

A collection of orange, round pills is scattered across the top half of the slide. Some are in sharp focus, while others are blurred, creating a sense of depth. The pills are set against a white background.

Public Meeting on Fibromyalgia Patient-Focused Drug Development

March 26, 2014



Welcome

Sara Eggers, PhD

Office of Strategic Programs

Center for Drug Evaluation and Research

U.S. Food and Drug Administration

March 26, 2014

Agenda

- **Setting the context**
 - Opening Remarks
 - Overview of FDA's Patient-Focused Drug Development Initiative
 - Background on Fibromyalgia and Therapeutic Options
 - Overview of Discussion Format
- **Discussion Topic 1:** Disease symptoms and daily impacts that matter most to patients
- **Discussion Topic 2:** Patients' perspectives on current approaches to treating fibromyalgia
- **Open Public Comment**
- **Closing Remarks**

A background image showing a cluster of orange, round pills in the upper left corner, with a single pill in sharp focus in the lower right corner. The pills are set against a white background with a blue curved border at the top.

Opening Remarks

Bob Rappaport, MD

Director, Division of Anesthesia, Analgesia, and Addiction Products
Center for Drug Evaluation and Research
U.S. Food and Drug Administration

March 26, 2014

A group of orange pills is shown in the background, slightly out of focus. In the foreground, a single orange pill is shown in sharp focus, casting a soft shadow on the white surface below it.

FDA's Patient-Focused Drug Development Initiative

Patrick Frey, MPP

Director, Office of Program and Strategic Analysis
Center for Drug Evaluation and Research
U.S. Food and Drug Administration

March 26, 2014

Patient-Focused Drug Development under PDUFA V

- **FDA is developing a more systematic way of gathering patient perspective on their condition and available treatment options**
 - Patient perspective helps inform our understanding of the context for the assessment of benefit-risk and decision making for new drugs
 - Input can inform FDA's oversight both during drug development and during our review of a marketing application
- **Patient-Focused Drug Development is part of FDA commitments under the fifth reauthorization of the Prescription Drug User Fee Act (PDUFA V)**
 - FDA will convene at least 20 meetings on specific disease areas over the next five years
 - Meetings will help develop a systematic approach to gathering input

Identifying Disease Areas for the Patient-Focused Meetings

- **In September 2012, FDA announced a preliminary set of diseases as potential meeting candidates**
 - Public input on these nominations was collected through an online docket and at a public meeting held in October 2012
 - Over 4,500 comments were submitted, which addressed over 90 disease areas
 - FDA carefully considered these public comments and the perspectives of our drug review divisions at FDA
- **FDA selected a set of 16 diseases selected to be the focus of meetings for fiscal years 2013-2015**
 - This set was published in the Federal Register in April 2013
 - Another public process will be initiated in 2015 to determine the set for fiscal years 2016-2017

