

EFFECT AND SAFETY OF MEXILETINE ON SIGNS AND SYMPTOMS OF MYOTONIC DISORDERS

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Objective

Mexiletine, a class 1b antiarrhythmic medication, appears to have some potential for treating muscle stiffness and other symptoms of myotonias.

The aim of this study was to analyse the effect and safety of mexiletine on myotonia signs and symptoms in patients with myotonic disorders.

Study design

A retrospective, observational study including all patients treated with mexiletine at the hospital was carried out.

May 2011



October 2015

variables

Demographic (age and sex)

Diagnostic (type of myotonic disorder)

Therapeutic (dosage, duration of treatment, previous treatment, adverse reactions)

Statistical analysis

Microsoft Excel®

Results

11 patients

40 years old
[21-56]



10

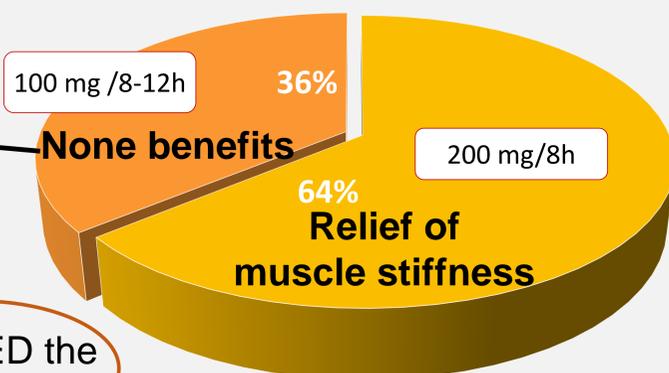
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- ✓ Schwartz Jampel Syndrome (1 patient)
- ✓ Steinert Disease (6 patients)
- ✓ Thomsen Disease (1 patient)
- ✓ Becker Muscular Dystrophy (3 patients)

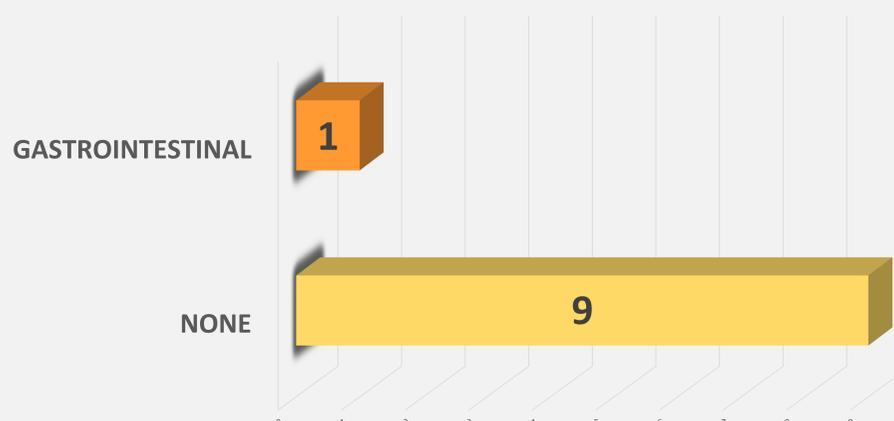
PREVIOUS TREATMENT



MEXILETINE DOSE AND EFFECT



ADVERSE EFFECTS



Conclusions

- 64% of patients treated with mexiletine (200 mg/8 h) showed improvement in their symptoms and are still under treatment.
- Mexiletine was well tolerated in all patients, with minor adverse effects in only one patient.
- Due to the fact that these disorders are rare, the number of patients analyzed was low.