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**Title:** TOLTERODINE: AS EFFECTIVE BUT BETTER TOLERATED THAN OXYBUTYNIN IN ASIAN PATIENTS WITH SYMPTOMS OF OVERACTIVE BLADDER

**Aims of study:**

This double-blind, multicentre study compared the efficacy and tolerability of tolterodine, with that of oxybutynin, in Asian patients with overactive bladder.

**Methods:**

228 adults with overactive bladder symptoms, were randomized to receive tolterodine 2 mg twice daily (bd) (n=112) or oxybutynin 5 mg bd (n=116). After 8 weeks of treatment, changes in micturition diary variables, patients' perception of treatment benefit and tolerability endpoints were determined.

**Results:**

After 8 weeks' treatment, the mean ( $\pm$  SD) number of micturitions/24 hours decreased by  $2.6 \pm 2.9$  (20%) with tolterodine and  $1.8 \pm 4.2$  (15%) with oxybutynin (both  $p=0.0001$  vs baseline). The mean number of incontinence episodes/24 hours decreased by  $2.2 \pm 2.3$  (76%) in the tolterodine group and by  $1.4 \pm 1.8$  (67%) in the oxybutynin group (both  $p=0.0001$  vs baseline). Patient perception of treatment benefit was over 70% in each treatment group. Adverse events was significantly lower in the tolterodine group compared with oxybutynin-treated patients (55% vs 82%;  $p=0.001$ ). Dry mouth was reported by significantly fewer patients on tolterodine compared with oxybutynin (35% vs 63%;  $p=0.001$ ), with a trend towards a higher frequency of moderate-to-severe dry mouth among oxybutynin recipients. Withdrawals due to adverse events were lower in the tolterodine group compared with those treated with oxybutynin (10% vs 16%). There were no safety concerns.

**Conclusions:**

Tolterodine 2 mg bd is equally or more effective than oxybutynin 5 mg bd in the treatment of Asian patients with overactive bladder and shows better tolerability, that may enhance compliance during long-term treatment.

Key words: Tolterodine, Overactive bladder, Oxybutynin, Asian