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Abstract

Purpose:
To evaluate whether exhaled nitric oxide measurement can facilitate in the assessment of chronic cough patients based on their airway inflammatory phenotype.

Methods:
We have studied consecutive patients attending a specialist cough clinic. 30 patients with high FeNO (> 30 ppb) and 20 patients with low FeNO (< 20 ppb) were recruited.

Results:
There was a significant correlation between FeNO, B-Eos and sputum eosinophil count ($p < 0.001$). The number of recorded coughs in 24 h and HARQ scores were significantly ($p < 0.05$) higher in patients with a low FeNO. In contrast to the high FeNO group (48%), the greater proportion of these patients were women (90%). LCQ scores were worse in the low FeNO group but it was not significant.

Conclusion:

A strong relationship between FeNO, blood eosinophils and sputum eosinophils confirming phenotypic identity was observed. Whether the observed gender disparity accounts for the different cough frequency characteristics is unknown.

Keywords (separated by '-') Chronic cough - FeNO - Airway inflammation

Footnote Information



2 Does FeNO Predict Clinical Characteristics in Chronic Cough?

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6 Abstract

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14 FeNO group but it was not significant.

15 **Conclusion** A strong relationship between FeNO, blood eosinophils and sputum eosinophils confirming phenotypic identity
16 was observed. Whether the observed gender disparity accounts for the different cough frequency characteristics is unknown.

17 **Keywords** Chronic cough · FeNO · Airway inflammation

18 Introduction

19 The diagnosis of chronic cough is controversial with differ-
20 ent terms being used to describe similar clinical presenta-
21 tions. Recently, a unifying diagnosis of cough hypersensitiv-
22 ity has been proposed with treatment dependent on the type
23 of airway inflammation present. How best to evaluate the
24 inflammatory phenotype in a patient with chronic cough has
25 been studied using fractional exhaled nitric oxide (FeNO)
26 measurement [1–5]. However, the different clinical pheno-
27 type of patients with chronic cough based on their inflam-
28 matory profiles has not been studied in depth. We therefore
29 divided sequential patients attending a specialist cough
30 clinic into two groups of low FeNO ($\text{FeNO} \leq 20$ ppb) and
31 high FeNO ($\text{FeNO} \geq 30$ ppb) to evaluate the profile of other
32 eosinophilic biomarkers, cough frequency and demographics
33 to determine if they exhibited phenotypic variability.

Methods

Study Design

In this study, we aimed to explore the efficacy of FeNO
measurement in determining airway inflammatory pheno-
type in chronic cough patients. Correlation between FeNO,
blood and sputum eosinophil cell count was assessed. We
then determined the objective and subjective measurements
of cough in patients with high FeNO and low FeNO. 24-h
cough counts were measured using the Hull Automated
Cough Counter (HACC). Hull Airways Reflux Question-
naire (HARQ) and Leicester Cough Questionnaire (LCQ)
were applied to measure cough subjectively.

Patients with a history of chronic cough for more than an
8-week duration were recruited sequentially from the Hull
Cough Clinic. Subjects excluded from the study were those
with a current diagnosis of classic asthma, patients who were
suffering from any significant concomitant disease, a lower
respiratory tract infection in the last 4 weeks, subjects who
were taking Angiotensin-Converting Enzyme (ACE) inhibi-
tors and current smokers. The concomitant use of inhaled
corticosteroids or bronchodilators was allowed provided that
dosing was stable for at least 4 weeks prior to enrolment

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(none of the patients in the low FeNO group were using inhaled corticosteroids).

After informed consent was obtained, FeNO, spirometry, sputum collection, full blood count, 24-h cough count, HARQ and LCQ were performed.

The study was approved by a local ethical review committee (EudraCT No: 2015-001736-38) and registered with Clinicaltrials.gov (No: NCT02479074).

