



Lamotrigine: cardiac arrhythmias

In March 2021, the US drug regulatory agency (FDA) issued a safety announcement following reports of cardiac disorders in patients taking *lamotrigine*, an antiepileptic drug also used as a "mood stabiliser". These disorders consisted of chest pain, syncope, cardiac arrest and electrocardiographic abnormalities (1).

In vitro studies have shown that *lamotrigine* exhibits class 1B antiarrhythmic activity at therapeutic plasma concentrations. It slows ventricular conduction, with widening of the QRS complex on the electrocardiogram, via a mechanism linked to inhibition of sodium channels. The US prescribing information for proprietary drugs based on *lamotrigine* has been modified to include a proarrhythmic effect, which carries a risk of sudden death, especially in patients with pre-existing heart disease (1).

In France, as of mid-2021, the SPC only mentions the electrocardiographic chang-

es, with widening of the QRS complex, in cases of overdose (2-5). It does not mention cardiac adverse effects at therapeutic doses, other than in patients with Brugada syndrome, a genetic disease leading to ventricular arrhythmias (2-5).

A risk of cardiac arrhythmias is plausible with other sodium channel inhibitors, used mainly in epilepsy, such as *carbamazepine*, *eslicarbazepine* and *oxcarbazepine*, *phenytoin* and *fosphenytoin*, *lacosamide*, *rufinamide*, *topiramate* and *zonisamide* (1). The French SPC for the proprietary drug *Tegretol*®, based on *carbamazepine*, lists, as cardiac adverse effects, conduction disorders, arrhythmias, atrioventricular block with or without syncope, bradycardia and tachycardia. It also specifies a contraindication in the presence of atrioventricular block (6).

IN PRACTICE The risk of cardiac arrhythmias, including sudden death, must be weighed against the benefits expected

from *lamotrigine* for each patient, particularly in the presence of heart disease. An abnormal heart rhythm, palpitations, shortness of breath, dizziness or syncope are warning signs.

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References 1- US FDA "Studies show increased risk of heart rhythm problems with seizure and mental health medicine lamotrigine (Lamictal) in patients with heart disease" 31 March 2021. www.fda.gov: 2 pages. 2- Moore PW et al. "A case series of patients with lamotrigine toxicity at one center from 2003 to 2012" *Clin Toxicol (Phila)* 2013; 51 (7): 545-549. 3- Chavez P et al. "Evolving electrocardiographic changes in lamotrigine overdose: a case report and literature review" *Cardiovasc Toxicol* 2015; 15 (4): 394-398. 4- US FDA "Full prescribing information-Lamictal" March 2021: 70 pages. 5- ANSM "RCP-Lamictal" 22 July 2021: 15 pages. 6- ANSM "RCP-Tegretol" 6 October 2020: 23 pages.



Biotin: interference with laboratory tests

In February 2021, the United States consumer advocacy organisation Public Citizen issued a reminder regarding interference between biotin (vitamin H or B8) and laboratory tests (1).

Many laboratory analyses use biotin because of its ability to bind to a large number of substances. If biotin is present in large quantities in plasma samples, it is liable to interfere with these tests. The tests affected are mainly those performed for: diagnosis and follow-up of cardiovascular, endocrine (especially thyroid), neoplastic and infectious diseases; identification of the causes of anaemia or infertility; and investigation of disorders of bone metabolism or an inflammatory syndrome. For example, in one patient who was taking biotin, a falsely low cardiac troponin assay result led to failure to diagnose a myocardial infarction, which was fatal. Various tests used in histopathology can also be rendered inaccurate (1,2).

Biotin is a vitamin widely found in food and produced by the intestinal flora. Biotin deficiency is very rare, other than in

inherited biotinidase deficiency or prolonged parenteral nutrition (3). It manifests as skin disorders, hair loss, conjunctivitis, ataxia and developmental delay in children (3,4). The recommended daily intake of biotin for adults is 0.03 mg according to the US Food and Drug Administration (FDA) and 0.04 mg according to the French Agency for Food, Environmental and Occupational Health and Safety (ANSES) (4,5). Biotin is marketed with the status of a drug or a food supplement, sometimes at doses hundreds of times higher than the recommended daily intake (6).

IN PRACTICE When a blood test is to be carried out, it is advisable to discuss with the patient the risk of an erroneous result linked to taking biotin, and to notify the testing laboratory where necessary.

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References 1- "High-dose biotin supplements can cause inaccurate laboratory test results" *Worst Pills, Best Pills News* 2021; 27 (2): 5-6. 2- ANSM "RCP-Qizenday" June 2016 + "RCP-Biotine Bayer 5 mg" 6 June 2019: 11 pages. 3- "Biotin". In: "Martindale The Complete Drug Reference" The Pharmaceutical Press, London. www.medicinescomplete.com accessed 11 April 2021: 3 pages. 4- Anses "Les références nutritionnelles en vitamines et minéraux" 22 April 2021. www.anses.fr accessed 11 May 2021: 26 pages. 5- U.S. Food and Drug Administration "The FDA warns that biotin may interfere with lab tests: FDA Safety Communication" 5 November 2019. www.fda.gov: 4 pages. 6- "Biotine 10 mg 200 comprimés" fairvital.com accessed 4 May 2021: 4 pages.

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