Chronic Fenfluramine Administration Increases Plasma Serotonin (5-Hydroxytryptamine) to Nontoxic Levels

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Received October 4, 2007; accepted November 20, 2007

ABSTRACT
Large elevations in blood serotonin (5-hydroxytryptamine; 5-HT) can produce valvular heart disease in humans and laboratory animals. In accordance, one prevailing hypothesis (i.e., the “5-HT hypothesis”) suggests that 5-HT transporter substrates like fenfluramine increase the risk for valvular heart disease by elevating plasma 5-HT, secondary to the release of 5-HT from platelets. The main purpose of this study was to determine whether chronic administration of fenfluramine increases plasma 5-HT to concentrations that are associated with the development of valvular heart disease. To the best of our knowledge, this is the first study to address this issue using an in vivo microdialysis method that measures plasma 5-HT in nonhypoxic rats. We examined the effects of chronic (−)-fenfluramine and fluoxetine on plasma levels of 5-HT and its metabolite, 5-hydroxyindoleacetic acid (5-HIAA), in blood samples from conscious catheterized rats. Plasma indoles were measured by high-performance liquid chromatography with electrochemical detection in the dialysates of whole blood. The baseline plasma 5-HT level was <1.0 nM. Chronic fenfluramine (14-day minipump infusion) produced small increases in baseline plasma 5-HT (∼2–4-fold), whereas chronic fluoxetine had no effect. Chronic fenfluramine and fluoxetine markedly decreased whole-blood 5-HT and reduced the ability of acute fenfluramine to evoke 5-HT release. Elevations in baseline plasma 5-HT produced by chronic fenfluramine are far below the micromolar levels necessary to produce valvular heart disease. Furthermore, chronic fenfluramine reduces the ability of acute fenfluramine to increase plasma 5-HT, suggesting that the 5-HT hypothesis cannot explain the increased risk of valvular heart disease in patients treated with fenfluramine.

This research was generously supported by the Intramural Research Program of the National Institute on Drugs Abuse, National Institutes of Health, Department of Health and Human Services.


Article, publication date, and citation information can be found at http://jpet.aspetjournals.org. doi:10.1124/jpet.107.132654.

ABBREVIATIONS: 5-HT, 5-hydroxytryptamine; SERT, serotonin transporter protein; 5-HIAA, 5-hydroxyindoleacetic acid; VHD, valvular heart disease; IPAH, idiopathic primary pulmonary hypertension; HPLC-ECD, high-performance liquid chromatography with electrochemical detection; RIA, radioimmunoassay.
developing idiopathic pulmonary arterial hypertension (IPAH) (Abenhaim et al., 1996; Fishman, 1999). Although the mechanisms underlying fenfluramine-associated adverse effects are unresolved, clarifying such mechanisms is important for at least two reasons: 1) to help illuminate the pathogenesis of VHD and IPAH; and 2) to aid in the development of new serotonergic medications with reduced side-effects (Rothman and Baumann, 2002).

Fenfluramines evoke the release of serotonin (5-HT) from neurons by acting as SERT substrates that reverse the normal direction of transmitter flux (Baumann et al., 2000). One prevailing hypothesis to explain fenfluramine-associated side-effects like VHD (Fishman, 1999) and IPAH (MacLean et al., 2000) is known as the “5-HT hypothesis.” A key prediction of this hypothesis is that fenfluramine administration increases plasma 5-HT to concentrations sufficient to produce vasoconstriction and mitogenesis, which then leads to the development of serious side effects. Despite the importance of the 5-HT hypothesis to the current dogma regarding the etiology of fenfluramine-associated VHD and IPAH, the prevailing hypothesis to explain fenfluramine-associated VHD and IPAH; and 2) to aid in the development of new agents that plasma 5-HT levels are at least 10 times higher than stored 5-HT.

Given the uncertainties regarding the validity of the 5-HT hypothesis, we developed a novel microdialysis method to measure plasma levels of 5-HT in whole-blood samples from conscious catheterized rats that involves careful blood handling to minimize the chance of platelet lysis (Zolkowska et al., 2006). Using this method, we reported that baseline dialysate levels of 5-HT in blood are 0.22 nM (or 0.88 nM when corrected for probe recovery), and fenfluramine and other potent SERT substrates evoke transient dose-dependent increases in plasma 5-HT ranging from 4 to 20 nM. Acute administration of fluoxetine, a SERT uptake inhibitor, produces small but significant increases in plasma 5-HT.

