders and administration site conditions:** rigors, pain, asthenia, malaise, edema
- **Respiratory, thoracic, and mediastinal disorders:** asthma, painful respiration, throat tightness
- **Skin and subcutaneous tissue disorders:** hyperhidrosis, urticaria, rash
- **Psychiatric disorders:** nervousness
- **Vascular disorders:** flushing, palpitations
- **Metabolism and nutrition disorders:** decreased appetite
- **Ear and labyrinth disorders:** vertigo

### Overdosage:

There have been two confirmed reports of overdosage with AMITIZA™. The first report involved a 3-year-old child who accidentally ingested 7 to 8 capsules of 24 mcg of AMITIZA™ and fully recovered. The second report was a study subject who self-administered a total of 96 mcg AMITIZA™ per day for 8 days. The subject experienced no adverse events during this time. Additionally, in a definitive Phase 1 cardiac repolarization study, 51 patients administered a single oral dose of 144 mcg of AMITIZA™, which is 6 times the normal single administration dose. Thirty-nine (39) of the 51 patients experienced an adverse event. The adverse events reported in  $>1\%$  of this group included the following: nausea (45.1%), vomiting (27.5%), diarrhea (25.5%), dizziness (17.6%), loose or watery stools (13.7%), headache (11.8%), retching (7.8%), abdominal pain (5.9%), flushing or hot flush (5.9%), dyspnea (3.9%), pallor (3.9%), stomach discomfort (3.9%), syncope (3.9%), upper abdominal pain (2.0%), anorexia (2.0%), asthenia (2.0%), chest discomfort (2.0%), dry mouth (2.0%), hyperhidrosis (2.0%), skin irritation (2.0%), and vasovagal episode (2.0%).

### DOSAGE AND ADMINISTRATION

The recommended dosage for AMITIZA™ is 24 mcg taken twice daily (BID) orally with food. Physicians and patients should periodically assess the need for continued therapy.

### MARKETED BY:

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