## CPAP May Improve Cognition in Alzheimer's

BY BRUCE JANCIN

Denver Bureau

DENVER — Continuous positive airway pressure improved both excessive daytime sleepiness and—in a particularly encouraging finding—cognitive function in a randomized trial involving Alzheimer's disease patients with obstructive sleep apnea, investigators reported at the annual meeting of the Associated Professional Sleep

"This is preliminary, but it seems to be quite promising. If in fact we can do anything to at least slow down deterioration of cognition—if not actually improve it then that might postpone institutionalization, which will save billions of dollars as well as improving quality of life for these patients," observed Sonia Ancoli-Israel, Ph.D., who is professor of psychiatry at the University of California in San

Sleep-disordered breathing is exceed-

ingly common in Alzheimer's disease patients, she noted.

Various studies have put the prevalence of obstructive sleep apnea (OSA) in patients with dementia at 50%-90%, depending on the criteria used.

Moreover, demented patients with severe OSA have significantly worse dementia than those with mild to moderate OSA and individuals with severe dementia have significantly more sleep-disordered breathing than those with milder dementia.

"Clearly there is some association between how much one can breathe at night and how much dementia one might have. Do I think that sleep apnea causes dementia? No, I don't-but I do think that if someone is already demented and you add hypoxia and disturbed sleep on top of that, it's likely to make the dementia worse," Dr. Ancoli-Israel said.

She reported on 40 noninstitutionalized patients with mild to moderate Alzheimer's disease and OSA who were randomized in double-blind fashion to true continuous positive airway pressure (CPAP) or to a control group given a counterfeit respiratory assistance protocol—"affectionately known as CRAP," she said. After 3 weeks of CRAP, patients in the control group were switched to 3 weeks of CPAP.

Those who were already on CPAP continued on the therapy for an additional 3



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DR. ANCOLI-ISRAEL

enhancing drugs.

weeks. A comprehensive neuropsychological test battery was administered at baseline, at 3 weeks, and after 6 weeks.

The first noteworthy finding, Dr. Ancoli-Israel said, was that these Alzheimer's disease patients—whose mean age was 78 years—tolerated CPAP "reasonably well," using the equipment for an average of 5 hours per night. "That's really not that different from what we see in our clinic patients." The patients' mean respiratory disturbance index, a measure of OSA severity, decreased in the CPAP group from a baseline of 30.4 events per hour to 7.2 after 3 weeks and 4.9 per hour after 6 weeks, she reported.

No significant change was seen in the group using CRAP until 3 weeks after those patients had been switched to the real CPAP. Composite neuropsychological test scores improved significantly after 3 weeks of CPAP; no further improvement was seen during the second 3 weeks on the therapy. There was no improvement in neuropsychological test scores after sham therapy, but a significant gain was documented following the switch to CPAP. "The kinds of changes that we're seeing are actually not that different from the changes one sees when patients are put on cognition-enhancing drugs. So this might be an additional way to treat the patient," she said.

In a separate presentation, Dr. Ancoli-Israel's coinvestigator, Mei Chong, M.D., reported that subjective daytime sleepiness in the study cohort also improved significantly with CPAP therapy.

Mean Epworth Sleepiness Scale scores dropped from a baseline of 9.06 to 6.59 after 3 weeks of CPAP and to 5.61 after

In contrast, 3 weeks of CRAP produced no significant improvement.

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drugs, physiological changes during pregnancy may affect lamotrigine concentrations and/or therapeutic effect. I nere nave been reports of decreased lamotrigine concentrations during pregnancy and restoration of pre-partium concentrations after delivery. Dosage adjustments may be necessary.

Pregnancy Exposure Registry: To facilitate monitoring fetal outcomes of pregnant women exposed to lamotrigine, physicians are necouraged to register patients, before fetal outcome (e.g., ultrasound, results of amnicoentesis, birth, etc.) is known, and can obtain information by calling the Lamotrigine Pregnancy Registry at (800) 336-2176 (foll-free). Patients can enroll themselves in the North American Antiepileptic Drug Pregnancy Registry by calling (1889) 323-2334 (foll-free).

Labor and Delivery: The effect of LAMICTAL on abor and delivery in humans is unknown.

Use in Nursing Mothers: Preliminary data indicate that lamotrigine passes into human milk. Because the effects on the infant exposed to LAMICTAL is indicated as adjunctive therapy for partial seizures in patients above 2 years of age and for the generalized seizures of Lennox-Gastaut syndrome. Safety and effectiveness for other uses in patients with epilepsy below the age of 16 years have not been established (see BOX WARNING). Safety and effectiveness in patients below the age of 18 years with Bipolar Disorder has not been established (see BOX WARNING). Safety and effectiveness in patients below the age of 18 years with Bipolar Disorder has not been established.