In the present study, we report that chronic administration of fenfluramine (14-day minipump infusion) increases baseline levels of plasma 5-HT (∼2–4-fold) in a dose-dependent manner, whereas chronic fluoxetine does not. Both chronic fenfluramine and fluoxetine decrease whole-blood levels of 5-HT and reduce the ability of acute fenfluramine to further increase plasma 5-HT. Because there is no evidence that chronic administration of fenfluramine induces either VHD (Smith et al., 2006) or IAPH in normal rats (Eddahibi et al., 2002), we do not report pathological examination of the heart or lungs. Our data indicate that elevations in baseline plasma 5-HT produced by chronic fenfluramine are well below the micromolar levels necessary to produce cardiovascular side effects, suggesting that the 5-HT hypothesis cannot explain adverse actions of fenfluramines and related drugs.

Materials and Methods

Animals. Male Sprague-Dawley rats (Charles River Laboratories, Wilmington, MA) weighing 350 to 450 g were single-housed, and food and water were freely available. Rats were maintained in facilities accredited by the Association for Assessment and Accreditation of Laboratory Animal Care, and procedures were approved by the Animal Care and Use Committee of the National Institute on Drug Abuse, Intramural Research Program.

Drugs and Reagents. (±)-Fenfluramine HCl (fenfluramine, FW 267.7) and pentobarbital sodium were obtained from the National Institute on Drug Abuse, Intramural Research Program. Fluoxetine HCl (fluoxetine, FW 345.8) was purchased from Spectrum Chemical Manufacturing Company (New Brunswick, NJ). Monochloroacetic acid was obtained from Mallinckrodt Baker, Inc. (Phillipsburg, NJ), and all other reagents were obtained from Sigma-Aldrich (St. Louis, MO). Drug solutions for the acute in vivo study were prepared in saline immediately before use, and doses are expressed as the salt. For filling osmotic minipumps, fenfluramine (3 and 10 mg/kg/day) was dissolved in 0.9% saline and fluoxetine (3 and 10 mg/kg/day) was dissolved in a 50% EtoH/0.9% saline vehicle immediately before filling the minipumps. A day before implantation, minipumps were filled with physiological saline, vehicle, or drug solution and placed in sterile 0.9% saline at 37°C overnight. The concentrations of drugs were adjusted according to rat body weight a day before implantation, with 10 g added to take into account the expected future weight gain.

Surgical Procedures. Rats received sodium pentobarbital (60 mg/kg i.p.) for surgical anesthesia. Indwelling jugular catheters made of Silastic Medical Grade tubing (Dow Corning, Midland, MI) were implanted into the right jugular vein and advanced to the atrium as described previously (Baumann et al., 2001). Immediately after catheter implantation, osmotic minipumps (Alzet model 2ML2 (14 days); Durect Corporation, Cupertino, CA) were inserted s.c. along the back, parallel to the spine, with the flow moderator pointing away from the incision. Rats were allowed 7 days to recover postoperatively before any other procedure was performed. On the 14th day after surgery, rats were used in microdialysis experiments as described below. On the next day (15th day after surgery), rats were euthanized, and minipumps were removed. Brains were removed, and selected brain regions were dissected out on ice and stored at −80°C for measurement of tissue biogenic amines. Minipumps were checked by visual inspection to verify that they were empty.

In Vivo Drug Administration and Microdialysis. Between 8:00 AM and 9:00 AM on the 14th day after minipump implantation, rats were moved into the testing room and allowed to acclimate to the surroundings for 1 h. Extension tubes were attached to catheters, and 0.5 ml of heparin flush (48 IU/ml in saline) was injected. Blood samples (0.3 ml) were withdrawn into 1-ml syringes and gently transferred into 300-μl polypropylene vials that were chilled on ice and stored at −80°C for measurement of tissue biogenic amines.

In vivo drug administration and microdialysis. Between 8:00 AM and 9:00 AM on the 14th day after minipump implantation, rats were moved into the testing room and allowed to acclimate to the surroundings for 1 h. Extension tubes were attached to catheters, and 0.5 ml of heparin flush (48 IU/ml in saline) was injected. Blood samples (0.3 ml) were withdrawn into 1-ml syringes and gently transferred into 300-μl polypropylene vials that were chilled on ice and stored at −80°C for measurement of tissue biogenic amines. Minipumps were checked by visual inspection to verify that they were empty.

