Is Cold-Inducible RNA-Binding Protein (CIRBP) a Useful Biomarker for Predicting Outcomes in Idiopathic Pulmonary Fibrosis (IPF)?

**STUDY DESIGN**

- Retrospective study of patients with IPF with serum collected at time of diagnosis
- Used data from one institution for derivation and another for validation
- One-year disease progression was defined as ≥10% relative decline in %FVC or death within 1 year after diagnosis
- ROC curve analysis identified optimal cut-off value of serum CIRBP for predicting 1-year disease progression

**RESULTS**

**Derivation Cohort (n=95)**

1-year Disease Progression:
- Low CIRBP Group: 26.8%
- High CIRBP Group: 62.5%

**Validation Cohort (n=93)**

1-year Disease Progression:
- Low CIRBP Group: 33.3%
- High CIRBP Group: 66.7%

CIRBP is a promising biomarker that can help predict rapid disease progression and mortality in IPF and may serve to identify patients with high-risk IPF, especially in the early stage.

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