

PHARMACY BULLETIN



HOSPITAL
KUALA KUBU BHARU

COLCHICINE AND THE RISK OF RHABDOMYOLYSIS

By Noorfilzah Binti Mohd Sedik

- Colchicine is known for its **anti-inflammatory** effects in the **prevention and treatment of acute gout**.
- It acts against the inflammatory response to urate crystals by **inhibiting the migration of granulocytes into the inflamed area**.
- Although the **frequency of rhabdomyolysis is rare**, it may occur following the use of colchicine by disruption of cytoskeletal microtubular network that interact with lysosome.

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Local Scenario

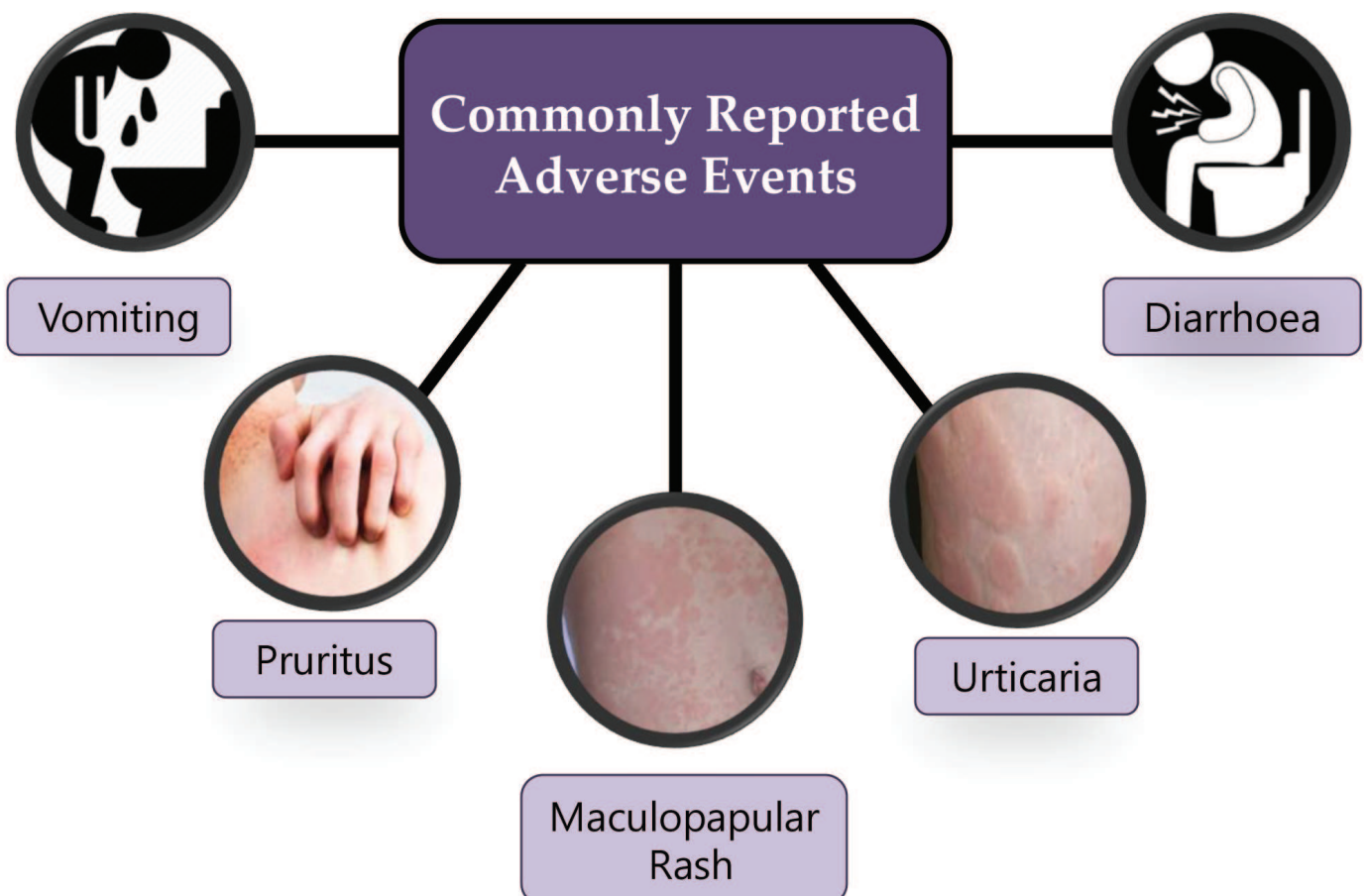


There are **three registered products** containing colchicine in Malaysia.

Since 2000, NPRA has **received 99 ADR reports with 169 adverse events** suspected to be related to colchicine use.

To date, NPRA has received **2 ADR reports** of rhabdomyolysis associated with colchicine.

As of May 2019, the World Health Organisation (WHO) global ADR database revealed a total of **217 reports for rhabdomyolysis** suspected to be associated with colchicine.

