Treatment of Overactive Bladder - What is Best?

Dr. Budi Iman Santoso, SpOG(K)

Division of Urogynecology Reconstructive
Department of Obstetrics and Gynecology
Faculty of Medicine University of Indonesia
Jakarta
Who Manages Patients with Overactive Bladder?

- General practitioners (GPs)
- Nurses/continence advisors
- Geriatricians
- Urologists
- Gynaecologists
- Others E.g. paediatricians, neurologists, physiotherapists and psychologists
Treatment Options - Overactive Bladder

- Drug therapy
- Bladder training techniques
- Intermittent self-catheterization
- Incontinence pads and protective equipment
- Surgery
Drug Therapy

Drug therapy is becoming increasingly important and is currently the mainstay in the treatment for overactive bladder.
Drug Therapy

Medications used to treat overactive bladder can be highly effective in providing relief of symptoms.
Drug Therapy

However, nearly all of the older drugs produce some unwanted side-effects, which limits their use in some patients.
Drugs Used to Treat Bladder Control Problems

- Oxybutynin
- Propantheline
- Imipramine
## Oxybutynin

<table>
<thead>
<tr>
<th>Advantages</th>
<th>Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Effective</td>
<td>• Frequently causes dry mouth, dry throat, lingering bad taste</td>
</tr>
<tr>
<td></td>
<td>• Poor long-term tolerability/ compliance</td>
</tr>
<tr>
<td></td>
<td>• The drug produces effects not only in the bladder but other organs as well</td>
</tr>
<tr>
<td></td>
<td>• Requires frequent dose adjustments</td>
</tr>
</tbody>
</table>
# Propantheline

<table>
<thead>
<tr>
<th>Advantages</th>
<th>Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Effective</td>
<td>• Requires dose adjustment</td>
</tr>
<tr>
<td></td>
<td>• Little documentation of clinical efficacy in overactive bladder</td>
</tr>
<tr>
<td></td>
<td>• The drug produces effects not only in the bladder but in other organs as well</td>
</tr>
<tr>
<td>Advantages</td>
<td>Disadvantages</td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>• Effective for treating night-time incontinence in children</td>
<td>• Side-effect profile limits its usefulness in the treatment of urinary incontinence</td>
</tr>
<tr>
<td></td>
<td>• The drug produces effects not only in the bladder but in other organs as well</td>
</tr>
</tbody>
</table>
Typical Side Effects Caused By Older Drug Therapies

- Dry mouth
- Constipation
- Blurred vision
- Drowsiness
Tolterodine (Detrusitol®)

- **Tolterodine** is a new drug that has the potential to help a wide range of patients with symptoms of an overactive bladder: i.e. urgency, frequency and urge incontinence.
Tolterodine (Detrusitol®)

Tolterodine will help:

• men and women suffering from symptoms of an overactive bladder
• women suffering from mixed incontinence
• patients with overactive bladder due to: strokes, spinal injury, dementia
Tolterodine (Detrusitol®)

Summary

- The first drug that is specifically developed to treat patients with an overactive bladder
- Provides effective bladder control
Tolterodine (Detrusitol®)

Summary (cont’d)

- Well tolerated
- Convenient to take - one tablet twice a day
Correct use of Detrusitol® (Tolterodine)

- Reduces the number of times you urinate each day
- Increases the volume of urine in your bladder
- If you have urge incontinence, it decreases the number of times you suffer from incontinence each day.
Bladder Training: Frequency/Volume Regulation
Bladder Training

**Aims:**

- Helps patients regain control of their bladder by teaching them to resist the urge to pass urine.
- Helps to increase bladder capacity and reduce the number of episodes of incontinence.
Bladder training is effective but requires a high degree of motivation and commitment from patients.
Incontinence Pads and Protective Equipment

- Absorbent pads
- Dribble pouch
- Reusable underpants designed to carry disposable absorbent pads
- All-in-one briefs
- Chair and bed pads
Incontinence Pads and Protective Equipment

Incontinence pads and protective equipment can be convenient, simple and effective to use.
Incontinence Pads and Protective Equipment

- Frequent changing required
- Expensive
- Cumbersome
- Embarrassment
- Hygiene problems
Incontinence Pads and Protective Equipment

Consequently, use of these products should be regarded as supplementary to other treatments and not as a first-line treatment for urinary incontinence.
Surgery

In some patients, **surgery** is only considered when all of the available measures, such as bladder training or drugs, have **failed**.
Example:

Cystoplasty - a procedure in which a portion of the bowel is attached to the bladder to increase its capacity.
Increasing Bladder Capacity

- No. of times of urination
- Leakage episodes
- Urgency sensations

= Bladder capacity
Thank You