Food and Drug Administration
Overview

21st Century Cures Act
Section 2041, PRGLAC Task Force

Marjorie Jenkins, M.D., M.Ed.H.P., F.A.C.P.
Director, Medical Initiatives & Scientific Engagement
Office of Women’s Health
FDA Mission

- To protect the public health by ensuring the safety, efficacy, and security of drugs, products, and medical devices.

- To protect the safety of our nation's food supply, cosmetics, and products that emit radiation.

- To regulate the manufacturing, marketing, and distribution of tobacco products to protect the public health.
FDA EFFORTS RELATING TO PREGNANT AND LACTATING WOMEN

Collaboration

Communication

Research
Pregnancy and Lactation Research Programs at FDA Evaluate a Broad Array of Issues Including:

- ✓ Mechanisms of therapies
- ✓ Nonclinical studies
- ✓ PK/PD studies
- ✓ Risk of exposure
- ✓ Impact of tobacco use
Pregnancy & Lactation Research

National Center for Toxicological Research (NCTR)

Office of Women’s Health (OWH)

Center for Biologics Evaluation and Research (CBER)

Center for Drug Evaluation and Research (CDER)

Center for Devices and Radiological Health (CDRH)

Center for Food Safety and Applied Nutrition (CFSAN)

Center for Tobacco Products (CTP)
OUR CENTERS
Center for Biologics Evaluation and Research (CBER)

Mission: Protect and enhance the public health through the regulation of biological and related products

EXAMPLES OF PRGLAC RESEARCH: BIOLOGICS

• Safety and Efficacy of Vaccines
• Maternal Immunization
• Zika infection in pregnant women
• Zika Blood Safety Risk Assessment
• Sentinel Program (Surveillance Activities Related to the Safety of Vaccines in Pregnant Women)
Center for Devices and Radiologic Health (CDRH)

Mission: To protect and promote public health through access to safe, effective products, and to provide accessible information to consumers

EXAMPLES OF PRGLAC RESEARCH: DEVICES

Electromagnetic Exposure\textsuperscript{9,10,11}
- Hand-held metal detectors
- MRI
- RF Exposure and Temperature Increases in pregnant women from MRI
- RF Exposure
Center for Drug Evaluation and Research (CDER)

Mission: To ensure that safe and effective drugs are available to improve the health of people in the United States

Division of Pediatric and Maternal Health (DPMH)

Mission: To develop clinically relevant, evidence-based labeling and other communications that facilitate informed use of medicines in children and women of childbearing potential

Division of Bone, Reproductive and Urologic Products (DBRUP)

Mission: To assure the safety and efficacy of drugs and therapeutic biologics aimed at improving bone, reproductive, and urologic health
EXAMPLES OF PRGLAC RESEARCH: DRUGS

• Medication in Pregnancy Risk Evaluation Program (MEPREP)\textsuperscript{35}
• Pregnancy Registries\textsuperscript{3}
• Collaborative research\textsuperscript{29}
  • Mechanisms of therapies
  • Utilization of medication
  • Identification of therapy for use during pregnancy
  • PK/PD studies of therapies during pregnancy and/or lactation
Center for Food Safety and Applied Nutrition (CFSAN)

Mission: To promote and protect the public's health by ensuring that the nation's food and cosmetic products are safe, sanitary, and honestly labeled

EXAMPLES OF PRGLAC RESEARCH: FOOD & NUTRITION SAFETY

- Infant Feeding Practices Study\textsuperscript{13}
- Funded by OWH\textsuperscript{4,5}
  - Nervous system dysfunction and contaminant exposure
  - Contaminants in dietary supplements
  - Birth Defect potential of cosmetic products containing retinol
Center for Tobacco Products (CTP)

Mission: To protect Americans from tobacco-related death and disease by regulation of tobacco products and education of the public

EXAMPLES OF PRGLAC RESEARCH: TOBACCO

- CTP Funded Questions Pregnancy Risk Assessment Monitoring System (PRAMS)\(^20\)
- Perceptions of Health Risk from Smokeless Tobacco and Nicotine Products\(^22\)
- Population Assessment of Tobacco and Health (PATH)\(^21\)
- Ultrasound Markers of Maternal Smoking\(^8\)
- Flavors and Design Features Impacting Waterpipe Use and Toxicity\(^8\)
- Low Nicotine Cigarettes\(^8\)
Mission: To function as a major research arm to support FDA’s ability to make science-based decisions

EXAMPLES OF PRGLAC RESEARCH

- Preclinical Exposure Impact on Fertility, Prenatal and Post-natal Development
- Pharmacokinetics of Drugs and Chemicals
- Biology and Metabolism of BPA
- Exposure of Thyroid-Disruptor Risk Evaluation
- Modeling and Simulation of Physiology of Pregnancy in order to Test Drug Metabolism
Office of Women’s Health (OWH)

Mission: Protect and advance the health of women through policy, science and outreach

PRGLAC RESEARCH FUNDING

• Annual intramural research program provides funding across FDA Centers and Offices\textsuperscript{4,19}
• Collaborative efforts with Centers on guidance development and pregnancy and lactation projects
Creation of Policies and Guidances
# FDA Guidances: Pregnancy and Lactation

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Draft Guidances

• Pregnancy, Lactation, and Reproductive Potential: Labeling for Human Prescription Drug and Biological Products-Content and Format

• Pharmacokinetics in Pregnancy - Study Design, Data Analysis, and Impact on Dosing and Labeling

• Clinical Lactation Studies-Study Design, Data Analysis and Recommendations for Labeling

Source:
Collaboration Efforts

FDA collaborates internally and externally with federal, academic and other organizations to develop a variety of programs to benefit pregnant and lactating women.
Clinical Practice Information and Recommendations

- FDA does not provide direct clinical care
- FDA does
  - Regulate prescription drugs, biologics and devices
  - Communicate through a variety of mechanisms such as product labelings
Communication

FDA utilizes various forms of print, digital, and web-based communications related to pregnancy and lactation.