Disease Areas to be the focus of meetings for FY 2013-2015

FY 2013

- Chronic fatigue syndrome
- HIV
- Lung cancer
- Narcolepsy

FY 2014

- Sickle cell disease
- **Fibromyalgia**
- Pulmonary arterial hypertension

FY 2014 – 2015

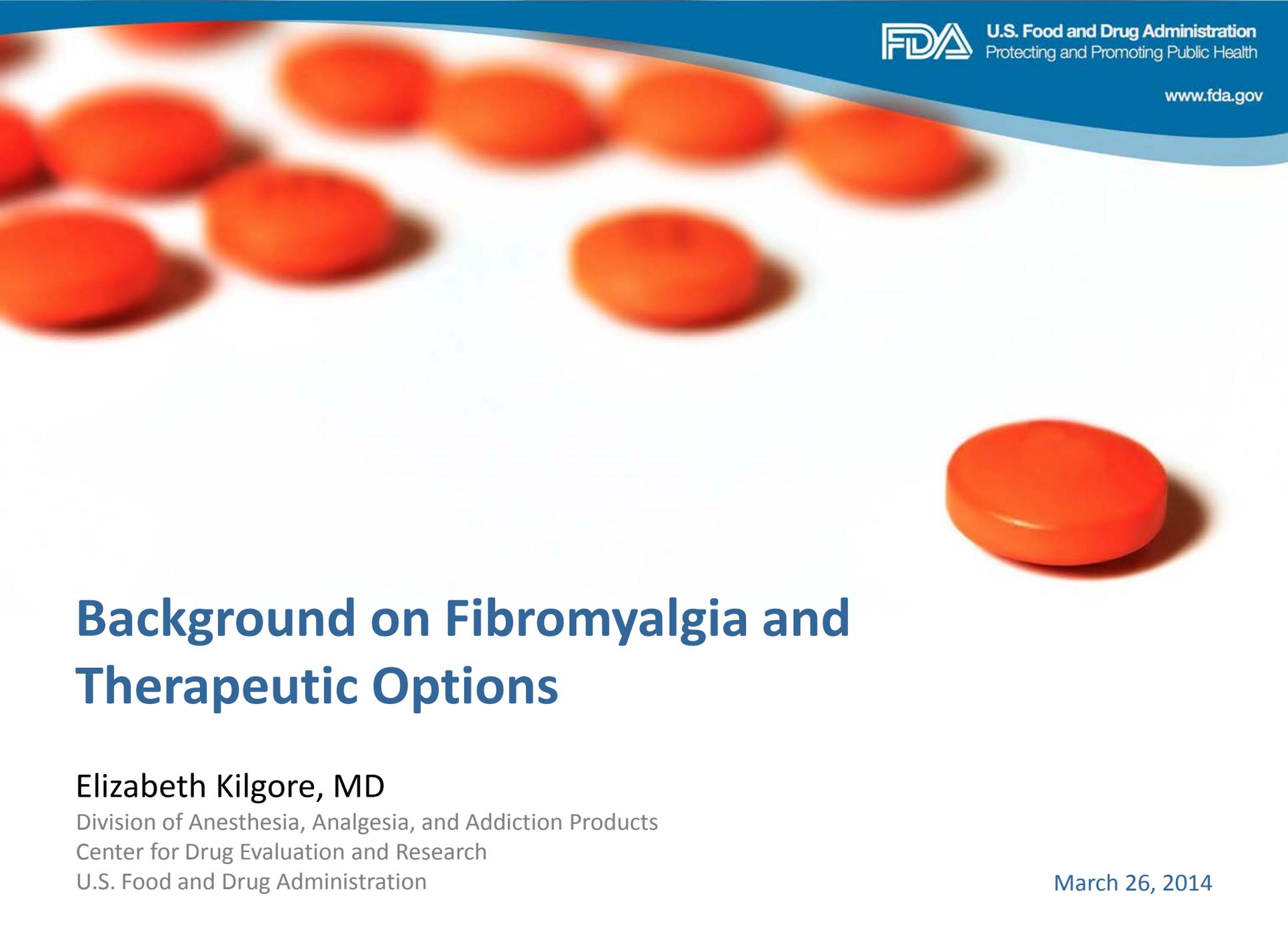
- Alpha-1 antitrypsin deficiency
- Breast cancer
- Chronic Chagas disease
- Female sexual dysfunction
- Hemophilia A, Hemophilia B, von Willebrand disease, and other heritable bleeding disorders
- Idiopathic pulmonary fibrosis
- Irritable bowel syndrome, gastroparesis, and gastroesophageal reflux disease
- Inborn errors of metabolism
- Parkinson's disease and Huntington's disease

Tailoring Each Patient-Focused Meeting

- **Each meeting focuses on a set of questions that aim to elicit patients' perspectives on their disease and on treatment approaches**
 - We start with a set of questions that could apply to any disease area; these questions are taken from FDA's benefit-risk framework and represent important considerations in our decision-making
 - We then further tailor the questions to the disease topic of the meeting (e.g., current state of drug development, specific interests of the FDA review division, and the needs of the patient population)
- **Focus on relevant current topics in drug development for the disease at each meeting**
 - E.g., focus on HIV patient perspectives on potential “cure research”
- **We've learned that active patient involvement and participation is key to the success of these meetings.**

“Voice of the Patient” Reports

- Following each meeting, FDA publishes a Voice of the Patient report that summarizes the patient testimony at the meeting, perspectives shared in written docket comments, as well as any unique views provided by those who joined the meeting webcast.
- These reports serve an important function in communicating to both FDA review staff and the regulated industry what improvements patients would most like to see in their daily life.
- FDA believes that the long run impact of this program will be a better, more informed understanding of how we might find ways to develop new treatments for these diseases.

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Background on Fibromyalgia and Therapeutic Options

Elizabeth Kilgore, MD

Division of Anesthesia, Analgesia, and Addiction Products
Center for Drug Evaluation and Research
U.S. Food and Drug Administration

March 26, 2014

Introduction

- Fibromyalgia (also known as fibromyalgia syndrome) is a common chronic disorder that affects the body's muscles and soft tissue
- Chronic widespread pain is the defining feature of fibromyalgia
 - Other symptoms include sleeping difficulties, fatigue, irritable bowel syndrome, headaches, mood disorders, and other cognitive issues
- Fibromyalgia affects ~5 million adults in the United States
- Women make up around 80-90% of those diagnosed with fibromyalgia

Diagnosing Fibromyalgia

- The precise cause of fibromyalgia is unknown
 - Possible factors include viruses that affect the central nervous system's ability to perceive pain, injuries, and stress or other emotional distress
- Fibromyalgia may be more common in those with spinal arthritis, rheumatoid arthritis, and lupus
- Two major diagnostic criteria (as defined by American College of Rheumatology 1990 criteria):
 - Pain in at least 11 of 18 different specific points of the body
 - Pain that has lasted for 3 or more months

Symptoms

- The primary symptom of fibromyalgia is pain
 - Typically, several painful areas (known as “tender points”) develop
 - These tender points spread pain to other parts of the body
 - The pain can feel hot and sharp, or like a deep ache
 - The intensity of the pain can vary with the time of day, cold weather, activity, and stress
 - Some patients have abnormal pain perception processing, which leads to strong reactions to things that others would not find painful
- Pain causes sleep problems for many with fibromyalgia
 - Patients often have difficulty falling and staying asleep
 - Poor sleep often leads to stiffness and aches in the morning, as well as a general sense of fatigue

Symptoms (continued)

