

DULOXETINE IN THE MANAGEMENT OF STRESS URINARY INCONTINENCE

Hypothesis / aims of study:

Numerous medications have been used to treat SUI. Efficacy has been seen in a few well controlled trials when combined with other treatments such as behavioural therapy. Recently centrally acting serotonin and norepinephrine reuptake inhibitor Duloxetine has shown great promise.

Study design, materials and methods

Women aged 20 to 70 and presenting with SUI were randomized to placebo or duloxetine (30 mg/day) for 12 weeks. Inclusion criteria included seven or more episodes of incontinence per week. Exclusion criteria included spinal injury, spinal surgery, cerebrovascular incidents, peripheral neuropathy, previous surgery for SUI and unstable patient. The patients maintained voiding and incontinence episode diary. Patients were assessed for incontinence episode frequency, Incontinence quality of life (I-QOL) scales and Patient global impression of improvement (PGI-I) scales. Side effects were also noted.

Results

During the period Jan 2009 to Dec 2010, 89 women with a mean age of 56 years were randomized to receive duloxetine or placebo. 25/46 (54.34%) women on duloxetine had 50% to 100% decrease in incontinence episodes, compared with 4/43 (6.97%) of those taking placebo.

Interpretation of results

There was significant improvement in I-QOL and PGI-I scales in the duloxetine group.

Concluding message

Women with SUI and treated with Duloxetine showed median decrease in incontinence episode frequency.

<i>Specify source of funding or grant</i>	Nil
<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>	IEC,KLE Hospital
<i>Was the Declaration of Helsinki followed?</i>	Yes
<i>Was informed consent obtained from the patients?</i>	Yes