Geriatric Use: Clinical studies of LAMICTAL for epilepsy and in Bipolar Disorder did not include sufficient numbers of subjects aged 65 and over to determine whether they respond differently from younger subjects. In general, dose selection for an elderly patient should be cautious, usually starting at the low end of the dosing range, reflecting the greater frequency of decreased hepatic, renal, ror cardiac function, and or concomitant diseases or other drug therapy.

ADVERSE REACTIONS: (see BOX WARNING in adults, the rafe of discontinuation of LAMICTAL for dizziness, atakia, diplopia, bluried vision, nausea, and vomiting was dose related. 
Monotherapy in Adults With Epilepsy: The most commonly observed (≥5%) adverse experiences seen in association with the use of LAMICTAL during the monotherapy phase of the controlled trial in adults not seen at an equivalent rate in the control group were vomiting, coordination abnormality, dyspepsia, nausea, dizziness, rhinitis, anxiety, insomnia, infection, pain, weight decrease, beain, and dysmenorrhea. The most commonly observed (≥5%) adverse experiences associated with the use of LAMICTAL during the conversion to monotherapy (add-on) period, not seen at an equivalent frequency among low-dose valproate-treated patients, were dizziness, headache, nausea, asthenia, coordination abnormality, vomiting, rash, somnolence, diplopia, ataxia, accidental injury, tremor, blurred vision, insormia, mystagmus, diarrhea, lymphadenopathy, pruritus, and sitrustits. Approximately 10% of the 420 adult patients who received LAMICTAL as monotherapy in premarketing clinical trials discontinued treatment because of an adverse experience. The adverse expense not sometime of the decrease of the server in Bradetic Patients With Entenant The process approach school or the server in Bradetic Patients With Entenant The process approach school or decrease in the server in Bradetic Patients With Entenant The process approach school or decrease in the server in Bradetic Patients With Entenant The process and the server in Bradetic Patients With Entenant The process and the server in Bradetic Patients With Entenant The process and the server in Bradetic Patients With Entenant The process and the server in Bradetic Patients With Entenant The process and the server in Bradetic Patients With Entenant The process and the server in Bradetic Patients With Entenant The process and the server in Bradetic Patients With Entenant The process and the server in Bradetic Patients With Entenant The process and the ser

and asthenia (2.4%).

Adjunctive Therapy in Pediatric Patients With Epilepsy: The most commonly observed (25%) adverse experiences seen in association with the use of LAMICTAL as adjunctive treatment in pediatric patients and not seen at an equivalent rate in the control group were infection, vomiting, rash, fever, somnolence, accidental injury, dizziness, diarrhea, abdominal pain, nausea, ataxia, tremor, asthenia, bronchitis, flusyndrome, and diplopia. In 339 patients age 2 to 16 years, 4.2% of patients on LAMICTAL and 2.9% of patients on placebo discontinued due to adverse experiences. The most commonly reported adverse experiences that led to discontinuation were rash for patients treated with LAMICTAL and deterioration of seizure control for patients treated with placebo. Approximately 1.5% of the 1.081 pediatric patients who received LAMICTAL as adjunctive therapy in premarketing clinical trials discontinued treatment because of an adverse experience. The adverse events most commonly associated with discontinuation were rash (4.4%), reaction aggravated (1.7%), and ataxia (0.6%).

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Incidence in Controlled Adjunctive Clinical Studies in Adults With Epilepsy: Listed below are treatment-emergent signs and symptoms that occurred in ≥2% of adult patients with epilepsy treated with LAMICTAL in placebo-controlled trials and were numerically more common in the patients treated with LAMICTAL. In these studies, either LAMICTAL or placebo-controlled trials and were numerically more common in the patients treated with LAMICTAL. In these studies, either LAMICTAL or placebo. Patients were usually mild to moderate in intensity.