Methodology

FeNO was measured with a NIOX VERO machine supplied by Aerocrine Ltd. at an expiratory flow rate of 50 mL/s, according to the ATS and ERS recommendations [6]. A calibrated electrochemical sensor analyses the last 3 s of the 10-s exhalation to indicate results in parts per billion (ppb) with a measurement range of 5–300 ppb. FeNO less than 25 ppb in adults is less likely to indicate eosinophilic inflammation and response to corticosteroids [7].

A pneumotach within KoKo Spirometer were used to measure lung function according to the specifications and performance criteria recommended by the American Thoracic Society (ATS)/European Respiratory Society (ERS) Standardization of Spirometry [8].

The Hull Automated Cough Counter (HACC) and Leicester Cough Monitor (LCM) software were used to measure the cough frequency over a 24-h period. The automated assessment of cough is valid, reliable and highly reproducible [9, 10] and significantly correlated with subjective assessment of cough and cough reflex sensitivity [11].

Sputum samples were collected by applying different techniques such as spontaneous expectoration or sputum induction. DeVilbiss UltraNeb Ultrasonic Nebuliser with an average output of 1 ml/min was used to generate aerosols with a dose of about 5–7 mL per inhalation to collect induced sputum [12]. The device was set according to the Standard Operating Procedure of the Clinical Trial Unit No: CTU101099. The Standard Operating Procedure of the Clinical Trial Unit SOPCTU100210 has been used to process the sputum samples, while some minor alterations have been applied.

HARQ and LCQ were used as subjective measures of cough. HARQ is a 14-point questionnaire, each question independently testing for the cough hypersensitivity syndrome on a scale of 0–5 (0, no problem; 5, severe/frequent problems), with the total score varying from 0 to 70 points, and the upper limit of normal is 13 out of 70. The LCQ contains 19 questions to assess three domains of physical, psychological and social with a seven-point Likert response scale, ranging from 1 = all of the time to 7 = none of the time. The score varies from 3 to 21, a higher score indicated better quality of life and a change of 2.56 in total LCQ score is more likely to be significant [13].

Statistical Analysis

Subjects' ages and gender, FeNO, 24-h cough count, LCQ and HARQ questionnaires, spirometry measurement, sputum eosinophilic count and blood eosinophil count (B-Eos) data were expressed as a mean \pm (SD) using SPSS Descriptive statistic test.

ANOVA test was used to compare changes in the mean FeNO value, number of coughs in 24 h, sputum eosinophil cell count, spirometry measurements, B-Eos, HARQ and LCQ scores between the low FeNO group and the high FeNO group. P value < 0.05 was considered significant.

Pearson's correlation coefficient (r) test was used to evaluate the correlation between FeNO, B-Eos and sputum eosinophil cell count.

Results

Demographics

It was planned to recruit 60 chronic cough patients, 40 with a FeNO ≥ 30 ppb and 20 with a FeNO ≤ 20 ppb. However, patients with high FeNO represented only 10% of the clinical population at the time of the study, and because of slow recruitment we enrolled only 30 patients in this group. In total, 50 patients were recruited into the study, 30 patients in the high FeNO group and 20 patients in the low FeNO group. One patient was withdrawn from the study due to an error in the randomisation. In total, 49 patients were enrolled to the study, 29 in the high FeNO and 20 in the low FeNO group. Mean (\pm SD) age was 62 ± 9.5 (range 45–82 years). 32 (65%) of the subjects were female. There was a marked gender difference between the two groups. The low FeNO group comprised 90% women (18 women and 2 men), whereas the sexes were almost equally represented in the high FeNO group (15 men and 14 women). There was no evidence of airflow obstruction with FEV1 being 96% predicted in the high FeNO and 113% in the low FeNO value (NS).