- In addition to pain, sleep problems, and fatigue, patients with fibromyalgia may experience:
 - Problems with memory, concentration, and other cognitive functions (sometimes known as “fibrofog”)
 - Depression or mood problems
 - Irritable bowel syndrome (IBS)
 - Migraines and other headaches
 - Muscle issues (including weakness, tingling, and spasms)
- Symptoms may vary over long periods of time
 - Occasionally, symptoms will improve
 - Symptoms, especially pain, can sometimes become worse over a stretch of months or years

Treatment Options

- The goal of treatments for fibromyalgia is typically to help with symptom management and pain reduction
- Treatment may require visits to multiple health professionals with different areas of expertise
- Treatment may begin with non-drug therapies, such as:
 - Physical therapy
 - Exercise regimens and fitness programs
 - Massage and relaxation techniques
- If initial treatment does not help, various medications and non-drug therapies may be prescribed

Treatment Options – Drug Therapies

- Three treatments are currently approved by FDA for managing pain and other fibromyalgia symptoms:
 - Lyrica (pregabalin) – approved June 2007
 - Cymbalta (duloxetine hydrochloride) – approved June 2008
 - Savella (milnacipran) – approved January 2009
- Lyrica and Cymbalta were approved for other indications before being approved for the management of fibromyalgia
- Savella is the first drug approved only for the management of fibromyalgia
 - Approval was based on a response to three different measures:
 - 30% or greater decrease in pain severity
 - A patient rating indicating significant symptom improvement
 - Significant progress in at least one of two different measures of physical function

Possible Side Effects from Fibromyalgia Medications

- Increased risk of suicidal thinking
- Peripheral edema (swelling)
- Serotonin Syndrome or Neuroleptic Malignant Syndrome
- Seizures
- Hepatotoxicity (liver damage)
- Elevated blood pressure and heart rate
- Abnormal bleeding

Treatment Options – Drugs (continued)

- Not all patients who take approved therapies for fibromyalgia will see an improvement
- Other drugs used that patients and practitioners use to treat fibromyalgia include:
 - Sleeping aids
 - Pain relievers
 - Anti-seizure drugs
 - Antidepressants
 - Muscle relaxants
- There is a continuing need for treatments to better manage symptoms and treat the underlying condition

Treatment Options – Non-Drug Therapies

- In addition to medications, various non-drug therapies are used to help manage pain and other symptoms of fibromyalgia, including:
 - Behavioral therapies, such as setting activity limits
 - Light exercise, massages, yoga, acupuncture
 - Diet changes
 - Practicing methods of improving sleep
 - Therapy or other emotional support
- Combinations of drug and non-drug therapies can be effective for some patients
- Many patients develop a custom treatment regimen aimed at treating the symptoms that affect them most

Patient-Reported Outcomes

- In diseases like fibromyalgia, which are not fully understood, input from patients is especially important
- Patient-reported outcomes (PROs) can represent direct measures of treatment benefit – how a patient feels or functions
 - All measurements need to be evaluated in well-conducted, placebo-controlled or double-blinded, randomized trials
- PROs highlight patients' unique ability to contribute to the field of drug development
- FDA encourages the development of well-defined and reliable PRO instruments that capture clinical benefit concepts that are important to patients



Overview of Discussion Format

Sara Eggers, PhD

Office of Strategic Programs

Center for Drug Evaluation and Research

U.S. Food and Drug Administration

Discussion Overview

Topic 1: The symptoms that matter most to you

- Which symptoms have the most significant impact on your life?
- How do these symptoms affect your ability to do specific activities?
- What specific impacts does a flare have on your daily life?

Topic 2: Current approaches to treating fibromyalgia

- What are you doing to treat your fibromyalgia?
- How well do your treatments work for you?
- What are their biggest downsides?
- What would you look for in an “ideal” treatment?

Discussion Format

- **We will first hear from a panel of patients**
 - The purpose is to set a good foundation for our discussion
 - They reflect a range of experiences with fibromyalgia
 - Some also represent fibromyalgia or pain organizations

- **We will then broaden the dialogue to include patients and patient representatives in the audience**
 - The purpose is to build on the experiences shared by the panel
 - We will ask questions and invite you to raise your hand to respond
 - Please state your name before answering

Discussion Format, continued

- **You'll have a chance to answer "polling" questions**
 - Their purpose is to aid our discussion
 - In-person participants, use the "clickers" to respond
 - Web participants, answer the questions through the webcast
 - Patients and patient representatives only, please
- **Web participants can add comments through the webcast**
 - Although they may not all be read or summarized today, your comments will be incorporated into our summary report
 - We'll occasionally go to the phones to give you another opportunity to contribute

Send us your comments!

- **You can send us comments through the “public docket”.**
 - The docket will be open until May 26, 2014
 - Share your experience, or expand upon something discussed today
 - Comments will be incorporated into our summary report
 - Anyone is welcome to comment

Visit:
[http://www.regulations.gov/
 #!documentDetail;D=FDA-
 2013-N-1041-0004](http://www.regulations.gov/#!documentDetail;D=FDA-2013-N-1041-0004)

Click Comment Now!

