

### Tramazoline abuse



#### **Muscle pain (first report) in a patient with elevated creatine kinase levels: case report**

A 26-year-old man with elevated creatine kinase levels experienced exercise-induced muscle pain and cramps during abuse of tramazoline for nasal congestion.

The man reported a 2-year history of exercise-induced muscle pain and occasional pectoral muscle cramps. He also had a 2-year history of elevated creatine kinase levels, which was initially attributed to intensive exercise. Later, metabolic muscular disorders were suspected, however, a muscle biopsy showed only mild myopathic features. Further investigation revealed that he was addicted to a tramazoline-containing nasal spray, which he had been using for 6 years. He reported using 1–1.5 bottles/week, which was equivalent to 12.7–19.0 mg/week. His creatine kinase level was 1157 U/L.

The man was instructed to withdraw tramazoline and, after 3 months of abstinence, he observed complete resolution of his exercise-induced muscle pain and cramps. However, his creatine kinase level remained elevated (1209 U/L). Further investigation revealed that he had a family history of elevated creatine kinase levels.

**Author comment:** *The persistence of elevated creatine kinase levels "despite discontinuation of tramazoline and disappearance of the muscular symptoms and the family history suggest a primary, most likely metabolic myopathy underlying the transient secondary muscular abnormalities".*

Finsterer J, et al. Tramazoline turns asymptomatic into symptomatic hyper-CK-emia. *European Journal of Neurology* 14: E7, No. 3, Mar 2007 - Austria

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» **Editorial comment:** A search of AdisBase and Medline did not reveal any previous case reports of muscle pain associated with tramazoline. The WHO Adverse Drug Reactions database did not contain any reports of myalgia associated with tramazoline.