LAMICTAL was administered as adjunctive therapy to 711 patients; 419 patients received adjunctive placebo. Patients in these adjunctive studies were receiving 1 to 3 of the following concomitant AEDs (carbamazepine, phenyloin, phenobarbital, or primidone) in addition to LAMICTAL or placebo. Patients may have reported multiple adverse experiences during the study or at discontinuation; thus, patients may be included in more than one category. Treatment-Emergent Adverse Event Incidence in Placebo-Controlled Adjunctive Trials in Adult Patients With Epilepsy (Events in at least 2% of patients treated with LAMICTAL and numerically more frequent than in the placebo group are listed by body system with the incidence for LAMICTAL followed by placebo): Body as a whole: Headache (29.119, if usyndrome (7.6), fever (6.4), abtominal pain (5.4), nex pain (21), nex placebo (21), placebo; Body as a whole: Headache (6.2) risport (4.1), depression (4.6), anxiety (4.5), corrustinal pain (5.4), ill, irritability (3.2), speech disorder (3.0), concentration disturbance (2.11), Respiratory: Rhinitis (14.9), pharyngitis (10.9), couple increased (8.6); Skin and appendages: Rash (10.5), puritus (3.2); Special senses: Diplopia (28.7), blurred vision (16.5), vision abnormality (3.1); Urogenital (female patients only): Dysmenorrhea

(3,0), concentration disturbance (2,1): Respiratory: Phintis (14,9), phanyotis (10,9), cough increased (8,6): Skin and appendages: Rash (10,5), puritus (3,2): Special senses: Dipolopia (28,7), blurred vision (16,5), vision abnormality (3,1); Urogenital (female patients only): Dysmenorrhea (7,6), vaginitis (4,1), amenorrhea (2,1).

Dose-Related Adverse Events From a Randomized, Placebo-Controlled Trial in Adults With Epilepsy: In a randomized, parallel study comparing placebo and 300 and 500 mg/day of LAMICTAL, some of the following drug-related adverse events were dose related. The adverse events are listed by adverse experience followed by incidence in placebo first. LAMICTAL 300 mg dose second, and LAMICTAL 500 mg dose second and LAMICTAL 500 mg dose second second

experience; most commonly due to rash (5%) and mania/hypomania/mixed mood adverse events (2%).

Incidence in Controlled Clinical Studies of LAMICTAL for the Maintenance Treatment of Bipolar I Disorder: Listed below are treatment-merugent signs and symptoms that occurred in at least 5% of patients with Bipolar Disorder treated with LAMICTAL monotherapy (100 to 400 mg/day), following the discontinuation of other psychotropic drugs, in 2 double-blind, placebo-controlled trials of 18 morths' duration and were numerically more frequent than in the placebo group. LAMICTAL was administered as monotherapy to 27 patients; 190 patients received placebo. Patients in these studies were converted to LAMICTAL (100 to 400 mg/day) or placebo monotherapy from add-on therapy with other psychotropic medications. Patients may have reported multiple adverse experiences during the study; thus, patients may be included in more than one category. Treatment-Emergent Adverse Event Incidence in 2 Placebo-Controlled Trials in Adults With Bipolar I Disorder (Events in at least 5% of patients treated with LAMICTAL monotherapy and numerically more frequent than in the placebo group are listed by body system with the incidence for LAMICTAL followed by placebo.) General: Back pain (8,6); abdominal pain (8,3). Digestive: Naussea (14,11), constipation (5,2), vomiting (5,2); Nervous System: Insormia (10,6), somnolence (9,7), xerostomia (dry mouth) (6,4); Respiratory: Phinitis (7,4), exacerbation of cough (5,3), pharyngitis (5,4); Skin: Rash (non serious) (7,4), exacerbation of cough (5,3), pharyngitis (5,4); Skin: Rash (non serious) (7,6) exacerbation of sough (5,3), pharyngitis (5,4); Skin: Rash (non serious) (7,6) exacerbation of sough (5,3), pharyngitis (5,4); Skin: Rash (non serious) (7,6) exacerbation of sough (5,3), pharyngitis (5,4); Skin: Rash (non serious) (7,6) exacerbation of sough (5,3), pharyngitis (5,4); Skin: Rash (non serious) (7,6) exacerbation of sough (5,3), pharyngitis (5,4); Skin: Rash (non serious) (7,6) exacerbation of soug

Respiratory: Phinitis (7.4), exacerbation of cough (5.3), pharyngiis (5.4); Skin: Rash (non serious) (7.5).

Adverse events that occurred in at least 5% of patients and were numerically more common during the dose escalation phase of LAMICTAL in these trials (when patients may have been receiving concomitant psychotropic medications) compared to the monotherapy phase were: headache (25%), rash (11%), dizziness (10%), diarrhea (8%), dream abnormality (6%), and puritus (6%). Other events that occurred in 5% or more patients but equally or more frequently in the placebo group included: dizziness, mania, headache, infection, influenza, pain, accidental injury, diarrhea, and dyspepsia. Adverse events that occurred with a frequency of less than 5% and greater than 1% of patients receiving LAMICTAL and numerically more frequent than placebo were: General: Fever, neck pain. Cardiovascular: Migraine. Digestive: Flatulence. Metabolic and Nutritional: Weight gain, edema. Musculoskeletal: Affhralgia, myalgia. Nervous System: Annesia, depression, agitation, emotional lability, dyspraxia, abnormal thoughts, dream abnormality, hypoesthesia. Respiratory: Sinustits. Urogenitat: Urinary frequency.

abnormality, hypoesthesia. Respiratory: Sinusitis. Urogenital: Urinary frequency.

