



Long term treatment of spontaneous chronic urticaria with omalizumab

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Rationale
 There is no randomized controlled clinical trials in chronic spontaneous urticaria (CSU) treated with omalizumab (OMA) for longer than 6 months. This is insufficient. The amount of time that treatment with omalizumab should be maintained in CSU has not yet been defined.

Methods

- 41 patients (women: 70.7%) severe CSU on OMA treatment
- Aged \bar{x} (SD): 49.9 (15.5) years.
- Data collected: 01/2011-06/2019 in a 3rd level hospital in Madrid (Spain)
- Initial treatment: 4-week interval, 300mg doses increasing 1 week every 2 doses if well controlled (UAS7<7)
- Severity before treatment
 - Moderate CSU (n=15) mean UAS7(DS)= 21.8 (3.8).
 - Severe CSU (n=26) mean UAS7(DS)= 33.6 (3.8)
- Categories of UAS7:

0	1-6	7-15	16-27	28-42
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Asymptomatic 0, well-controlled 1-6, mild 7-15, moderate 16-27, severe >27

CONCLUSIONS

Patients with moderate to severe urticaria largely benefit of omalizumab, but they need a very long term treatment and some may relapse later.

Patients with lower initial UAS7 have a faster response.

Results

19.5% of patients are no longer on treatment (n=8):

- 3 asymptomatic after median 22.9 months (m) of treatment
- 1 withdrew because of ineffectiveness and 4: for non related pathologies

80.5% of patients are still on treatment (n= 33) with a mean duration of 26.9 m.

- 12.1% finished the treatment and relapse after median 11.2 m of treatment

Severity before treatment : Moderate CSU group (n=15):

- 13.3% required decreasing dose intervals to regain control,
- 2 finished treatment: 1 asymptomatic, the other because a non related pathology
- 75% and 78.6% were asymptomatic/well controlled after 3 and 6 months of treatment

Severity before treatment : Severe CSU group (n=26):

- 46.1% required decreasing dose intervals to regain control.
- 76.9% were on treatment a median of 25.1 m.
- 2 finished and remain asymptomatic after a median of 43.2 months.
- 1 withdrew omalizumab for adverse effects, other for inefficacy.
- 53.8% and 52,2% were asymptomatic or well controlled after 3 and 6 months of treatment

