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Azekoshi Y<sup>1</sup>, Sekiguchi Y<sup>2</sup>, Kinjo M<sup>2</sup>, Maeda Y<sup>2</sup>, Kawaji K<sup>3</sup>

1. *Yokohama Motomachi Women's Clinic LUNA*, 2. *Yokohama Motomachi Women's Clinic LUNA*, 3. *Yokohama city University*

## **MAO-BUSHI-SAISHIN-TO IMPROVES SUI IN ELDERLY PEOPLE.**

### Hypothesis / aims of study

Mao-bushi-saishin-to( Ma-hiang-fu-zi-xi-xin-tang) is a medicine in which long-term orally taking is possible at elderly people's common cold. Since Mao( ma-fnag) which is composition herbal ingredient contains ephedrine, it increases intraurethral pressure. Furthermore, since Bushi contains aconitine, it may improve OAB condition. We investigated the effect on the urinary incontinence of Mao-bushi-saishin-to preliminary.

### Study design, materials and methods

Seven female patients with stress urinary incontinence( SUI) participated in this study. They took 7.5g of Mao-bushi-saishin-to ( Tsumura Japan 127) or 6 capsules of Mao-bushi-saishin-to ( Kotaro Japan 127) per day for four weeks. We checked the patients' condition of incontinence before the study and at the end.

### Results

The mean age was 60.3. SUI improved in three patients( mean age; 71.7) Number of incontinence pad decreased from 6 to 1.3 a day. Other patients had no change.( mean age ; 51.8). There was a tendency for the elder participants in the study group to show signs of effectiveness. As for the side effects, hot flashes occurred in one patient.

### Interpretation of results

In Japan, Mao-bushi-saishin-to is known as a safe medicine for elderly people. In this preliminary study, Mao-bushi-saishin-to was effective for the elder participants in the study group. Although the group of this study was small, Mao-bushi-saishin-to may be effective for SUI in elderly people.

### Concluding message

Mao-bushi-saishin-to is a safe and effective for the elderly people with SUI.

### Disclosures

**Funding:** none **Clinical Trial:** No **Subjects:** HUMAN **Ethics not Req'd:** this study is a preliminary study and the medicine that we used is admitted in Japan. **Helsinki:** Yes **Informed Consent:** Yes