

# **Epoetin Alfa Decreases Fatigue**

**Uwe Reinhardt, M.D.  
Department of  
Hematology and Oncology  
Clinic for International  
Medicine  
Bayreuth, Germany**



ALFA

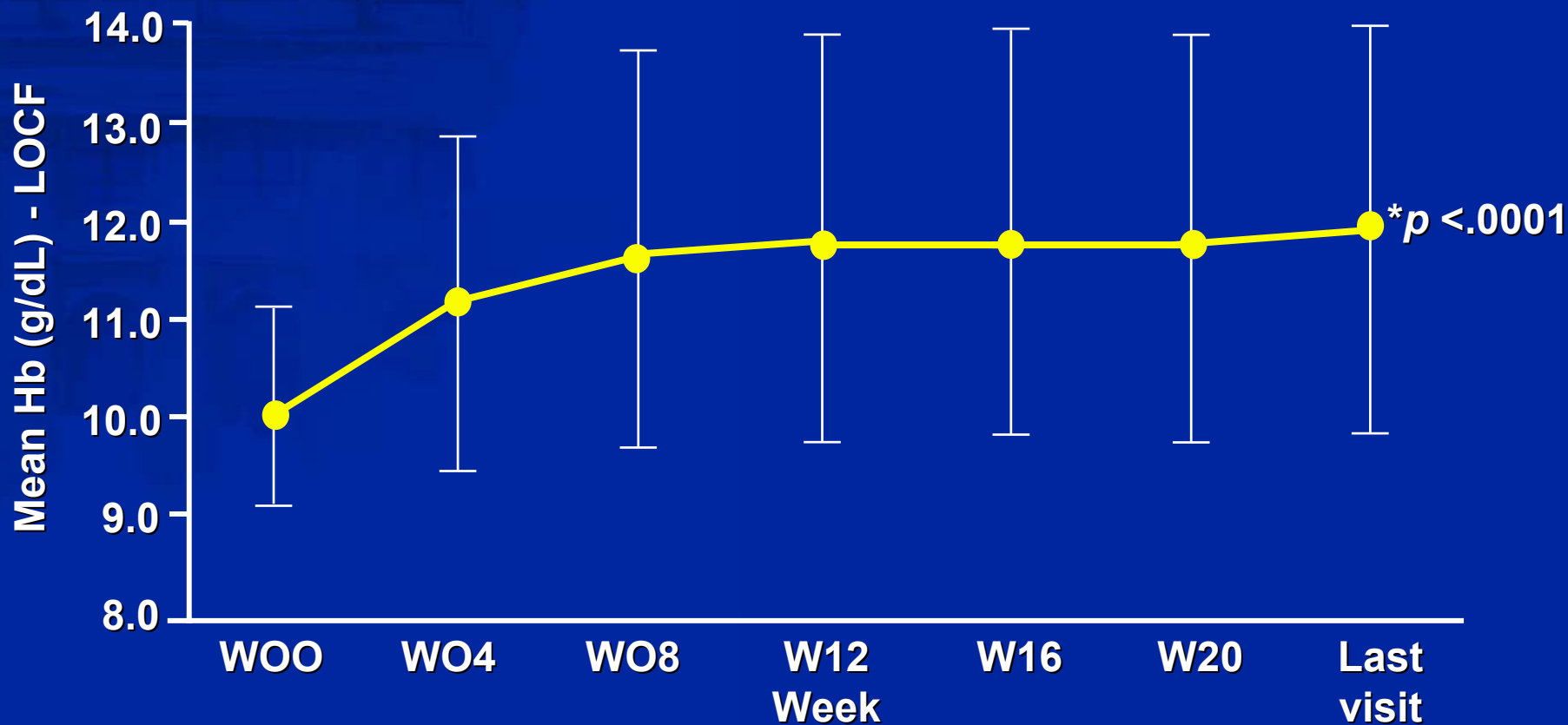
# German Epoetin Alfa Trial: Prospective, Multicenter, Open-Label, Phase 3 Study

- Patients undergoing chemotherapy (CT) or chemoradiotherapy (CRT)
- Dosing: epoetin alfa 10,000 IU sc three times weekly (tiw)
- Primary study measure: Hb level
- Secondary study measure: QOL as assessed by patient, nurse, and physician on Cancer Linear Analog Scale (CLAS, also known as Linear Analog Scale Assessment or LASA)
- Hb and QOL assessed at
  - start of study
  - weeks 4, 8, 12, 16, 20 (during chemotherapy)
  - last visit (maximum after 18 weeks of epoetin alfa therapy or after premature study termination)

# Baseline Patient Characteristics

- $n = 645$  (evaluable for intent-to-treat analysis)
- Male/female: 184/461
- Median age (years): 60 (21–85) years
- Initial Hb level (g/dL):  $10.1 \pm 0.98$  g/dL
- Diagnosis
  - solid tumors: 92.4%
  - hematologic tumors: 7.6%

# Mean Hb Levels During the Trial (n=645)



**Mean Hb level increased rapidly: ~1 g/dL at week 4 and significantly ( $p < .0001$ ) from baseline (10.1 g/dL) to final (11.9 g/dL)**

# **Significant Improvements in QOL According to Patients (P), Nurses (N), and Physicians (MD) (I)**

- **Changes in QOL reflected in significant reduction of exhaustion as well as increase in mood, interest, and social activity**
- **According to physicians, exhaustion decreased significantly from 7.3 +/-1.2 to 4.5 +/-2.9 points on an 11-point rating scale**
- **Increase in Hb correlated with improvement of exhaustion score (0.38,  $p < 0.001$ )**
- **Individual scores as assessed by patients correlated with scores as assessed by physicians and nurses**

# Conclusions Regarding Effects of Epoetin Alfa on Hb and Exhaustion/QOL

- Epoetin alfa significantly increases Hb in anemic patients with cancer during chemotherapy
- Correction of anemia was significant in patients with solid tumors and nonmyeloid hematologic malignancies
- Increase in Hb was independent of disease status
- Correction of anemia significantly improved degree of exhaustion