Airway Inflammatory Biomarkers (FeNO Value, Blood and Sputum Eosinophil Count)

Unsurprisingly, there was a significant difference in mean FeNO value between the high FeNO (65 ± 39 ppb) and low FeNO (13 ± 5 ppb) groups ($p < 0.005$). Mean B-Eos in the high FeNO group was $0.34 \pm 0.2 \times 10^9/L$, whereas in the low FeNO group it was $0.16 \pm 0.1 \times 10^9/L$ ($p < 0.005$). In the high FeNO group, half of the patients (14) had a B-Eos above $0.3 \times 10^9/L$, whereas the rest had a B-Eos between 0.2

151 and $0.1 \times 10^9/L$. In the low FeNO group, all the patients had
 152 a B-Eos under $0.3 \times 10^9/L$, and only a single patient had a
 153 high B-Eos of $0.56 \times 10^9/L$ (Fig. 1).

154 In 30 patients (15 in the high and 15 in the low FeNO
 155 group) who had a previous blood test (median = 4 months,
 156 range = 1 month to 26 months) in their clinical record B-Eos
 157 results were compared. The mean current B-Eos were highly
 158 correlated ($r = 0.64$, $p < 0.001$) with the previous B-Eos.
 159 Thus, the majority of the patients in the high FeNO group
 160 had a previous history of high blood eosinophilic inflammation.
 161 Bland–Altman analysis revealed that this correlation
 162 declined at higher blood eosinophil counts (Fig. 2).

163 Thirty sputum samples were successfully processed and
 164 counted. The mean eosinophil cell counted in sputum sam-
 165 ples in the high FeNO group was $15 \pm 26\%$, while in the low
 166 FeNO group it was $0.4 \pm 0.6\%$ ($p < 0.05$ equal variances
 167 not assumed). Patients with low FeNO all had eosinophil
 168 cell count under 0.5%, except one whose eosinophil cell
 169 count was 2% which is within the laboratory normal range
 170 (< 3%). Half of the patients in the high FeNO group had an
 171 eosinophil cell count under 3%. However, almost all of them
 172 had eosinophil cell count above 0.5% except two with 0%

(Fig. 3). Percentage of macrophages in low FeNO patients
 (65%) was significantly higher ($p < 0.05$) compared with
 the patients with high FeNO (36%). Other inflammatory cell
 counts in sputum samples such as neutrophils, epithelial and
 lymphocytes were similar in both cohorts.

In the 30 patients who had FeNO, B-Eos and sputum
 eosinophil count, a strong correlation was observed with
 FeNO $r = 0.79$ and $r = 0.65$, $p < 0.001$, respectively. The cor-
 relation between B-Eos and sputum eosinophil count was
 more modest $r = 0.59$, $p < 0.001$.

Objective and Subjective Measurements of Cough (24-h Cough Count, LCQ and HARQ)

Forty-eight patients, 20 in the low FeNO group and 28 in
 the high FeNO group, completed 24-h cough count mea-
 surement (device failure led to loss of data on two occa-
 sions). There was a highly significant difference ($p < 0.005$)
 between the high and low FeNO groups in the number of
 recorded coughs in 24 h. The mean number of coughs in
 24 h in the low FeNO group was 540 ± 376 , whereas this was
 270 ± 220 in the other group. A similar significant difference