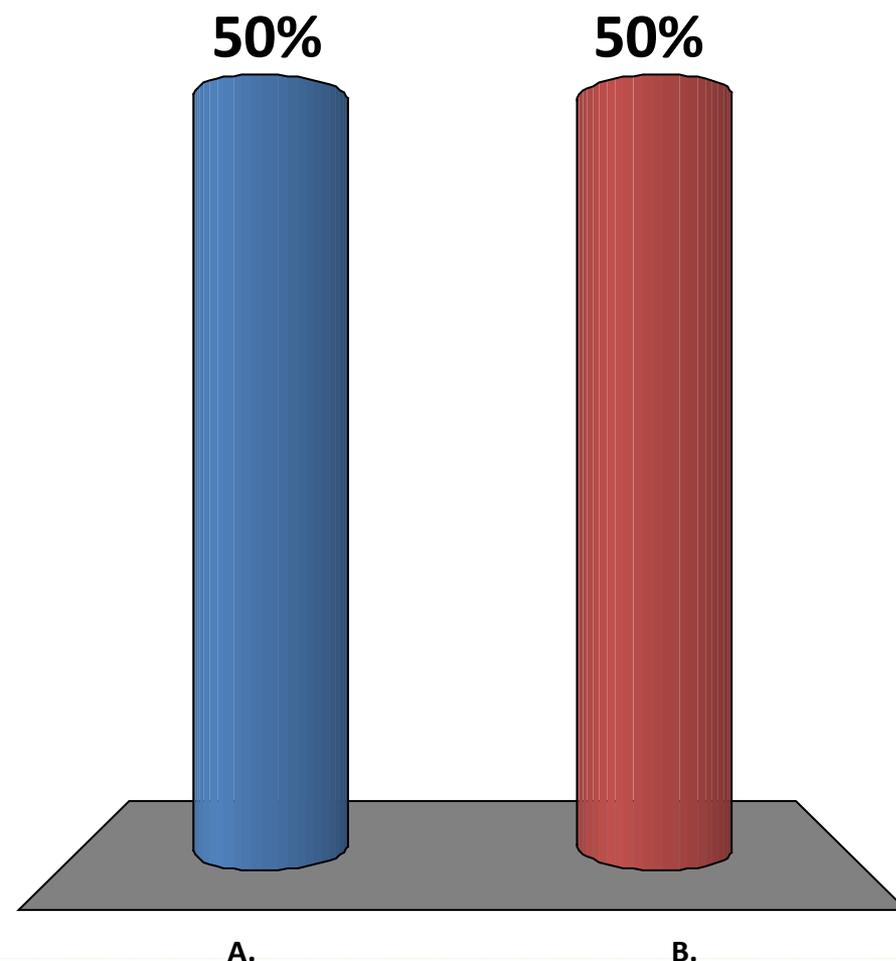
The screenshot shows a web browser window with the URL <http://www.regulations.gov/#!documentDetail;D=FDA-2013-N-1041-0004>. The page title is "Fibromyalgia Public Meeting on Patient-Focused Drug Development". The main content area includes a "Comment Now!" button in the top right corner. Below the button, there is a section for "Document Information" with fields for "ID: FDA-2013-N-1041-0001", "View original printed format: PDF", and "Date Posted:". A red arrow points from the text "Click Comment Now!" to the "Comment Now!" button.

Discussion Ground Rules

- We encourage patients to contribute to the dialogue—caregivers and advocates are welcome too
- FDA is here to listen
- Discussion will focus on symptoms and treatments
 - Open Public Comment Period is available to comment on other topics
- The views expressed today are personal opinions
- Respect for one another is paramount
- Let us know how we're doing; evaluations at registration desk

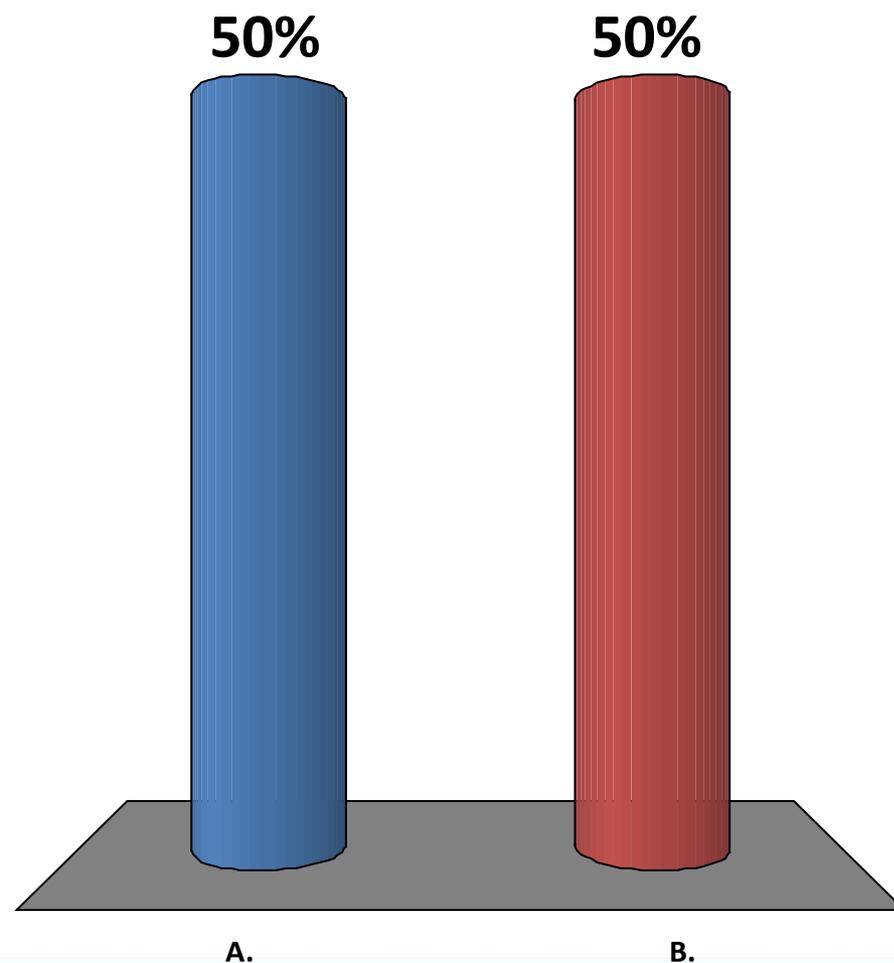
Where do you live?

