

Cystic Fibrosis Research News

Title:

Elexacaftor-Tezacaftor-Ivacaftor improve Gastro-Oesophageal reflux and Sinonasal symptoms in advanced cystic fibrosis

Lay Title:

Elexacaftor-Tezacaftor-Ivacaftor (ETI) improve stomach, gullet, nose and throat symptoms in people with advanced CF

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What was your research question?

We know that the triple combination CF modulator drugs, ETI, improve lung function and weight but very little is known about what other beneficial effects they may have. We assessed whether ETI improve symptoms and problems arising from the stomach, gullet, nose and throat.

Why is this important?

Infections and inflammation can spread down from the nose, throat and gullet into the lungs causing damage to the lungs of people with CF.

Problems in the nose and gullet continue after lung transplantation and can also damage transplanted lungs.

What did you do?

32 people with advanced CF lung disease, being considered for lung transplantation, completed questionnaires designed to measure symptoms from the stomach, gullet, nose and throat before they started ETI, and again at 3 and 6 months on this CF modulator treatment.

What did you find?



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All these symptoms improved significantly on ETI treatment. Lung function, weight and quality of life also improved, as expected, in people with advanced CF lung disease.

What does this mean and reasons for caution?

Symptoms from the stomach, gullet, nose and throat are common in people with CF and are greatly improved by ETI treatment. As well as improving these symptoms, this may be important in reducing infection and inflammation spreading down into the lungs.

What's next?

CF modulator ETI treatment is a very important treatment for CF. It might also be useful after lung transplantation as nose and gullet problems can damage the transplanted lungs, although this would need further studies.

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