HPLC-ECD Analysis of 5-HT and 5-HIAA in Dialysates. Aliquots of the dialysate (5 μl) were injected onto a microbore HPLC column (Unijet, 100 × 1 mm, 5 μM ODS; Bioanalytical Systems, Inc.,
Results

Acute Effects of Drugs on Plasma 5-HT. As reported in Fig. 1A, acute administration of fenfluramine significantly increased dialysate 5-HT \([F(2,120) = 45.79; p < 0.0001]\). This stimulatory effect was dose-dependent, with 0.3 and 1.0 mg/kg doses elevating 5-HT 9- and 14-fold, respectively. The fenfluramine-induced increase in plasma 5-HT was transient, almost returning to baseline by 90 min. Acute administration of fluoxetine (Fig. 1B) produced a smaller dose-dependent and long-lasting (>90 min) increase in plasma 5-HT \([F(2,120) = 52.58; p < 0.0001]\), with 0.3 and 1.0 mg/kg doses increasing 5-HT levels 3- and 7-fold, respectively. Plasma 5-HIAA levels were not affected by either drug (data not shown).

Chronic Effects of Drugs on Plasma 5-HT. Chronic administration of fenfluramine via 14 days of osmotic minipump infusion significantly increased baseline dialysate 5-HT levels from 0.24 ± 0.07 to 0.45 ± 0.08 and 0.86 ± 0.15 pg/5 μl, at 3.0 and 10.0 mg/kg doses, respectively. As shown in Fig. 2A, exposure to chronic fenfluramine significantly and dose-dependently reduced the ability of acute i.v. fenfluramine (1 mg/kg) to increase plasma 5-HT \([F(2,192) = 3.696; p < 0.0001]\). Acute administration of fenfluramine elevated extracellular 5-HT by 19-fold in saline-pretreated rats, compared with a 6- and 3-fold increase after the chronic administration of 3.0 and 10.0 mg/kg (±)-fenfluramine, respectively.

Chronic administration of fluoxetine via 14 days of osmotic minipump infusion (Fig. 2B) did not change baseline dialysate 5-HT levels in blood. However, chronic fluoxetine significantly and dose-dependently reduced the effects of acute fenfluramine on plasma 5-HT \([F(2,192) = 100.3; p < 0.0001]\). An acute challenge dose of i.v. fenfluramine (1 mg/kg) elevated extracellular 5-HT by 18-fold in saline-pretreated rats, compared to a 4- and 2-fold increase after the chronic administration of 3.0 and 10.0 mg/kg fluoxetine, respectively.

Chronic Effects of Drugs on Whole-Blood 5-HT. Figure 3 shows the effect of chronic administration of fenfluramine or fluoxetine on 5-HT levels in whole blood. Chronic administration of fenfluramine significantly reduced whole-blood 5-HT \([F(2,48) = 23.63; p < 0.0001]\) by 20% (3 mg/kg) and ~40% (10 mg/kg) compared with saline control when measured 7 days after minipump implantation (Fig. 3A). Similar reductions were observed at day 13. The fenfluramine-induced reduction in blood 5-HT was not dose-dependent, indicating that the ability of fenfluramine to deplete platelet 5-HT had already reached a maximal effect at the 3 mg/kg dose. Chronic fluoxetine (Fig. 3B) dose-dependently and significantly reduced whole-blood 5-HT \([F(2,48) = 37.97; \]
$p < 0.0001$) by $\sim 37\%$ (3 mg/kg) and $\sim 77\%$ (10 mg/kg) compared with saline control when measured 7 days after minipump implantation, and this reduction was sustained up to day 13.

**Chronic Effects of Drugs on Brain Tissue Biogenic Amines.** Table 1 shows that chronic administration of fenfluramine caused a dose-dependent decrease in 5-HT levels in the rat cortex. The 3 mg/kg dose decreased cortical 5-HT by 15%, whereas the 10 mg/kg dose decreased 5-HT by 87%. Chronic fenfluramine administration did not alter cortical levels of dopamine. It is interesting to note that the 10 mg/kg fenfluramine dose decreased cortical norepinephrine by 27%. Chronic fluoxetine did not significantly change cortical biogenic amines.