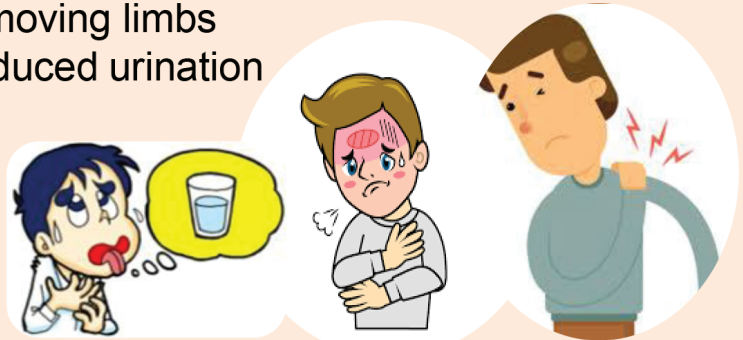


What is Rhabdomyolysis?

It is a complex medical condition where damaged muscles breakdown rapidly and release their contents into bloodstream which may lead to kidney damage

What are the symptoms involved?

- ☐ Muscle pain at shoulders, thighs, lower back and abdomen
- ☐ Muscle weakness or trouble moving limbs
- ☐ Dark red or brown urine or reduced urination
- ☐ Rapid or irregular heart rate
- ☐ Nausea and vomiting
- ☐ Dehydration
- ☐ Confusion
- ☐ Fever



Monitor patients closely for any symptom of rhabdomyolysis for patient on colchicine alone or with other drugs known to cause this effect i.e statin.

Advise patients to immediately seek medical attention if any symptoms develop after taking colchicine.



ADVISE TO HEALTHCARE PROFESSIONALS

Exercise caution on the dosing of colchicine even in patient with normal renal function.

Report all adverse events suspected to be associated with the use of colchicine to NPRA.

References:

1. Malaysian Package Insert for Colchicine
2. WebMD (2019, Dec 20). Rhabdomyolysis. Available at <https://www.webmd.com/a-to-z-guides/rhabdomyolysis-symptoms-causes-treatments#1>
3. Colchicine: Reminder on the Risk of Rhabdomyolysis. National Pharmaceutical Regulatory Agency. MADRAC Newsletter Vol. 29 (Issue 02/2019)

STERIODS AS ADULTERANTS

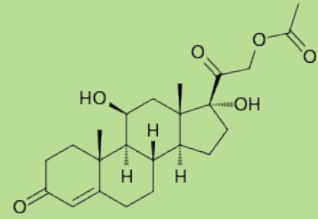
IN TRADITIONAL MEDICINE PRODUCTS

PREPARED BY NURASMAA BINTI AGUSSAIFUL



01 What are *steroids*?

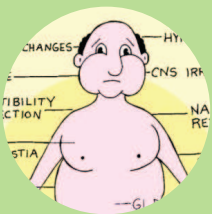
- Hormones produced by adrenal glands to reduce inflammation and suppress the immune system.
- *Steroids* are drug of choice in variety of condition like inflammatory states, hormonal insufficiency, allergic reaction, and in other immune disorder.
- However, the long term side effects are troublesome to patients.



02 Why *steroids* are used as adulterants?

- The main reasons behind the use of *steroids* as adulterants are because they produce **quick relief** and **resolve symptoms immediately**.
- Few cases reported patients had been taking traditional medicine product containing *steroid* for rheumatoid arthritis, pain relief, body ache and joint pain.
- Common *steroids* used as adulterants are dexamethasone, betamethasone, prednisone, hydrocortisone and triamcinolone.

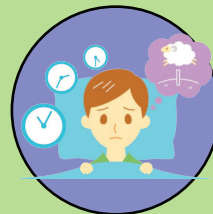
03 Effects of prolong use of *steroids*



Cushing syndromes such as moon face and buffalo hump



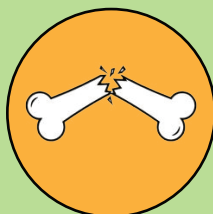
Predispose to infection



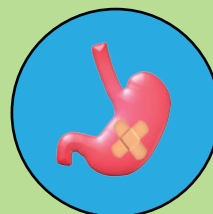
Sleep disturbance



Hyperglycemia and obesity



Osteoporosis



Gastrointestinal bleeding

Seahorse Chop du zhong ba ji wan

- Contains dexamethasone, chlorpheniramine and frusemide.
- Patient took the product for more than 2 months for arthritis.
- He suffered symptom of cushing's syndrome such as moon face, thin skin & easy bruising.



Ikan haruan Extract

- Contains dexamethasone.
- Patient took the product for more than 1 year for pain relief.
- She presented with generalized malaise, body ache, loss of appetite and sudden weight loss.



04

Reported cases

Delima Raja Urat

- Contains dexamethasone, chlorpheniramine, pheniramine and sibutramine.
- Patient took the product for relief of rheumatism & body ache for 1 month.
- She showed elevated fasting blood sugar level & was diagnosed as diabetes mellitus.



Skyline Al Taqwa Sakit Pinggang & Lutut

- Contains dexamethasone.
- Patient took the product for polyarthralgia and claimed immediate pain relief.
- He developed abnormal behaviour & manic symptoms after 2 weeks of consuming.



05 Advice to consumer

Ensure products are registered before purchasing. Registered product must have:

MAL registration number

Product registration status can be checked via <http://npra.moh.gov.my> or download the NPRA product status apps.

Meditag hologram label

The authenticity of meditag hologram can be checked via meditag hologram apps.



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