

## POSTERIOR TIBIAL NERVE STIMULATION FOR THE TREATMENT OF OVERACTIVE BLADDER IN MEN: QUALITY OF LIFE QUESTIONNAIRE (I-QOL), OVERACTIVE BLADDER SYMPTOMS QUESTIONNAIRES (OAB-Q), INTERNATIONAL PROSTATIC SYMPTOMS SCORE (IPSS), AND 3 DAYS BLADDER DIARY EVALUATION.

Posterior Tibial Nerve Stimulation for the Treatment of Overactive Bladder in Men: Quality of life questionnaire (I-QoL), Overactive Bladder Symptoms questionnaires (OAB-q), International Prostatic Symptoms Score (IPSS), and 3 days bladder diary evaluation.

**Objectives:** Evaluating the efficiency and benefits of the posterior tibial nerve stimulation (PTNS) in men for the treatment of the symptom of overactive bladder.

**Materials and Methods:** Between January 2008 and July 2009, we prospectively evaluated men over 18 years old with overactive bladder symptoms. It was excluded patients receiving anticholinergic medication and those with neurological problems. The intervention consisted of 2 sessions/week of posterior tibial nerve stimulation. The electrical stimulation was performed using a pulse generator (Dualpex 961 – Quark industry – Sao Paulo – Brazil), that was set to delivery a pulse(T) width 250 milliseconds, 50% of woob at 12hz frequency and amplitude of 5 -30 mA depending on patient sensitivity. Each session had duration of 30 minutes. Four surface electrodes (5x5 cm) were bilaterally positioned in the back region of medial tibial talus (anklebone) and in the arches of the foot. The patients were laid in the supine position with the legs extended. All patients were evaluated at baseline and at the end of the treatment by means of clinical and demographic evaluation including self-assessment questionnaires: Quality of Life questionnaire (I-QoL), Overactive Bladder Symptoms questionnaires (OAB-q), International Prostatic Symptoms Score (IPSS), and 3 days bladder diary. Success was defined as patient being delighted, pleased or mostly satisfied, when answering the QoL question of the IPSS (If you were to spent the rest of your life with your urinary condition the way it is now, how would you feel about that?).

### Results:

We evaluated 30 men with mean age of 65 years old (range 20-83). Table 1 shows the evaluation before and after intervention. After the treatment, 17 patients (59%) refer to become delighted, pleased or mostly satisfied with their urinary condition.

Table 1- Comparison of the mean values, before and after 12 sessions of posterior tibial nerve stimulation.

	Baseline	After treatment	P
OAB-q	26	19,48	0
IPSS	19.62	13.83	0.002
IPSS - QoL	4.6	3.1	0
I-QoL	48.12	60.69	0.006
Bladder capacity (ml)	177.4	191.7	
Frequency/24 h	8.5	6.3	0.06
Urge urinary incontinence(ml) episodes /24 h	2.6	1.8	0.00014

**Conclusion:** PTNS is easy, inexpensive and present a reasonable (59%) chance of improve overactive bladder symptoms. The main problem is maintenance of the results, which may be achieve by portable pulse generator devices.

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<i>Is this a clinical trial?</i>	No
<i>What were the subjects in the study?</i>	HUMAN
<i>Was this study approved by an ethics committee?</i>	Yes
<i>Specify Name of Ethics Committee</i>	Universidade Federal de São Paulo Ethical Comitée
<i>Was the Declaration of Helsinki followed?</i>	Yes
<i>Was informed consent obtained from the patients?</i>	Yes