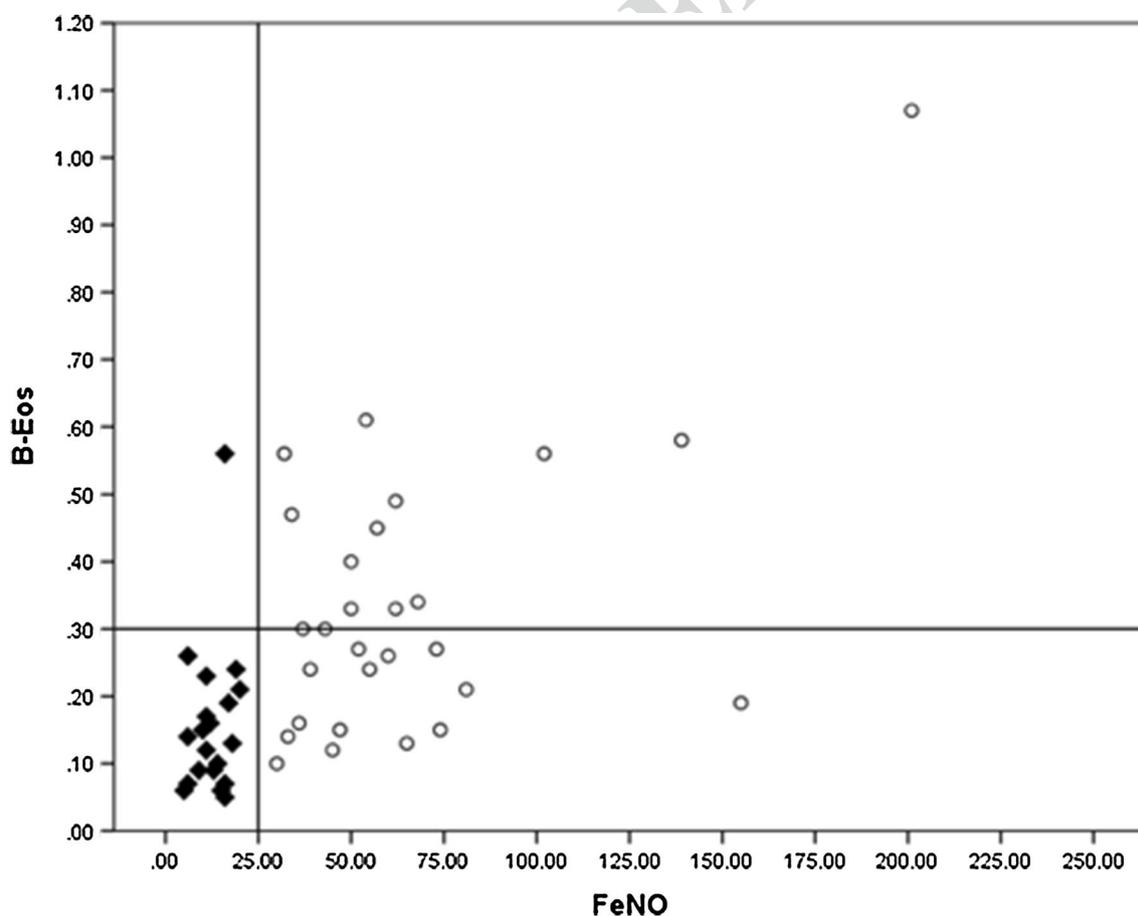


Fig. 1 Scatter plot of FeNO ppb and B-Eos $\times 10^9/L$. Filled triangle: Low FeNO group. Circle: High FeNO group

