

Study evaluates use of inhaled saline for young children with cystic fibrosis

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Margaret Rosenfeld, M.D., M.P.H., of Seattle Children's Hospital, and colleagues conducted a study to examine if hypertonic saline would reduce the rate of pulmonary exacerbations in children younger than 6 years of age with cystic fibrosis (CF). Inhaled hypertonic saline is recommended as therapy for patients 6 years or older with CF, but its efficacy has not been evaluated in patients younger than 6 years.

In the randomized trial, the active treatment group (n = 158) received 7 percent hypertonic saline and the control group (n = 163) received 0.9 percent isotonic saline, nebulized (dispensed in a fine mist) twice daily for 48 weeks. The researchers found that the average pulmonary exacerbation rate was similar between both groups. "Hypertonic saline did not reduce the rate of pulmonary [exacerbations](#) in these young children. In addition, hypertonic saline did not demonstrate any significant effects on secondary end points including weight, height, respiratory rate, [oxygen saturation](#), antibiotic use, or parent report of respiratory signs and symptoms."

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