DYSPEPSIA

Acotiamide can relieve symptoms of functional dyspepsia

Symptoms of functional dyspepsia can be relieved by taking acotiamide, according to researchers from Japan. Patients in a phase III clinical trial had significantly decreased symptom severity compared with controls who took a placebo.

“Functional dyspepsia is one of the most common disorders seen in clinical practice and there are no other treatments of proven efficacy,” says Kei Matsueda of the Sakura Life Clinic, Tokyo, Japan. Phase II trials have shown acotiamide to be an effective treatment.

The researchers wanted to confirm that acotiamide is effective for the relief of symptoms of dyspepsia such as postprandial fullness, upper abdominal bloating and early satiation. They conducted a multicenter, randomized, placebo-controlled, parallel-group phase III trial in which 892 patients who had dyspepsia symptoms were randomly assigned to receive either 100 mg acotiamide or placebo three times a day for 4 weeks.

The primary end points were elimination of all three symptoms and overall treatment effect, where patients were asked at intervals whether their symptoms had remained the same, improved or deteriorated. This approach resembles how clinicians monitor patients in clinical practice.

The overall treatment effect assessment showed that 52.2% of patients who took acotiamide responded to treatment compared with 34.8% of the placebo group ($P < 0.001$); all symptoms were eliminated in 15.3% of patients who took the drug and 9% of the placebo group ($P = 0.004$).

“This study draws on experiences from phase II trials and confirms the effectiveness of acotiamide for relief of this hard-to-treat condition,” says Matsueda.

Andy McLarnon

Original article Matsueda, K. *et al.* A placebo-controlled trial of acotiamide for meal-related symptoms of functional dyspepsia. *Gut* doi:10.1136/gutjnl-2011-301454