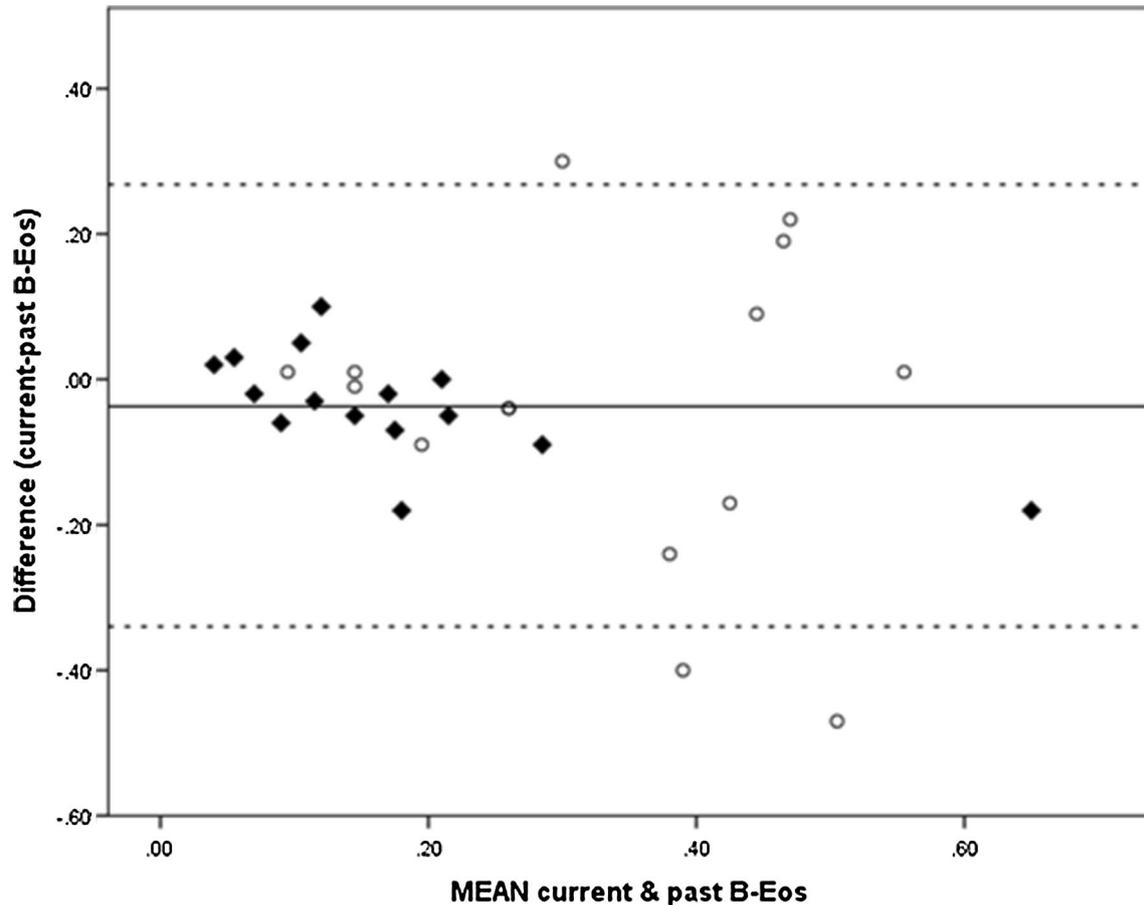


Fig. 2 Bland–Altman plot of current B-Eos and previous B-Eos. Filled triangle: Low FeNO group. Circle: High FeNO group

193 ($p < 0.05$) in the HARQ score between the two cohorts was
 194 observed. The mean HARQ score was 39 ± 12 in the low
 195 FeNO group, whereas it was 32 ± 11 in the high FeNO
 196 group. The LCQ scores in the low and high FeNO groups
 197 on average were 12 ± 4 and 14 ± 3 , respectively; however,
 198 this did not achieve statistical significance. Overall, patients
 199 with low FeNO suffered greater morbidity in comparison
 200 with patients with high FeNO as assessed by 24-h cough
 201 count, HARQ and LCQ.

202 Discussion

203 We have evaluated the demographic data, 24-h cough count,
 204 HARQ and LCQ in sequentially recruited patients attending
 205 a specialist cough clinic. Patients were stratified into the
 206 high FeNO and low FeNO groups and the different character-
 207 istics of these two cohorts were observed.

208 In contrast to our investigation of unselected patients
 209 attending a cough clinic, others have studied the inflamma-
 210 tory profile of patients with a variety of diagnoses such as
 211 cough variant asthma and forms of eosinophilic bronchitis.

212 Whether such conditions are separate disease entities or part
 213 of the inflammatory continuum of cough hypersensitivity
 214 syndrome is controversial [14]. In none of these studies was
 215 cough objectively assessed.