- Website
- Publications
- Social Media
- Conferences, meetings, workshops
- Press releases/News media
- Outreach Activities
### Advice About Eating Fish

**What Pregnant Women & Parents Should Know**

Fish and other protein-rich foods have nutrients that can help your child’s growth and development.

**For women of childbearing age (about 16-49 years old), especially pregnant and breastfeeding women, and for parents and caregivers of young children:**

- Eat 2 to 3 servings of fish a week from the “Best Choices” list OR 1 serving from the “Good Choices” list.
- Eat a variety of fish.
- Serve 1 to 2 servings of fish a week to children, starting at age 2.
- If you eat fish caught by family or friends, check for fish advisories. If there is no advisory, eat only one serving and no other fish that week.*

**Use this chart!**

You can use this chart to help you choose which fish to eat, and how often to eat them, based on their mercury levels. The “Best Choices” have the lowest levels of mercury.

**What Is a serving?**

To find out, use the palm of your hand!

- For an adult: 4 ounces
- For children, ages 4 to 7: 2 ounces

### Best Choices (Eat 2 to 3 servings a week)

- Anchovy
- Atlantic croaker
- Atlantic mackerel
- Black sea bass
- Butterfish
- Catfish
- Clam
- Cod
- Crab
- Crawfish
- Flounder
- Haddock
- Hake
- Herring
- Lobster
- American and spiny
- Mullet
- Oyster
- Pacific chub mackerel
- Perch, freshwater and ocean
- Pickerel
- Plaice
- Pollock
- Salmon
- Sardine
- Scallop
- Shad
- Shrimp
- Skate
- Smelt
- Sole
- Squid
- Tilapia
- Trout, freshwater
- Tuna, canned light (includes skipjack)
- Whitefish
- Whiting

### Good Choices (Eat 1 serving a week)

- Bluefish
- Buffaloish
- Carp
- Chilean sea bass/
  Patagonian toothfish
- Grouper
- Halibut
- Mahi mahi/
  dolphinfish
- Monkfish
- Rockfish
- Sablefish
- Sheepshead
- Snapper
- Spanish mackerel
- Striped bass
  (ocean)
- Tilefish (Atlantic Ocean)
- Tuna, albacore/
  white tuna, canned
  and fresh/frozen
- Tuna, yellowfin
- Weakfish/sea trout
- White croaker/
  Pacific croaker

### Choices to Avoid (Highest Mercury Levels)

- King mackerel
- Marlin
- Orange roughy
- Shark
- Swordfish
- Tilefish (Gulf of Mexico)
- Tuna, bigeye

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*Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. State advisories will tell you how often you can safely eat those fish.*
Babies whose mothers smoked during pregnancy are more likely to be born with birth defects.

Babies and children who breathe secondhand smoke are sick more often with bronchitis, pneumonia, ear infections.

FDA Pregnancy Registry List

• Connects consumers and health professionals to over 40 pregnancy registries

• Provides links to drug information and educational resources for pregnant women

www.fda.gov/pregnancyregistries
PREGNANCY AND LACTATION LABELING
Pregnancy and Medication Use

• Only a small percentage of drugs are contraindicated for use in pregnancy.
  – e.g., isotretinoin, mycophenolates

• For the majority of drugs, labeling should provide what is known in a way that enables decisions for treatment.

The question is HOW?

Half of Pregnant Women take at least one medicine
The Problem with Letters

- Overly simplistic
- Misinterpreted as a grading system
- A drug with adverse information in animals could be labeled as the same category as a drug with no animal information
FDA Solution

Replace Pregnancy Letter Categories with an integrated Risk Summary

– More complete assessment of the known risks
– Considerations of medical/disease factors
– Animal data put in context of human exposure
– Human data added when available
– Explicitly states when no data are available
Prescription Drug Labeling is Changing For Pregnant and Lactating Women

Prescription Drug Labeling Sections 8.1 - 8.3 USE IN SPECIFIC POPULATIONS

NEW LABELING
(effective June 30, 2015)

8.1 Pregnancy

8.1 Pregnancy includes Labor and Delivery

8.2 Labor and Delivery

8.2 Lactation includes Nursing Mothers

8.3 Nursing Mothers

8.3 Females and Males of Reproductive Potential
Pregnancy and Lactation Labeling Rule

- Took effect on June 30, 2015, immediately applicable for drugs approved after that date

- **ALL** prescription drugs to remove pregnancy letter categories by June 2020, gradual process

- Prescription drugs approved on or after June 30, 2001 must revise content and format of the Pregnancy and Lactation sections of labeling
Summary

1. FDA designs and performs research which will assist in advancing knowledge regarding the safety and efficacy of drugs, devices, biologics, cosmetics, food, and tobacco.

2. FDA's role as a regulatory agency includes development of guidances and collaborations to develop health policy and compliance with federal mandates as appropriate.

3. FDA utilizes a myriad of different forms of print, digital, and web-based communications related to pregnancy and lactation.

4. FDA collaborates internally across centers and offices and externally with federal, academic and other organizations to develop a variety of programs that will benefit pregnant and lactating women.
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