

# DOES THE ADDITION OF VAGINAL OESTROGEN TO ANTICHOLINERGIC HELP IMPROVE OUTCOME IN OVERACTIVE BLADDER SYMPTOMS?

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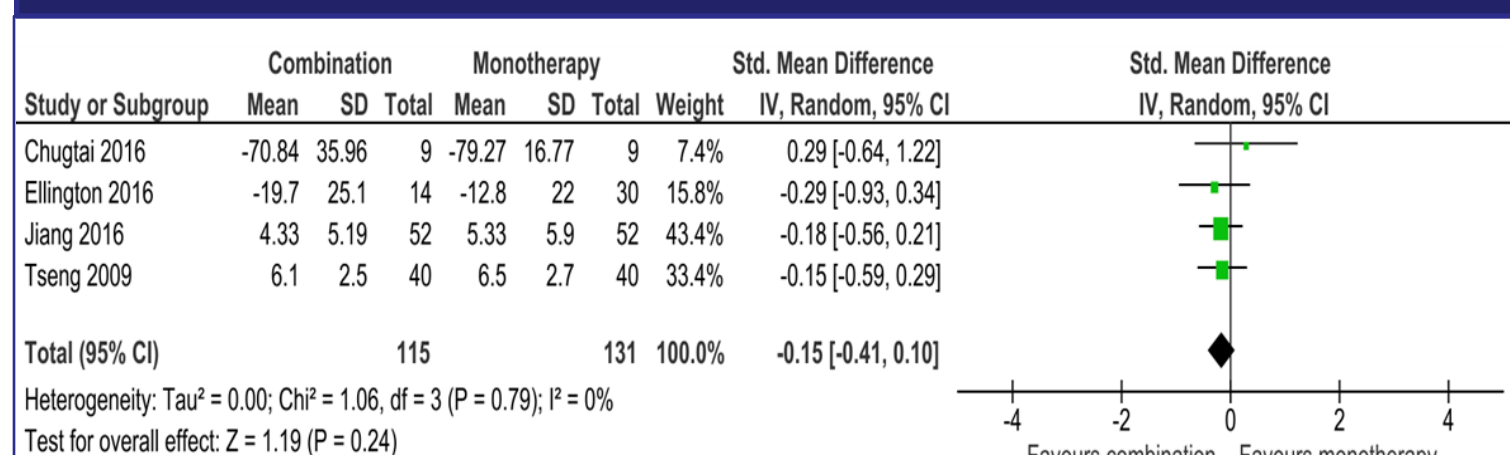
## Introduction

- ❑ Anticholinergics have been mainstay of OAB treatment for decades
- ❑ Research has demonstrated efficacy in urinary symptoms with vaginal oestrogen
- ❑ Vaginal estrogen cream can provide relief from discomfort associated with overactive bladder in menopausal women