**Blood Levels of Drugs and Metabolites.** We measured the blood levels of fenfluramine and fluoxetine after 13 days of chronic administration. As reported in Fig. 4A, the blood level of fenfluramine significantly increased ($p < 0.0001$) from 55 ng/ml observed with the 3 mg/kg dose to 212 ng/ml with the 10 mg/kg dose. The blood level of norfenfluramine also increased ($p < 0.0001$) from 19 ng/ml produced by the 3 mg/kg dose to 115 ng/ml observed with the 10 mg/kg dose. The plasma levels of fenfluramine and norfenfluramine observed with the 3 mg/kg dose are similar to those reported in humans taking 60 mg of fenfluramine per day (Rothman et al., 2000b).

After 13 days of chronic administration of fluoxetine, the fluoxetine blood concentration was significantly increased ($p < 0.016$) from 11 ng/ml at the 3 mg/kg dose to 113 ng/ml at the 10 mg/kg dose (Fig. 4B). Likewise, the blood level of norfluoxetine was also significantly increased ($p < 0.0006$) from 74 ng/ml with the 3 mg/kg dose to 795 ng/ml with the 10 mg/kg dose. The plasma levels of fluoxetine and norfluoxetine observed with the 10 mg/kg dose in rats are similar to those reported in humans taking 20 mg of fluoxetine per day (Lundmark et al., 2001).

**Correlations.** Our previous work established that acute fenfluramine increases plasma 5-HT, most probably via SERT-mediated release of platelet 5-HT (Zolkowska et al., 2006). As reported in Fig. 3, chronic fenfluramine and fluoxetine decrease blood 5-HT content, suggesting that both

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**Table 1**

<table>
<thead>
<tr>
<th>Correlation</th>
<th>NE</th>
<th>DA</th>
<th>5-HT</th>
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<tr>
<td>Chronic fenfluramine</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Saline</td>
<td>599 ± 25</td>
<td>45 ± 3</td>
<td>691 ± 33</td>
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<tr>
<td>3 mg/kg/day</td>
<td>550 ± 28</td>
<td>54 ± 8</td>
<td>589 ± 36*</td>
</tr>
<tr>
<td>10 mg/kg/day</td>
<td>435 ± 16*</td>
<td>40 ± 4</td>
<td>89 ± 13*</td>
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<tr>
<td>Chronic fluoxetine</td>
<td></td>
<td></td>
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<tr>
<td>50% EtOH/saline</td>
<td>581 ± 27</td>
<td>55 ± 6</td>
<td>604 ± 27</td>
</tr>
<tr>
<td>3 mg/kg/day</td>
<td>565 ± 31</td>
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<td>10 mg/kg/day</td>
<td>535 ± 21</td>
<td>46 ± 2</td>
<td>556 ± 54</td>
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NE, norepinephrine; DA, dopamine.

* $p < 0.05$ when compared to the vehicle control (ANOVA with post-hoc Newman-Keuls multiple comparison test).
drugs deplete 5-HT stored in platelets. In accordance, our data predict that peak increases in dialysate 5-HT produced by acute fenfluramine should be correlated with blood 5-HT content. As reported in Fig. 5A for the rats chronically treated with fenfluramine, the positive correlation between peak dialysate 5-HT and blood 5-HT just achieved statistical significance ($p < 0.055$). For the rats chronically treated with fluoxetine, this positive correlation was highly significant ($p < 0.004$). Such correlative relationships indicate that the magnitude of fenfluramine-evoked increases in plasma 5-HT are at least partially dependent on platelet 5-HT levels available for release.

**Discussion**

Experimental and pathological elevations of blood 5-HT can produce VHD with characteristic plaque-like encasement of valve leaflets (Robiolio et al., 1995; Gustafsson et al., 2005), but there are no reports demonstrating that chronic administration of fenfluramine induces either VHD (Smith et al., 2006) or IAPH in rats (Eddahibi et al., 2002). The main purpose of the present study was to determine whether chronic fenfluramine administration at pharmacologically and clinically relevant doses would increase blood and plasma 5-HT to the levels needed to produce VHD. To our knowledge, this is the first study to address this question using an in vivo microdialysis method for measuring plasma 5-HT (Zolkowska et al., 2006) in rats not exposed to hypoxic conditions. Due to the problem of platelet lysis during sample preparation, accurate measurement of plasma 5-HT is technically challenging (for review, see Zolkowska et al., 2006). When reviewing studies that report plasma concentrations of 5-HT, “normal” 5-HT levels greater than 1 nM indicate that platelet lysis probably occurred, and we will not consider those particular results in the forthcoming discussion.

