Nontuberculous Mycobacteria (NTM) in Cystic Fibrosis (CF)

This Web cast is supported by an unrestricted educational grant from Genentech, Inc.
Nontuberculous Mycobacteria (NTM) in Cystic Fibrosis (CF)

Jerry Nick, M.D.
Director, Adult CF Program
Professor, University of Colorado
Decision to Treat NTM Disease in CF

Positive NTM culture
Decision to Treat NTM Disease in CF

Positive NTM culture

Multiple sputum collection
Decision to Treat NTM Disease in CF

- Positive NTM culture
- Multiple sputum collection
- 2 or 3 positive sputum cultures
Decision to Treat NTM Disease in CF

Positive NTM culture →

Multiple sputum collection →

2 or 3 positive sputum cultures →

CT scan with disease progression
Decision to Treat NTM Disease in CF

Positive NTM culture

Multiple sputum collection

2 or 3 positive sputum cultures

CT scan with disease progression

*M. abscessus*: Treatment if unexplained clinical decline.

Other NTMs: Treat if worsening disease on CT & unexplained clinical decline.
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Positive NTM culture

Multiple sputum collection

Criteria not met

Periodic cultures

2 or 3 positive sputum cultures

CT scan with disease progression

M. abscessus: Treatment if unexplained clinical decline.

Other NTMs: Treat if worsening disease on CT & unexplained clinical decline.
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Pulmonary exacerbation/infection

- Usual germs (*Pseudomonas, Staph*)

Essential to rule out other causes of worsening lung disease

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Essential to rule out other causes of worsening lung disease

• Pulmonary exacerbation/infection
  – Usual germs (*Pseudomonas*, *Staph*)
• New bacterial infection, e.g., *B. cepacia*
Decision to Treat NTM Disease in CF

Essential to rule out other causes of worsening lung disease

- Pulmonary exacerbation/infection
  - Usual germs (*Pseudomonas, Staph*)
- New bacterial infection, e.g., *B. cepacia*
- CF-related diabetes (CFRD)
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Essential to rule out other causes of worsening lung disease

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- ABPA (allergic bronchopulmonary aspergillosis)
Decision to Treat NTM Disease in CF

Essential to rule out other causes of worsening lung disease

- Pulmonary exacerbation/infection
  - Usual germs (*Pseudomonas*, *Staph*)
- New bacterial infection, e.g., *B. cepacia*
- CF-related diabetes (CFRD)
- ABPA (allergic bronchopulmonary aspergillosis)
- Poorly controlled sinusitis
Nontuberculous Mycobacteria (NTM) in Cystic Fibrosis (CF)

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**Key Words: cystic fibrosis and NTM**

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Nontuberculous Mycobacteria (NTM): Overview

Germs, like plants and animals, have been classified into similar groups. The groups are called "families." One such family of germs is known as the Mycobacteriaceae. Within this family there are a number of species. Some species can cause human diseases (pathogenic). Others species do not cause human diseases (saprophytic).

For example, *Mycobacterium tuberculosis* is an infamous species. This is the organism that causes human tuberculosis. *Mycobacterium leprae* is the organism that causes leprosy.

The Nontuberculous mycobacteria (NTM) refers to all the species in the family of mycobacteria that may cause human disease, but do not cause tuberculosis (TB). Every year in the United States approximately two people per 100,000 population develop infections caused by these lesser-known "cousins" of TB and leprosy. In fact, for unknown reasons, data suggest that there may be rising numbers of cases in certain parts of the country.

The most common NTM’s that require treatment are *M. avium*, *M. intracellulare*, *M. kansasii*, *M. abscessus*, *M. chelonae*, *M. fortuitum*, *M. terrae*, *M. xenopi* and *M. simiae*. Among the NTM, there are three species which predominantly involve the skin: *M. leprae*, *M. ulcerans*, and *M. marinum*.
Thank You

• …for watching
• Jerry Nick
• Rick Vasta and the technical crew
• Melissa Chin and Melissa Muller
• Genentech
• The CF Foundation