216 Chatkin et al. [1] determined FeNO values in patients
 217 with cough of more than 3 weeks and found that those with
 218 bronchial hyperresponsiveness and FeNO > 30 ppb were
 219 more likely to be diagnosed as asthmatic on review. In
 220 another study, patients with cough of more than 3 weeks
 221 were classified into three groups of asthmatic cough, non-
 222 asthmatic eosinophilic bronchitis (NAEB) and “others”
 223 based on spirometric reversibility, methacholine respon-
 224 siveness and sputum eosinophilia [3]. They found FeNO
 225 values lower than 31 ppb indicating that asthma and NAEB
 226 were unlikely. Maniscalco and colleagues [4] assessed
 227 patients with cough of more than 8 weeks and classified
 228 them into four categories of cough variant asthma (CVA),
 229 NAEB, gastroesophageal reflux disease (GERD) and upper
 230 airway cough syndrome (UACS) according to the ACCP
 231 guidelines [15]. They reported that the mean FeNO values
 232 in CVA and NAEB were more than double those in UACS
 233 and GERD. Thus, in various groups of cough patients low

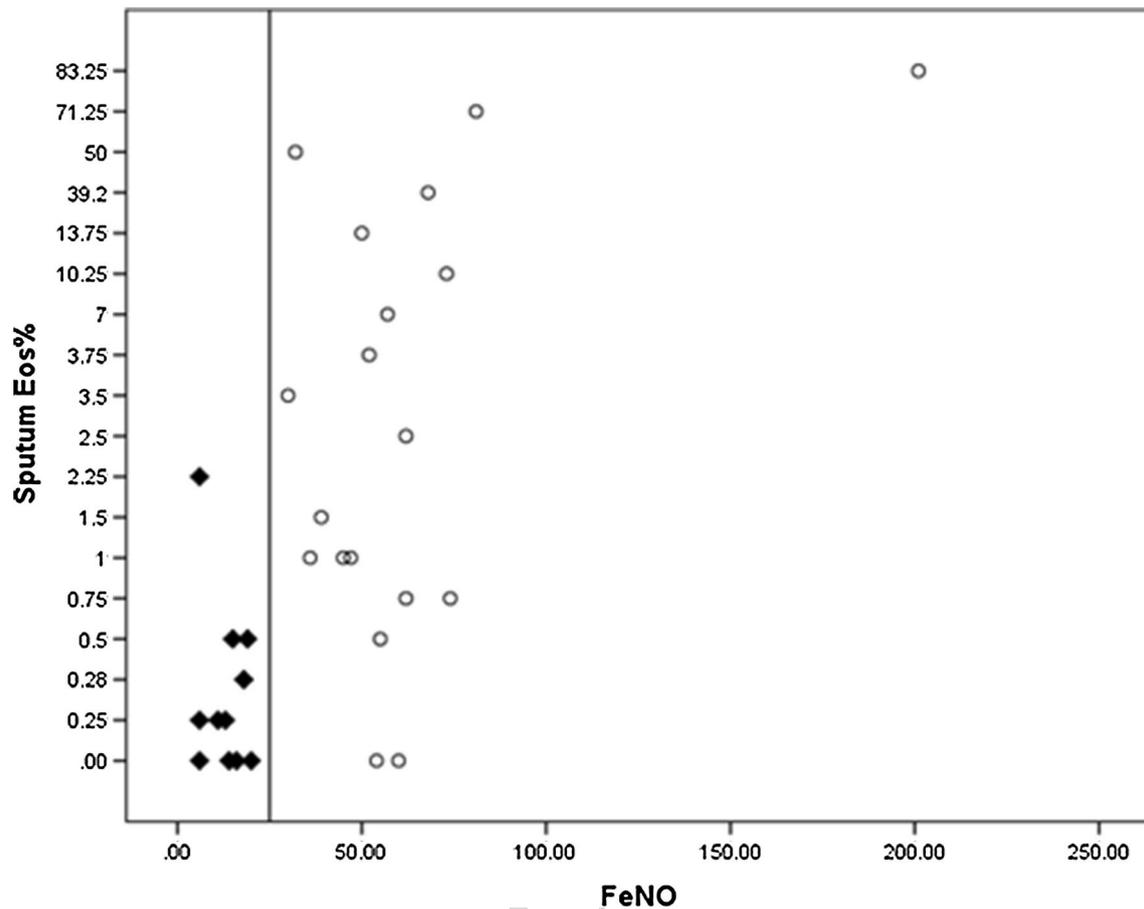


Fig. 3 Scatter plot of FeNO ppb and sputum Eos%. Filled triangle: Low FeNO group. Circle: High FeNO group

