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Personal Programme

ONE YEAR EFFECTIVENESS OF BACLOFEN TREATMENT IN 100 ALCOHOL-DEPENDENT PATIENTS

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Abstract:

RS-3022: ONE YEAR EFFECTIVENESS OF BACLOFEN TREATMENT IN 100 ALCOHOL-DEPENDENT PATIENTS

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Abstract topic: Alcoholic liver disease and Drug induced liver disease

Background and Aims: Several studies have suggested efficacy of Baclofen (BAC) at low or high dose in reducing alcohol consumption. Since March 2014, Temporary Recommendation for Use of BAC has been allowed by the French drug agency (ANSM) in this indication. The aim of the study was to assess effectiveness and safety of BAC at 12 months in alcohol-dependent patients with or without liver cirrhosis.

Methods: Between June 2010 and September 2013, 100 consecutive patients from 2 liver and alcohology units were included in this prospective open label study. Patients provided written consent before treatment initiation. BAC was orally administered at a dose of 15mg/day and weekly increased until alcohol indifference was obtained. The treatment was associated to social-psychological support and medical care.

Results: BAC was started in 100 patients (75 males, mean age = 53±9) : 65 were cirrhotic and 16 had a chronic pancreatitis. After 1 year, 86 patients were still involved in the follow up, 83 were treated with BAC, 9 were lost of follow-up, 4 were dead and 1 had been transplanted. At a mean BAC dosage of 40 mg/day [30-210], mean daily alcohol consumption (DAC) was reduced from 106 to 18 g/day ($p< 0.001$). A decrease of the DAC > 50% was observed in 77 patients. Among them, a “low consumption group” of 64 patients was identified : 44 were completely abstinent and 20 drunk less than 30g/day. No predictive factor of response was identified. In this group, a significant improvement of consumption biomarkers was observed: decrease of mean γGT activity from 4.8N to 2N ($p< 0.001$), mean ASAT activity from 2.6N to 1.1N ($p< 0.001$) and mean erythrocyte globular volume from 100.6 to 92.8μ^3 and increase of mean platelets count from 171000 to 193000/mm^3 ($p=0.032$). In the 39 cirrhotic patients of the “low consumption group”, total bilirubin serum concentration significantly decreased from 34.2 to 19.5µmol/L ($p=0.026$), prothrombin time increased from 69 to 77% ($p< 0.001$) and albuminemia increased from 34.2 to 37.2g/L ($p=0.07$). Twenty patients (20%) reported minor side effects leading to a treatment withdrawal in 2 cases. No liver or renal function deterioration occurred in cirrhotic patients.

Conclusions: In our cohort, baclofen treatment associated to a global care led to a dramatic reduction of alcohol consumption. This effective treatment is well tolerated and associated with a significant improvement of consumption biomarkers and of liver function tests in cirrhotic patients.

Disclosure of Interest: None Declared

Keywords: None