

Panobinostat (Farydak[®])

Treatment Guide

What is panobinostat?

Panobinostat, also known as Farydak®, is a histone deacetylase (HDAC) inhibitor drug used in the treatment of myeloma.

How does it work?

Panobinostat works by blocking the action of histone deacetylase in myeloma cells.

Histone deacetylase is a protein that changes the way other proteins, called histones, bind to DNA within cells. When histones bind to DNA, the genes are “switched off”. Myeloma cells use histones to switch off genes that would stop their growth. Panobinostat prevents the histones from binding to the DNA and switching off the genes that control cell growth. The genes are therefore “switched on” and can prevent myeloma cells from growing and multiplying.

There is also evidence that panobinostat may prevent the growth of new blood vessels which reduces the supply of oxygen and nutrients to the myeloma cells.

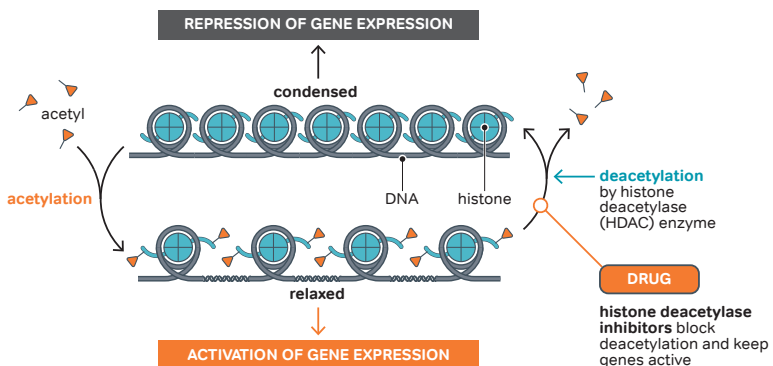


Figure 1: Mechanisms of action of panobinostat

Possible side effects

Panobinostat has a number of possible side effects which can vary considerably from patient to patient. It is important to highlight any to your doctor or nurse so they can be treated or managed promptly.



Gastrointestinal disturbances

Panobinostat can cause diarrhoea, nausea, vomiting and appetite loss. While usually mild and manageable, these side effects can become problematic in some cases. Maintaining a good fluid intake and a balanced diet is important for managing gastrointestinal disturbances.

Nausea and vomiting can begin 2 – 3 hours after taking the treatment and may last for up to 24 hours. You may be given anti-sickness (anti-emetic) drugs to prevent or reduce nausea and vomiting. For the drugs to be most effective, you must take them regularly as prescribed rather than waiting until you feel sick. There are several types of anti-emetic available and if you find that the one you have been prescribed is not effective, ask your doctor if you can try another.

You may also be given treatment for diarrhoea. Occasionally, diarrhoea can be more severe and you may need intravenous fluids via a drip. Your doctor may also run tests to make sure that the diarrhoea is not caused by an infection. Diarrhoea caused by panobinostat can be mild and temporary, and your normal bowel pattern should return once your treatment has finished.



Heart problems

Panobinostat can cause heart problems, however, your heart will be carefully monitored before and during treatment using an electrocardiogram (ECG) to monitor its activity. It is important to report any chest pain, changes in heartbeat or palpitations to your doctor or nurse immediately.



Lowered blood counts

Panobinostat can reduce the number of red blood cells, white blood cells and platelets in your blood. This can cause anaemia and fatigue, as well as making you more susceptible to infection and increasing your risk of bleeding. If necessary, you can be given supportive treatment to help with these side effects and to boost your blood cell counts.



Fatigue

Fatigue usually resolves shortly after treatment has finished. There are a number of medical and non-medical ways to help manage fatigue. For example, treatment for anaemia may reduce fatigue if it is caused by low red blood cell counts. Increasing your levels of activity and having complementary therapies such as aromatherapy or massage may also help.



Fluid retention

Fluid retention can cause swelling of the hands, ankles or feet (peripheral oedema). Your doctor will discuss a treatment plan with you which will usually involve taking diuretics (water tablets) to help your body remove the excessive fluid.



Low blood pressure (hypotension)

Panobinostat can cause a drop in blood pressure which can make you feel dizzy, lightheaded or like you are about to faint. If you have a history of low blood pressure your doctor will carefully monitor and manage your blood pressure. If you are on treatment to help lower your blood pressure, you may need to have its dose reduced or stopped whilst you are on panobinostat.

If you feel dizzy or lightheaded when taking panobinostat, you should not operate machinery or drive a car. Keeping well hydrated can help to prevent hypotension.

How is panobinostat given?

Panobinostat is a capsule which is taken orally (by mouth).

It is given with the proteasome inhibitor bortezomib (Velcade®) and the steroid dexamethasone.

In this combination, panobinostat is usually taken on days 1, 3, 5, 8, 10 and 12 of a 21-day (3 week) cycle.

Panobinostat can be taken for up to 16 cycles.



The capsules should be swallowed whole with water and can be taken with or without food.



You should take panobinostat at approximately the same time each day. As it can cause insomnia, it may be best to take panobinostat in the morning.

20mg



10mg

The standard starting dose is 20mg. However, the dose can be lowered to 15mg or 10mg if side effects are problematic.

Other information about panobinostat



Women must not take panobinostat if they are pregnant, and must not become pregnant whilst taking panobinostat, as it is expected to be harmful to an unborn baby. This means you must use effective methods of contraception while on treatment and for six months afterwards if you are a woman of childbearing potential or if you are a man and your partner is a woman of child bearing potential.



You should avoid these foods when taking panobinostat, as they can interfere with the way the drug works:

- Pomegranate and pomegranate juice
 - Grapefruit and grapefruit juice
 - Starfruit
-



If you have any questions about your treatment, speak to your medical team. They are the best people to ask if you have questions about your individual situation. The information in this publication is not meant to replace their advice.



We're here for everything a diagnosis of myeloma brings

Get in touch to find out more about how we can support you

Call the Myeloma Infoline on

 **0800 980 3332**

Email Ask the Nurse at

 **AskTheNurse@myeloma.org.uk**

Visit our website at

 **myeloma.org.uk**

Myeloma UK

22 Logie Mill, Beaverbank Business Park,
Edinburgh EH7 4HG

 0131 557 3332

 myelomauk@myeloma.org.uk

Registered Charity No: SC026116



Published by:	Myeloma UK
Publication date:	January 2019
Last updated:	January 2019
Review date:	January 2022



We appreciate your feedback

Please fill in a short online survey about our patient information at **myeloma.org.uk/pifeedback** or email any comments to **myelomauk@myeloma.org.uk**



For a list of references used to develop our resources, visit **myeloma.org.uk/references**