Chronic high-dose administration of 5-HT produces VHD (Gustafsson et al., 2005) in rats. In the study of Gustafsson et al. (2005), “free” 5-HT was measured using in vivo microdialysis in the femoral muscle rather than in a peripheral vein. The interstitial concentration of 5-HT was assumed to reflect and probably underestimated plasma 5-HT. Free 5-HT levels ranged from 580 to 974 nM (corrected for the 31% probe recovery), depending on the sampling time. These values are at least 100-fold higher than the 5-HT levels ($< 5$ nM) observed after chronic fenfluramine (10 mg/kg) treatment in our study. Gustafsson et al. (2005) also reported that chronic administration of 5-HT increased whole-blood 5-HT 3-fold from 6986 to 21,236 nM. In our study, as expected on the basis of previous work (see Rothman et al., 2000b and references therein), chronic fenfluramine decreased whole-blood 5-HT by ~30 and ~40% at the 3 and 10 mg/kg doses (Fig. 3). These considerations support the hypothesis that chronic fenfluramine does not increase plasma 5-HT (or blood 5-HT) to a level reported to cause VHD in the rat. It is important to note, however, that the minimal dose of exogenous 5-HT required to produce VHD has not been determined, and this issue warrants further experimentation.

Several studies report that carcinoid syndrome, a disease associated with VHD, causes marked increases in platelet 5-HT. Kema et al. (1992) reported that patients with midgut carcinoid tumors had median platelet 5-HT levels of 31.45 (nmol/10⁹ platelets) compared to 4.4 in normal controls (7.1-fold increase). In a later study, the same group reported that patients with midgut carcinoid tumors had median platelet 5-HT levels of 23.8 (nmol/10⁹ platelets) compared to 3.4 in
normal controls (7.0-fold increase) (Kema et al., 2001). A similar 8.6-fold increase in platelet 5-HT was reported by others (Meijer et al., 2000). Robiolio et al. (1995) reported that carcinoid patients with VHD had higher serum and platelet 5-HT levels than carcinoid patients without VHD. The serum and platelet 5-HT levels in carcinoid patients with VHD were elevated 11.5- and 6.6-fold, respectively, compared to normal controls. Because the increased levels of 5-HT in blood and platelets observed in carcinoid syndrome and in rat models (Gustafsson et al., 2005) are driven by indirect administration of 5-HT into the blood stream, it is reasonable to conclude that such elevations in blood and platelet 5-HT will also result in large increases (>20-fold) in plasma 5-HT. In our study, chronic fenfluramine at a dose (3 mg/kg) similar to that prescribed for humans decreases blood 5-HT levels and increases plasma 5-HT only 2 to 4-fold. These data support the hypothesis that chronic fenfluramine does not increase plasma 5-HT (or blood 5-HT) to a level sufficient to cause VHD in humans. These results are similar to those observed in rats chronically exposed to hypoxic conditions (Eddahibi et al., 1998).

Viewed collectively, these findings are not compatible with the so-called 5-HT hypothesis of fenfluramine-associated VHD. This hypothesis postulates that fenfluramine increases the risk of developing VHD by increasing plasma levels of 5-HT (Fishman, 1999; MacLean et al., 2000). Although the 5-HT hypothesis may have been tenable as an explanation of fenfluramine-associated VHD at one point, recent studies implicate the 5-HT$_{2B}$ receptor, rather than plasma 5-HT per se, as the culprit in the pathogenesis of this disease (Rothman et al., 2000a). Medications that are known to induce VHD such as fenfluramine, dexfenfluramine, methysergide, ergotamine, pergolide, and cabergoline share a common mechanism—these drugs or their major metabolites are potent and efficacious 5-HT$_{2B}$ agonists. 5-HT$_{2B}$ receptors are localized on cells expressed in heart valves. When stimulated, these cells undergo mitogenesis that leads to excessive growth culminating in valvulopathy (for review, see Roth, 2007).

