

Medication Routines Among Patients With Hereditary Angioedema



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INTRODUCTION

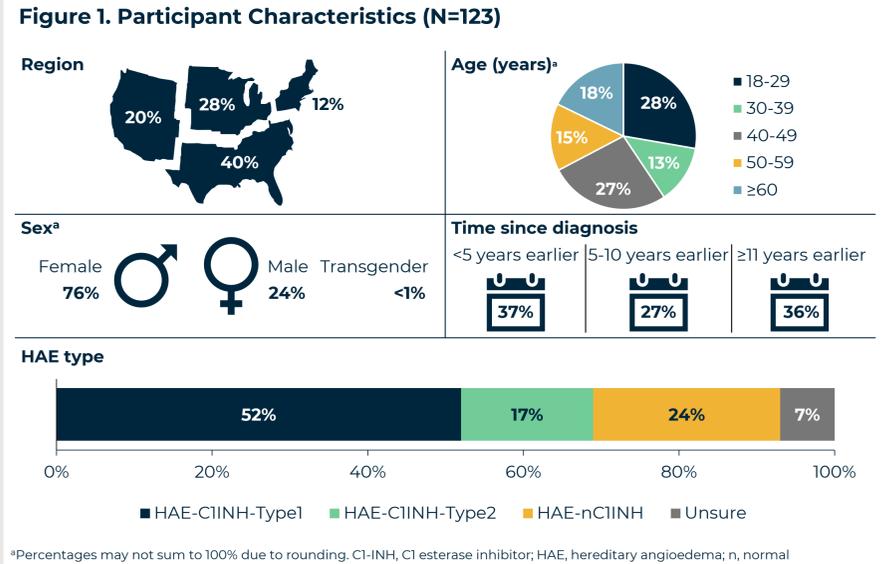
- Long-term prophylactic (LTP) therapies for hereditary angioedema (HAE) are administered orally, intravenously, or subcutaneously.
 - Bertralstat is the only targeted oral LTP that is recommended by clinical guidelines for first-line treatment of HAE.¹
- Understanding the treatment experiences of people with HAE is important for individualizing treatment plans.
- This study assessed patients' experiences and routines with medications to treat HAE and other conditions, as well as HAE medication adherence and treatment burden.

METHODS

- Individuals with HAE participated in an online discussion and survey in 2023 or 2025 about their experiences with daily oral bertralstat and any other medications.
- Study participants were US residents, aged ≥18 years, diagnosed with HAE by a healthcare professional, and taking bertralstat for LTP at the time of study recruitment.
 - Individuals who discontinued taking bertralstat during the study were permitted to continue participating in study activities.
- The WCG Institutional Review Board approved (2023)/exempted (2025) the study.

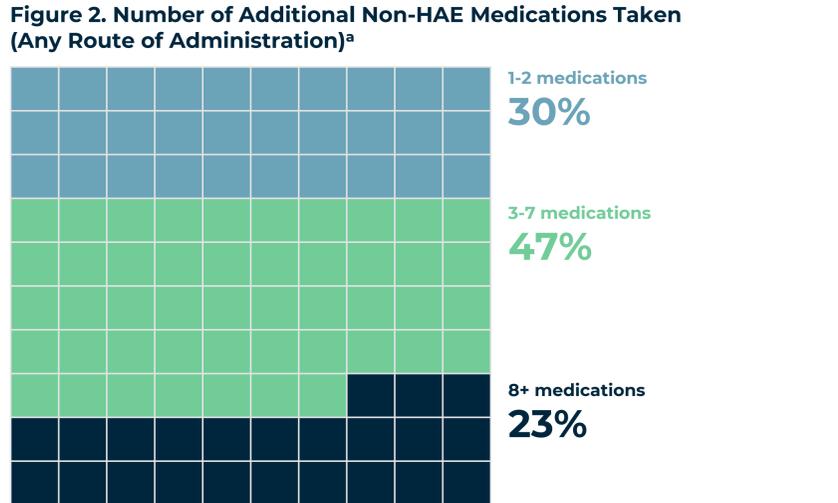
RESULTS

- A total of 123 individuals with HAE participated in research activities in 2023 (n=61) or 2025 (n=62) (**Figure 1**).
 - Mean age was 43 years, and nearly two-thirds were diagnosed with HAE at least 5 years earlier.

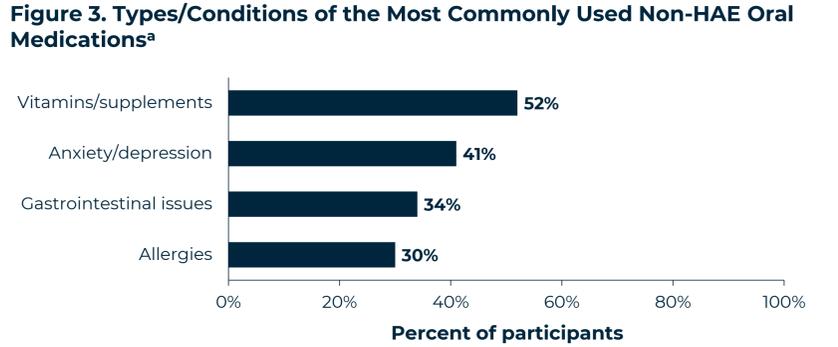


RESULTS, CONTINUED

- More than 8 in 10 (84%) participants reported taking medications other than their HAE treatments.
 - 70% were taking 3 or more additional medications (**Figure 2**).
- Of the individuals taking concomitant medications, nearly all (98%) took at least 1 other oral medication daily.

