

VI.2 Elements for a public summary

VI.2.1 Overview of disease epidemiology

Ebastine is an Antihistamine used for seasonal and perennial (present throughout the entire year) allergic rhinitis (hay fever, inflammation in the nose) in adults and adolescents aged 12 years and older and for treatment of urticaria (skin rash with red, raised, itchy bumps) in adults aged 18 years and older.

Seasonal and perennial allergic rhinitis

Allergic rhinitis, also known as hay fever, is a type of inflammation in the nose which occurs when the immune system overreacts to allergens in the air. Signs and symptoms include a runny or stuffy nose, sneezing, red, itchy, and watery eyes, and swelling around the eyes. Allergic rhinitis can be intermittent or persistent and its severity is classed as mild or moderate-to-severe. Prevalence of Allergic rhinitis is high as 40%, depending on age and geographical location. In Western Europe, the prevalence of clinically confirmed allergic rhinitis was 23% on the basis of an analysis of six countries, with a range of 17% (Italy) to 29% (Belgium) for individual countries.^{1,2}

Urticaria

Urticaria characterized by the development of wheals (hives) and/or angioedema (swelling is under the skin). If the condition has a duration of <6 weeks, it is acute. If it persists for >6 weeks, or recurs, it is chronic. The wheals are accompanied by erythema (reddening of the skin) and itching, and sometimes also angioedema. Internationally, chronic spontaneous urticaria is estimated to have a point prevalence of ~0.5%–1.0%. The peak age of occurrence is usually between 20 years and 40 years, and typical disease duration is 1–5 years, although this can be greater in many cases.^{1,2}

VI.2.2 Summary of treatment benefits

Treatment of seasonal and perennial allergic rhinitis

A controlled clinical trial (study) in which adult and adolescent patients with allergic rhinitis (hay fever) were enrolled, showed that ebastine 10 mg once-daily treatment improved symptoms to a significantly greater extent than placebo and to a similar extent as loratadine 10 mg and cetirizine 10 mg (both once-daily), while ebastine 20 mg was more effective than these two comparator antihistamines.²

Treatment of urticaria

In one study, the patients were enrolled if they had a 3-month history of urticaria (hives). Patients are treated with ebastine and placebo. Ebastine 10 mg once-daily was significantly more effective than placebo at reducing the symptoms of urticaria, including itching and the number and size of wheals. According to patient and physician global ratings; overall, treatment was rated as effective, or condition improved, in 80–83% of ebastine treatment vs 51–55% placebo treatment.²

VI.2.3 Unknowns relating to treatment benefits

The safety and efficacy of Ebastine 10 mg and 20 mg in seasonal and perennial allergic rhinitis have not been established in children <12 years old.

The safety and efficacy of Ebastine 10 mg in urticaria have not been established in children and adolescents aged 18 years and younger.

VI.2.4 Summary of safety concerns

Important identified risks

Risk	What is known	Preventability
Allergic reaction (Hypersensitivity reactions such as anaphylaxis and angioedema)	<p>Anaphylaxis is a serious, potentially life-threatening allergic response that is marked by swelling, hives, lowered blood pressure, and dilated blood vessels. In severe cases, a patient will go into shock. If shock isn't treated immediately, it can be fatal.</p> <p>Angioedema, also known as the rapid swelling of the deep layers of skin - the dermis, subcutaneous tissue, mucosa and submucosal tissues. Although similar to urticaria (hives).</p> <p>Allergic reactions (such as anaphylaxis and angioedema) are reported with rare frequency during treatment with ebastine.</p>	<p>Before initiating therapy with ebastine, careful enquiry should be made concerning previous allergic reactions to medicine.</p> <p>Ebastine should not be used in patients with known allergic to drug or any other ingredient in the formulation.</p> <p>If any of the symptoms develops, patients are advised to stop taking the medicines and contact their doctor or hospital emergency department immediately.</p>
Liver, gallbladder, bile ducts or bile problem (Hepatobiliary disorders including hepatitis, cholestasis, liver function test abnormal)	Inflammation of the liver, cholestasis and abnormal liver function test (transaminases, gamma-GT, alkaline phosphatase and bilirubin increased) are reported to ebastine treatment with rare frequency.	<p>Ebastine should be used with caution in patients with severe impairment of liver function.</p> <p>Patients prescribed ebastine tablets should be instructed to report any signs or symptoms of liver inflammation or abnormal liver function test or worsening of these symptoms to their doctor.</p>
Abnormal pattern of heart beat (QT interval prolongation {including interaction with drugs prolonging QTc interval or inhibiting CYP3A4})	<p>Abnormal pattern of heart beat which can occur in some type of heart disease or caused by medicines.</p> <p>Abnormal heart beat (QT interval may be prolonged) when Ebastine is used simultaneous with medicines or inhibit the liver enzymes CYP450 2J2, 4F12 or 3A4, such as imidazole-type antimycotics and macrolide class of antibiotics</p>	<p>Patients should inform their physician if they have abnormal heart beat</p> <p>Ebastine should be used with caution in patients with known QTc interval prolongation and using simultaneously with drugs causes prolongation of QT interval.</p>

Important potential risks

Risk	What is known
Faster heart beat (tachycardia)	Fast heartbeat (tachycardia) is reported with ebastine treatment with rare frequency.

Missing information

Risk	What is known
Use during pregnancy and breastfeeding; effect on fertility	<p>Pregnancy There are no or limited amount of data from the use of ebastine in pregnant women. Animal studies do not indicate direct or indirect harmful effects with respect to pregnancy, embryonal/fetal development, parturition or postnatal development. As precaution ebastine should not be used during pregnancy unless the indication is compelling.</p> <p>Breastfeeding It is not known whether the ebastine is excreted in human breast milk. In the rat, excretion of ebastine in milk has been shown. Ebastine should not be used during the lactation period.</p> <p>Fertility There are no data on the effects of ebastine on the fertility in humans.</p>
Use in children <12 years old	The safety and efficacy of Ebastine Medreich have not been established in children aged 12 years and younger.
Use in patients with severe liver dysfunction (Use in patients with severe hepatic impairment)	There is no safety data regarding the use of Ebastine more than 10mg in severe liver dysfunction patients. Therefore, the dose more than 10mg should not be used in these patients. Also, attention should be taken while using Ebastine in these patients.

VI.2.5 Summary of risk minimisation measures by safety concern

All medicines have a Summary of Product Characteristics (SmPC) which provides physicians, pharmacists and other healthcare professionals with details on how to use the medicine, the risks and recommendations for minimising them. An abbreviated version of this in lay language is provided in the form of the package leaflet (PL). The measures in these documents are known as routine risk minimisation measures. No additional risk minimisation measures are planned for this product.

VI.2.6 Planned post authorisation development plan

There is no planned post authorisation development plan for Ebastine 10 mg and 20 mg orodispersible tablets.

VI.2.7 Summary of changes to the risk management plan over time

This is the first risk management plan for Ebastine 10 mg and 20 mg orodispersible tablets.