



# Research corner

## Recommendation on colchicine dosing in the management of FMF

Source: Presentation by Jasmin Kümmerle-Deschner at ISSAID 2019

Based on literature reviews and consensus meetings, an expert committee of pediatric rheumatologists built evidence-based recommendations to guide health professionals in the treatment and follow-up of patients with colchicine-resistant FMF.

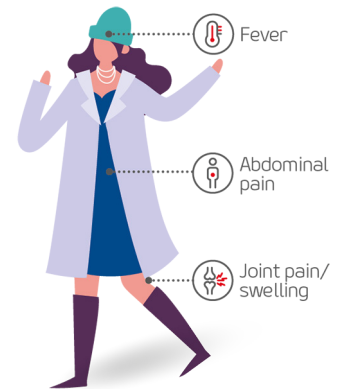
### Defining intolerance and resistance to colchicine for FMF patients

Colchicine is the drug of choice for Familial Mediterranean Fever (FMF) patients, though 5-10% of them are intolerant or resistant to the drug. Intolerance is when the patient is unable to tolerate the adverse effects of the drug, usually nausea and diarrhea in the case of colchicine. Resistance is when there is ongoing clinical disease activity and/or inflammation despite receiving the maximum tolerated dose. Ongoing disease activity is defined as an average of one or more attacks per month over a three-month period. Inflammation is reflected by blood testing revealing persistently elevated C-reactive protein or serum amyloid A in between attacks. Resistance can also take the form of amyloid A amyloidosis as a consequence of persistent inflammation.

### The right dose to improve patient's quality of life

Active disease and intolerance to colchicine affects the quality of life (QoL). The dose should be adjusted to disease activity (and age/weight for children). In any case, the maximum recommended colchicine dose for the treatment of FMF should be kept between 1-3 mg per day, depending on age, limited by signs of toxicity and tolerability. Here, compliance (degree to which a patient correctly follows medical advice) is key and critical. The relevance of the dosing can be monitored through generic QoL measures or patient-reported outcomes, such as restriction in daily activity, missed worked/school days, fatigue, chronic pain, etc.

The proposed recommendations are intended to help building personalized treatment plan and, in turn, improve patient care.



Main clinical features of FMF