- A. Within the Washington, D.C. metropolitan area (including the VA and MD suburbs)
- B. Outside of the Washington, D.C. metropolitan area



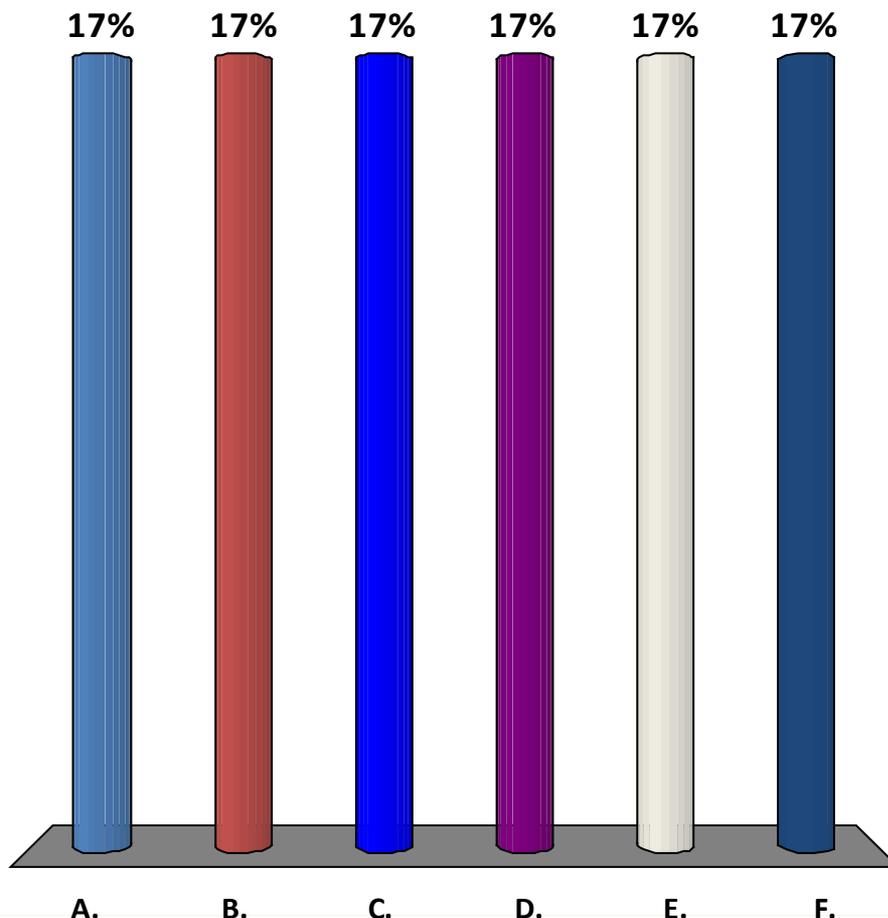
Do you have fibromyalgia?

- A. Yes
- B. No



What is your age?

