



EUROPEAN MEDICINES AGENCY
SCIENCE MEDICINES HEALTH

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Committee for medicinal products for human use (CHMP)

Summary of opinion¹ (initial authorisation)

Plenadren hydrocortisone

On 20 July 2011 the Committee for Medicinal Products for Human Use (CHMP) adopted a positive opinion, recommending the granting of a marketing authorisation for the medicinal product Plenadren 5 mg, 20 mg modified-release tablet intended for treatment of adrenal insufficiency in adults. Plenadren was designated as an orphan medicinal product on 22 May 2006. The applicant for this medicinal product is DuoCort Pharma AB. They may request a re-examination of any CHMP opinion, provided they notify the European Medicines Agency in writing of their intention within 15 days of receipt of the opinion.

The active substance of Plenadren is hydrocortisone, which is a corticosteroid for systemic use, glucocorticoids (ATC code: H02AB09). Hydrocortisone is a glucocorticoid and the synthetic form of endogenously produced cortisol. Glucocorticoids are important steroids for intermediary metabolism, immune function, musculoskeletal and connective tissue and the brain. Cortisol is the principal glucocorticoid secreted by the adrenal cortex. Hydrocortisone is given as replacement therapy aimed at restoring normal cortisol levels in patients with adrenal insufficiency.

Plenadren has been designed to better mimic the physiological cortisol profile and allow once daily dosing in order to increase patients compliance. Although the clinical data is insufficient to make any claims on improvements with regards to metabolic effects with Plenadren, a once daily dosing regimen is considered to be of benefit for some patients in the context of convenience and patient compliance considering that treatment of patients with adrenal insufficiency is highly individualised.

Overall, the frequency and type of adverse reactions were similar for Plenadren once daily modified-release tablets and hydrocortisone tablets given three times daily in a 12-week study. There was an initial increase in the frequency of adverse reactions in about one in five patients, observed up to eight weeks after first changing from conventional hydrocortisone tablets given three times daily to once daily modified-release tablets. However, these adverse reactions (abdominal pain, diarrhoea, nausea and fatigue) are mild or moderate, transient, of short duration but may require dose adjustment or

¹ Summaries of positive opinion are published without prejudice to the commission decision, which will normally be issued 67 days from adoption of the opinion.



additional concomitant medicinal products. A pharmacovigilance plan for Plenadren will be implemented as part of the marketing authorisation.

The approved indication is: treatment of adrenal insufficiency in adults and it is proposed that Plenadren is subject to medical prescription.

Detailed recommendations for the use of this product will be described in the summary of product characteristics (SmPC), which will be published in the European public assessment report (EPAR), and will be available in all official European Union languages after the marketing authorisation has been granted by the European Commission.

The CHMP, on the basis of quality, safety and efficacy data submitted, considers there to be a favourable benefit to risk balance for Plenadren and therefore recommends the granting of the marketing authorisation.