234 and high FeNO values have been associated with a different
235 airway inflammatory profile; however, the effect on cough
236 frequency has not been examined.

237 In our study, cough frequency in the low FeNO group
238 was double that seen in the high FeNO group and this was
239 associated with a greater impact on quality of life as assessed
240 by the LCQ and HARQ. When the pattern of coughing was
241 examined, there was no discernible difference between the
242 groups, both exhibiting the well-described abatement of
243 cough during sleep. While the airway inflammatory profiles
244 and cough frequency differences between the two groups are
245 important, there was a mismatch between the sexes. Patients
246 in the low FeNO group were predominantly women, whereas
247 the high FeNO group had a similar sex distribution. Interest-
248 ingly, a similar disparity was seen in a previous study [3].
249 Experience of cough clinics around the globe suggests that
250 there is a 2-to-1 preponderance of women attending cough
251 clinics, possibly reflecting a greater cough reflex sensitiv-
252 ity [16, 17], but the possible relationship between gender
253 and different inflammatory profiles has not previously been
254 described. A recent large database study by Price and col-
255 leagues [18] has shown a similar female gender bias of 1.39 in

256 pauci-eosinophilic asthma. Further investigation in a larger
257 number of cough hypersensitive patients will be required to
258 confirm our findings.

259 Women patients have been shown to have a greater 24-h
260 cough count than men [19], and since in our low FeNO
261 cohort women predominated this may explain the almost
262 doubling of mean recorded cough seen in the low FeNO
263 group. To demonstrate that this difference resides in the low
264 FeNO inflammatory profile rather than gender require fur-
265 ther study with sexual stratification. However, the observed
266 differences in the low FeNO group appear to be genuine
267 as both the scores of HARQ and LCQ were worse in this
268 cohort. If confirmed, FeNO may be clinically useful in pre-
269 dicting inflammatory phenotypes cough hypersensitivity.

270 In this study, we found a high degree of correlation
271 between the different measures of airway inflammatory bio-
272 markers. Average FeNO value, blood and sputum eosinophil
273 count were markedly different in the low and high FeNO
274 groups, indicating the lack of eosinophil inflammation in
275 the low FeNO group. To our knowledge, this the first study
276 in chronic cough patients which assesses the correlation
277 between FeNO and B-Eos, and it contrasts with studies in

278 asthmatic patients where only a modest ($r=0.51$, $p < 0.001$)
 279 or weak ($r=0.22$, $p < 0.001$) correlation between FeNO
 280 value and B-Eos was reported [20, 21]. Thus, these biomark-
 281 ers may have a different profile in chronic cough patients.
 282 Our study is consistent with previous observations in cough
 283 [5] and asthmatic [4, 22] patients, which have shown that
 284 FeNO has a strong correlation with sputum eosinophil count.
 285 The correlation between B-Eos and sputum eosinophil count
 286 was modest in our study and similar observations were
 287 reported in an asthma study [22].

288 In conclusion, we showed a meaningful relationship
 289 between FeNO, blood eosinophils and sputum eosinophils
 290 in chronic cough. Our data indicate that we may use FeNO
 291 to phenotype these patients and this may be of therapeutic
 292 relevance.

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 296 and interpretation, including statistical reports and figures.

297 Compliance with Ethical Standards

298 **Conflict of interest** The authors declare that they have no competing
 299 interests.

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