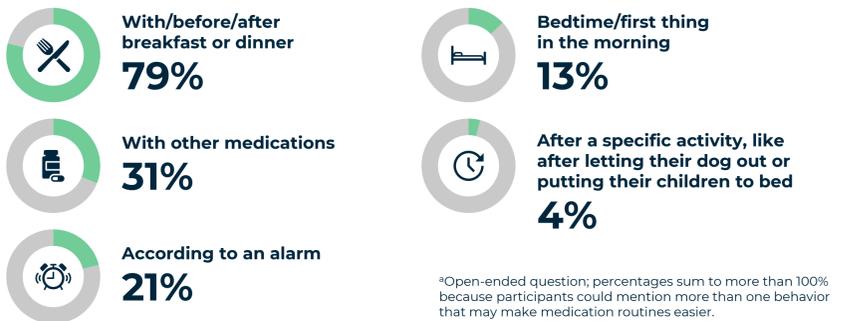


- Among participants who took medications in addition to HAE treatments (n=102). HAE, hereditary angioedema.
- The most common non-HAE oral medications were vitamins/supplements and mental health treatments (**Figure 3**).



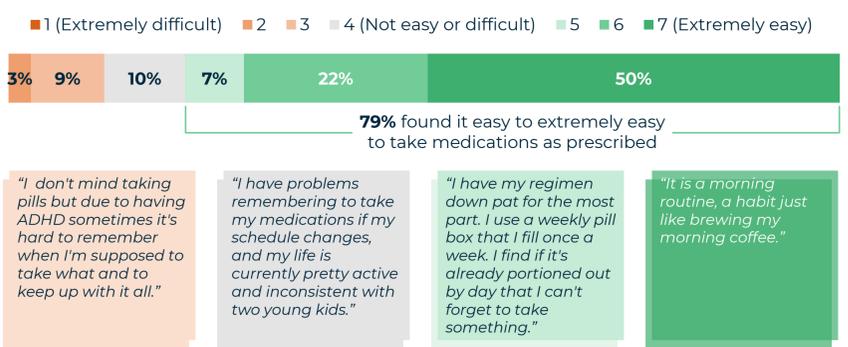
- Among participants who took medications in addition to HAE treatments (n=102). HAE, hereditary angioedema.
- Nearly all (92%) participants had a routine for taking bertralstat, typically with a meal or other medications (**Figure 4**).
 - Half of the participants reported not missing any doses of bertralstat in the previous month, 21% missed 1 dose, and 30% missed 2 or more doses.

Figure 4. Routine for Taking Bertralstat^a



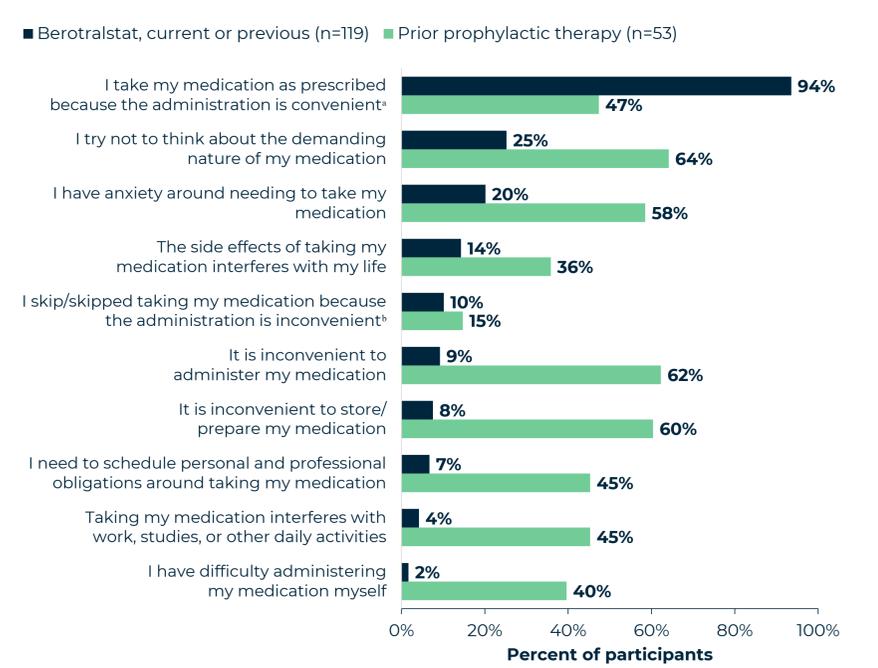
- Most participants found it easy to take their medications (including bertralstat) as prescribed; none found it extremely difficult (**Figure 5**).
 - For most participants, taking their medication was easy because it simply became a part of their daily routine. This was especially true for people who took their bertralstat with other medications. Some participants attributed the ease of their regimen to taking mostly (or all) oral medications.
 - Some participants found it difficult to take their medication on time or to remember to take it, especially during stressful or hectic periods and for medications that must be taken with a meal.

Figure 5. Level of Difficulty Taking Medications, Including Bertralstat, as Prescribed^a



- When individuals participating in the 2025 research activity rated their agreement about their experience with bertralstat and their prior HAE medication regimen, nearly all agreed they took bertralstat as prescribed because the administration was convenient; less than half agreed they took their prior LTP as prescribed for the same reason (**Figure 6**).
 - Fewer individuals (participating in the 2023 and 2025 research activities) agreed that taking bertralstat was inconvenient to administer or store/prepare, interfered with their daily activities, or was difficult to administer, compared with their prior LTP.

Figure 6. Prophylactic Medication Experiences (Percentage Agreeing)



CONCLUSIONS

- The majority of participants were taking other medications in addition to their HAE regimen; nearly all were taking an additional oral medication.
- Individuals taking bertralstat found it easily fit into their daily routine.
- Most participants noted that they were adherent to bertralstat because the administration was convenient.

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REFERENCE

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