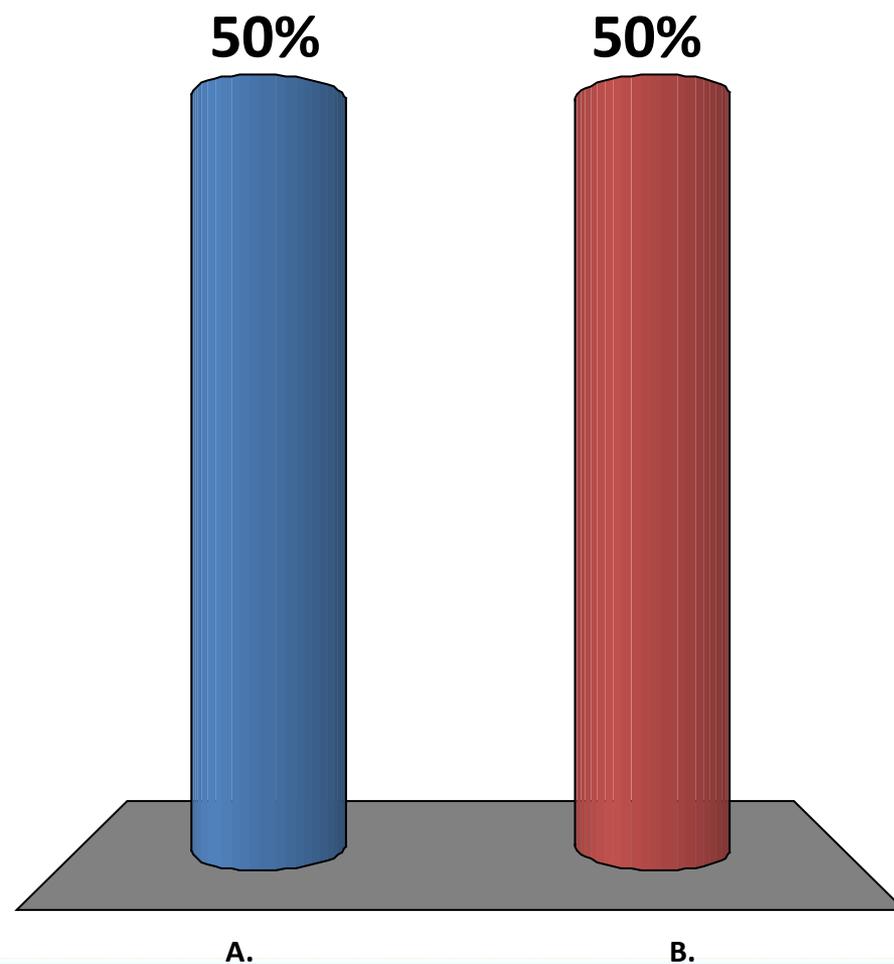
- A. Younger than 30
- B. 31 – 40
- C. 41 – 50
- D. 51 – 60
- E. 61 – 70
- F. 71 or greater



Are you:

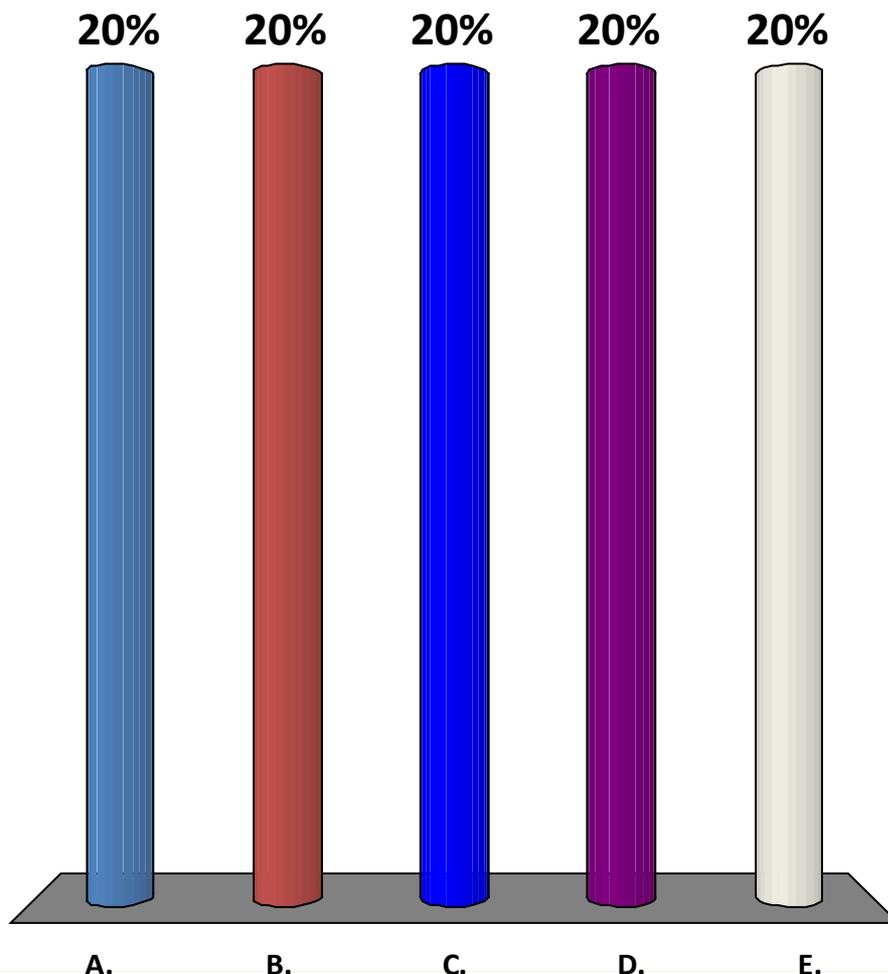
A. Male

B. Female



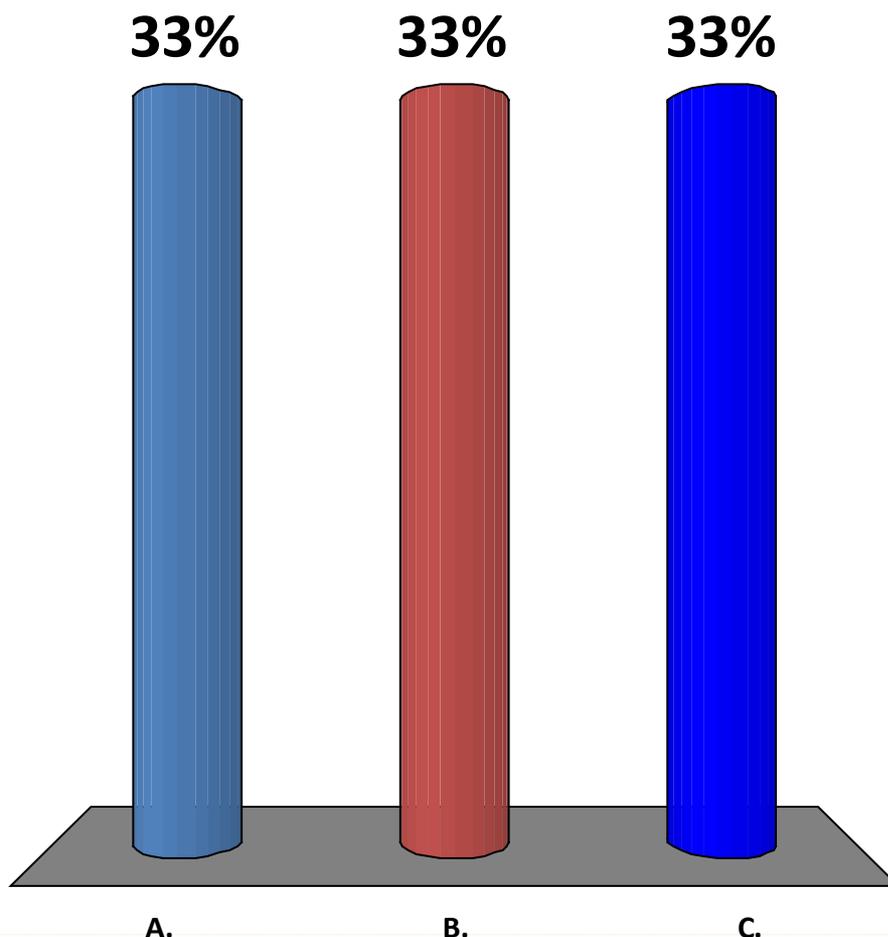
How long have you had symptoms of fibromyalgia?

- A. Less than 5 years
- B. 5 – 10 years
- C. 10 – 20 years
- D. More than 20 years
- E. I'm not sure



Do you have a physician-confirmed diagnosis of fibromyalgia?

- A. Yes
- B. No
- C. I'm not sure





Discussion Topic 1

Disease symptoms and daily impacts that matter most to patients

Sara Eggers

Facilitator

Topic 1 Panel Participants

- Sabrina Dudley-Johnson
- Laura Dugan
- Michele Dunckel
- Lori Galpeer
- Jacob Smith

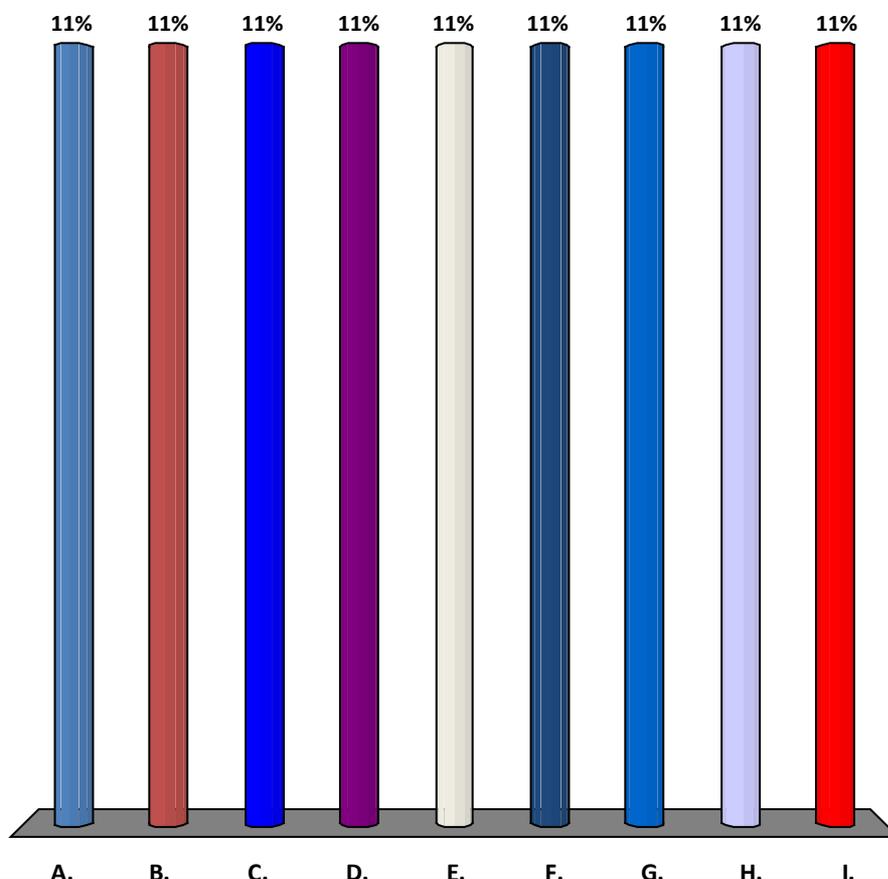
Topic 1 Discussion: Disease symptoms and daily impacts that matter most to patients

- Of all the symptoms that you experience because of your condition, which 1-3 symptoms have the most significant impact on your life?
- Are there specific activities that are important to you but that you cannot do at all or as fully as you would like because of your condition?
- How have your condition and its symptoms changed over time?
- What worries you most about your condition?