Adverse Events Following Abrupt Discontinuation: In the 2 maintenance trials, there was no increase in the incidence, severity or type of adverse events in Bipolar Disorder patients after abruptly terminating LAMICTAL. Therapy, In clinical trials in patients with Bipolar Disorder, 2 patients experienced seizures shortly after abrupt withdrawal of LAMICTAL. However, there were confounding factors that may have contributed to the occurrence of seizures in these bipolar patients (see DOSAGE AND ADMINISTRATION section of full imprecipation information).

tactors that may have contributed to the occurrence of seizures in these bipolar patients (see DOSAGE AND ADMINISTHATION section of full prescribing information).

\*\*Mania/Hypomania/Mixed Episodes: During the double-blind, placebo-controlled clinical trials in Bipolar I Disorder in which patients were converted to LAMICTAL monotherapy (100 to 400 moltgal) from their psychotropic medications and followed for durations up 18 months; the rate of manic or hypomanic or mixed mood episodes reported as adverse expenders was 5% for patients treated with LAMICTAL (n=227), 4% for patients treated with lithium (n=166), and 7% for patients treated with placebo (n=190). In all bipolar controlled trials combined, adverse events of mania (including hypomania and mixed mood episodes) were reported of patients treated with LAMICTAL (n=956), 3% of patients treated with lithium (n=280), and 4% of patients treated with placebo (n=803).

The overall adverse event profile for LAMICTAL was similar between females and males, between elderly and nonelderly patients, and among racial groups.

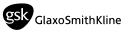
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Other Adverse Events Observed During All Clinical Trials For Pediatric and Adult Patients With Epilepsy or Bipolar Disorder and Other Mood Disorders: LAMICTAL has been administered to 6,694 individuals for whom complete adverse event data were can be completed of the drug. Frequent events occurred in ≥1/100 patients; infrequent: Allerige and the second of the drug. Frequent events occurred in ≥1/100 patients; infrequent: Allerige reaction, chilis, halitosis, and malaise. Rare: Abdomen entanged, abscess, and suicidel suicide attempt. Cardiovascular System: Infrequent: Flushing, hot flashes, hypertension, papitations, postural hyperionism, syroope, tachycardia, and vasodilation. Rare: Angina pectoris, atrial fibrillation, deep thrombophilebits, ECG abnormality, and myocardial infraction. Dermatological: Infrequent: Alone, alopeaia, hisustism, maculopapular rash, sind ascoloration, and urlicaria. Pare: Angioedema, erythema, excitative dermatitis, turgal dermatitis, herpes zoster, leukoderma, multiforme erythema, petechial rash, pustual rash, seborrhae, Steens-Johnson Syndome, and vescilative dermatitis, turgal dermatitis, herpes zoster, leukoderma, multiforme erythema, petechial rash, pustual rash, seborrhae, Steens-Johnson Syndome, and vescilative and sevense and petite, increased salvation, liver function tests abnormal, and mouth ulceration. Rare: Gastrointestinal hemorrhage, glossisis, gum hermorrhage, our hyperplasis, hernatemesis, hemorrhagic colitis, hepatitis, mellera, stornatis, tinks, and tongue edema. Endocrine System: Rare: Gotter and hypothyroidism. Hernatologic and Lymphatic System: Infrequent: Colympias, livit, and vincera, and witching, Rare: Amenia, ecsinophilia, fibrin decrease, tilninogen decrease, iron dediciency anemia,

and intraventricular conduction delay.

Management of Overdose: There are no specific antidotes for LAMICTAL. Following a suspected overdose, hospitalization of the patient is advised. General supportive care is indicated, including frequent monitoring of vital signs and close observation of the patient. If indicated, emesis should be induced or gastric lavage should be performed; usual precautions should be taken to protect the airway, it should be kept in mind that lamotrigine is rapidly absorbed (see CLINICAL PHARMACOLOGY section of full prescribing information). It is uncertain whether hemodalysis is an effective means of removing lamotrigine from the blood. In 6 renal failure patients, about 20% of the amount of lamotrigine in the body was removed by hemodalysis during a 4-hour session. A Poison Control Center should be contacted for information on the management of overdosage of LAMICTAL.



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