The present findings also have implications for hypotheses concerning the etiology of IPAH, including an analogous 5-HT hypothesis (Fishman, 1999; MacLean et al., 2000; Eddahibi et al., 2006). Our data indicate that fenfluramine does not increase plasma 5-HT to a high enough concentration to contract pulmonary arteries or produce adverse pulmonary effects (for an in-depth discussion of this point, see Zolkowska et al., 2006). We cannot exclude the possibility that 2 to 4-fold increases in plasma 5-HT produced by chronic fenfluramine could be enough to stimulate mitogenic responses in susceptible individuals and increase the risk of developing IPAH. However, this scenario seems unlikely because treatment with lithium (Artigas et al., 1989) and monoamine oxidase inhibitors (Celada et al., 1992) produces comparable increases in plasma 5-HT without increasing the risk for IPAH.

The effects of chronic fenfluramine were compared to those of the SERT uptake inhibitor, fluoxetine, a drug that is not associated with either IPAH or VHD. The doses we chose are both pharmacologically and clinically relevant. Measurement of circulating drug levels (Fig. 4) demonstrated that chronic administration of 3 mg/kg fenfluramine and 10 mg/kg fluoxetine produced blood levels in rats similar to those in humans treated with prescribed doses of these medications (Rothman et al., 2000b; Lundmark et al., 2001). In addition, as observed in this study, clinically relevant doses of fenfluramine (Rothman et al., 2000b) and fluoxetine both produce substantial reductions in blood 5-HT levels (Alvarez et al., 1999). In conclusion, the fact that chronic fenfluramine produced dose-dependent reductions in brain 5-HT levels (Table 1) indicates that the fenfluramine doses used in this study are pharmacologically relevant.

The mechanisms underlying fenfluramine-associated IPAH in humans remain enigmatic. One significant problem is that widely used animal models of IPAH require the induction of hypoxia, which is not a major contributing factor to the disease in human patients. Furthermore, the etiology of fenfluramine-associated IPAH in humans may substantially differ from that of nondrug-related IPAH. Despite these caveats, recent research has provided alternative hypotheses to the 5-HT hypothesis to explain how fenfluramine might increase the risk of IPAH. For example, recent studies by Eddahibi et al. (2006) did not focus attention on plasma 5-HT as a critical player in pathogenesis of pulmonary smooth muscle cell hyperplasia but rather on 5-HT produced in the lung by microvascular endothelial cells. In addition, Launay et al. (2002) provided evidence that the activation of 5-HT$_{2B}$ receptors in the lung is critical to the development of IPAH in a hypoxic mouse model. Because the fenfluramine metabolite norfenfluramine is a potent and selective 5-HT$_{2B}$ agonist (Rothman et al., 2000a), these findings provide a reasonable mechanism by which fenfluramine could increase the risk of IPAH in humans. However, an argument against this hypothesis is the fact that other medications that produce VHD via activation of 5-HT$_{2B}$ receptors are not known to increase the risk of IAPH (methysergide, ergotamine, pergolide, and cabergoline). Moreover, recent findings from our laboratory show that the anorectic drug aminorex, which is associated with IPAH, does not display appreciable affinity for 5-HT$_{2B}$ receptors. More investigation is required to determine the role of 5-HT$_{2B}$ receptors in the pathiology of IPAH.

In summary, our data provide additional evidence that acute administration of SERT substrates can elevate plasma 5-HT into the low nanomolar range. However, chronic administration of fenfluramine at therapeutically relevant doses produces only small elevations in plasma 5-HT and reduces the ability of acute fenfluramine to increase plasma 5-HT. These data suggest that daily administration of fenfluramine in humans would actually blunt fenfluramine-induced increases in plasma 5-HT, providing a “protective” effect from fenfluramine-induced spikes in plasma 5-HT. Our findings do not provide support for the 5-HT hypothesis because elevations in baseline plasma 5-HT produced by chronic fenfluramine are much too low to induce adverse effects. Our data strongly suggest that mechanisms other than changes in plasma 5-HT must be invoked to explain the ability of fenfluramine and other SERT substrates to increase the risk of VHD and IPAH.

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