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Title (type in CAPITAL LETTERS)	DRUG INDUCED CHANGE OF QUALITY OF LIFE IN PATIENTS WITH SYMPTOMS OF URINARY INCONTINENCE

INTRODUCTION AND OBJECTIVES: Clinival efficacy of anticholinergic treatment in patients suffering from urinary urge incontinence is well established. The purpose of this investigation was to evaluate wether the patients' quality of life (QOL) improves under anticholinergic therapy.

METHODS: Urologists and general practitioners were asked to recruit patients for questioning before and after therapy with anticholinergic drugs. 2206 patients (66 ± 9.5 yrs.) with symptoms of urinary incontinence were questioned as to changes in well-being, drinking habits, vitality joy of life, use of devices and micturition symptoms.

RESULTS: Mean treatment was 25.4 ± 11 days. The principal drug prescribed was trospium chloride 2 x 20 mg/d. 54 % of the patients suffered from on or more concomitant diseases which required medical treatment. 43.9 % of patients had never been treated for their symptoms of urinary incontinence although 72.4 % of these reported incontinence episodes. Patients reported marked improvement with regard to incontinence episodes and micturition frequency. In 89.3 % of patients using diapers or sanitary pads, such devices were no longer or less frequently required after treatment. As shown in fig. 1, 64.1 % of patients experienced an improvement in enjoyment of life; 57.4 % were able to participate again in almost any leisure activities ($p < 0.0001$, McNemar's test). 87.8 % described their well-being as markedly impaired, but after treatment only 14.9 % were still unsatisfied due to their illness ($p < 0.0001$). Impaired ability to drink normal amounts of fluids during the day was reported by 62.4 % and in the evening by 72.8 % of patients. After treatment a reduced fluid consumption was repeated in 16 %/26 % ($p < 0.0001$ each).

CONCLUSIONS: The results of this investigation support the importance of effective medical treatment or urinary incontinence concerning QOL even in the presence of persisting concomitant diseases.

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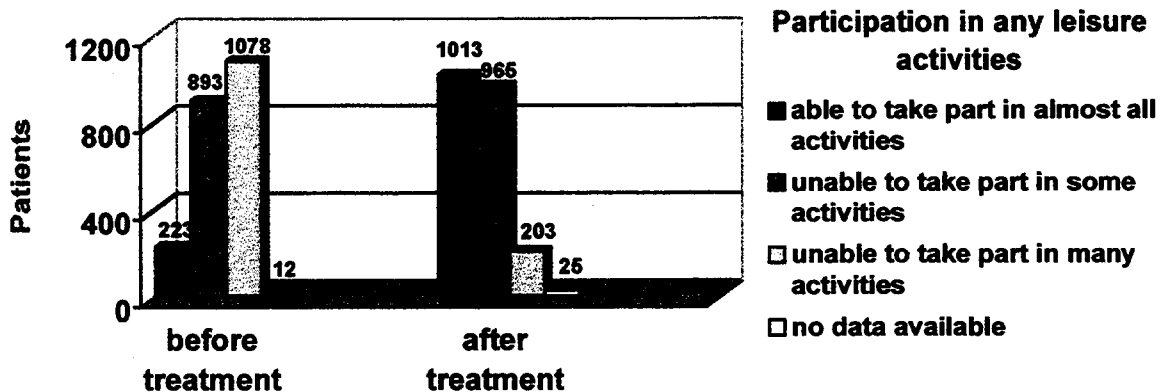


Fig. 1: Vitality and enjoyment of life (frequency distribution, n = 2206)