Which symptoms have the most significant impact on your daily life?

Please choose up to 3

- A. Chronic pain
- B. Fatigue or lack of energy
- C. Difficulty concentrating or memory problems
- D. Sleep problems
- E. Sensitivity to light, sound or other stimuli
- F. Gastrointestinal issues
- G. Depression or anxiety
- H. Headaches
- I. Other symptoms not listed



Topic 1 Discussion: Disease symptoms and daily impacts that matter most to patients

- Of all the symptoms that you experience because of your condition, which 1-3 symptoms have the most significant impact on your life?
- Are there specific activities that are important to you but that you cannot do at all or as fully as you would like because of your condition?
- How have your condition and its symptoms changed over time?
- What worries you most about your condition?



BREAK



Discussion Topic 2

Patients' perspectives on current approaches to treating fibromyalgia

Sara Eggers

Facilitator

Topic 2 Panel Participants

- Jan Chambers
- Gwenn Herman
- Sarah Lyall
- Nancy Ryan
- Deborah Ward

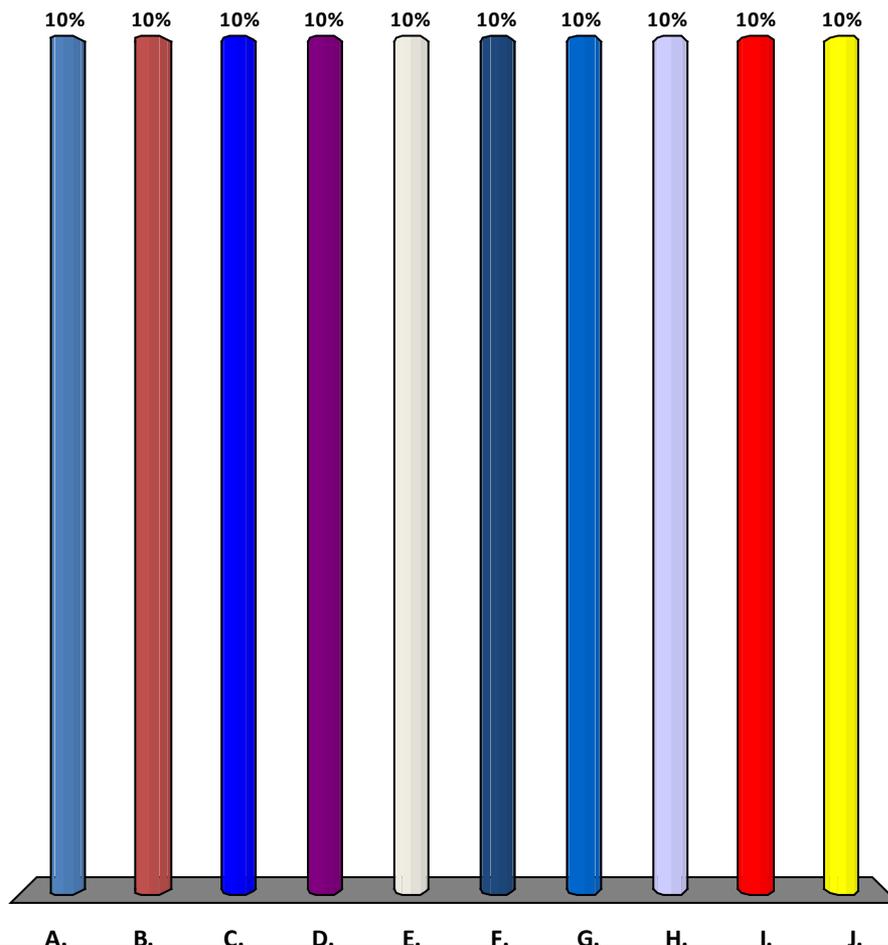
Topic 2 Discussion: Patients' perspectives on current approaches to treating fibromyalgia

- What are you currently doing to help treat your condition or its symptoms?
- How well does your current treatment regimen treat the most significant symptoms of your disease?
- What are the most significant downsides to your current treatments, and how do they affect your daily life?
- What specific things would you look for in an ideal treatment for your condition?

What are you currently doing to treat your condition or its symptoms?

Check all that apply

- A. Prescription medicines
- B. Over-the-counter products
- C. Exercise
- D. Physical therapy, massage, or acupuncture
- E. Dietary supplements or diet changes
- F. Lifestyle changes, such as pacing activities or avoiding stressful situations
- G. Behavioral therapies such as pain programs or support groups
- H. Other therapies
- I. I'm not sure
- J. I am not doing or taking any therapies



Topic 2 Discussion: Patients' perspectives on current approaches to treating fibromyalgia

- What are you currently doing to help treat your condition or its symptoms?
- How well does your current treatment regimen treat the most significant symptoms of your disease?
- What are the most significant downsides to your current treatments, and how do they affect your daily life?
- What specific things would you look for in an ideal treatment for your condition?



Open Public Comment Period



Closing Remarks

Sharon Hertz, MD

Director, Division of Anesthesia, Analgesia, and Addiction Products
Center for Drug Evaluation and Research
U.S. Food and Drug Administration