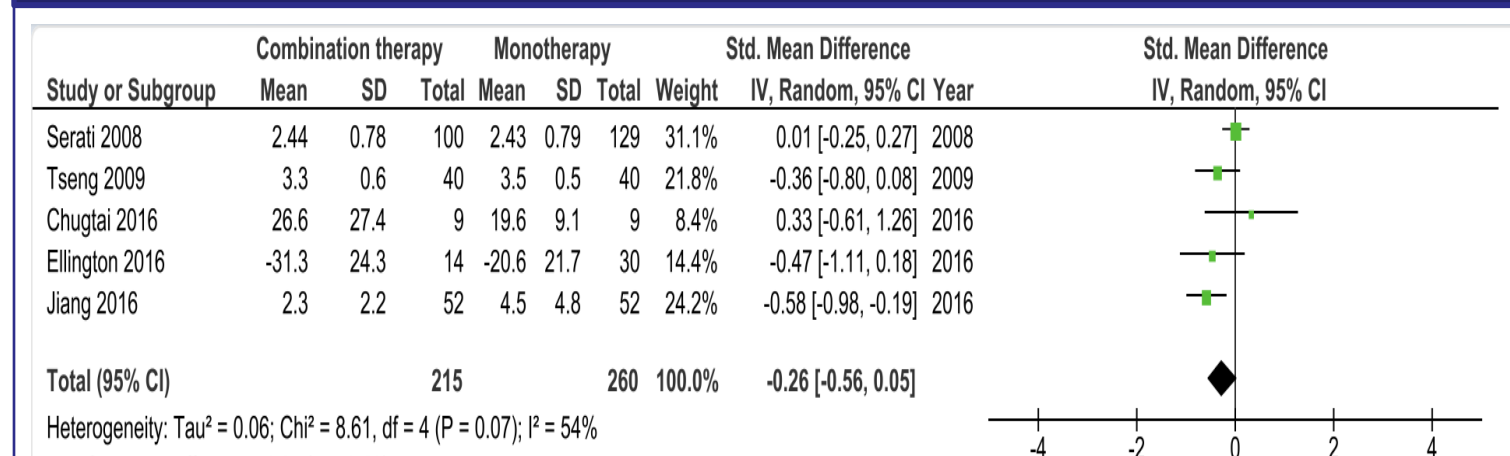
## Aim

- ❑ Evaluate the efficacy of combining vaginal estrogen with anticholinergic medication in OAB symptoms
- ❑ Investigate potential improvements in quality of life and patient well-being
- ❑ Determine if the addition of vaginal estrogen leads to a reduction in overactive bladder symptoms

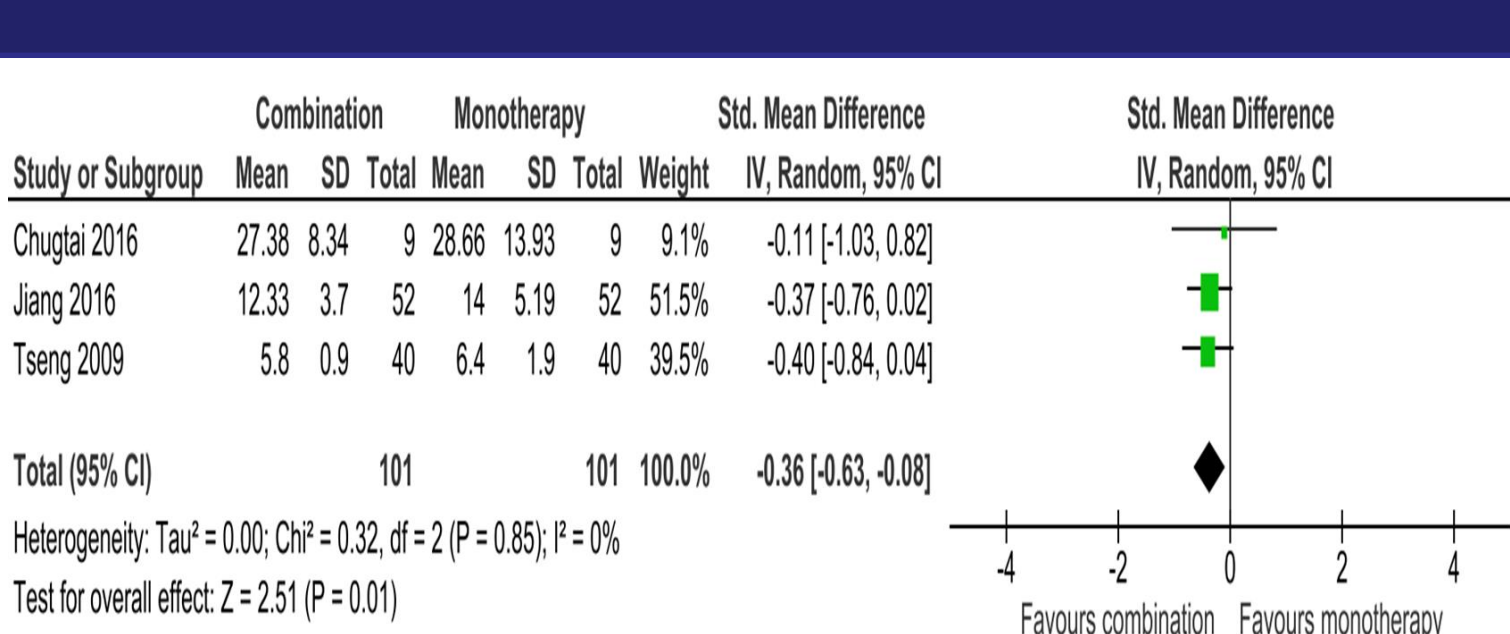
## Health Related Quality of Life



## OAB symptoms



## Number of micturition

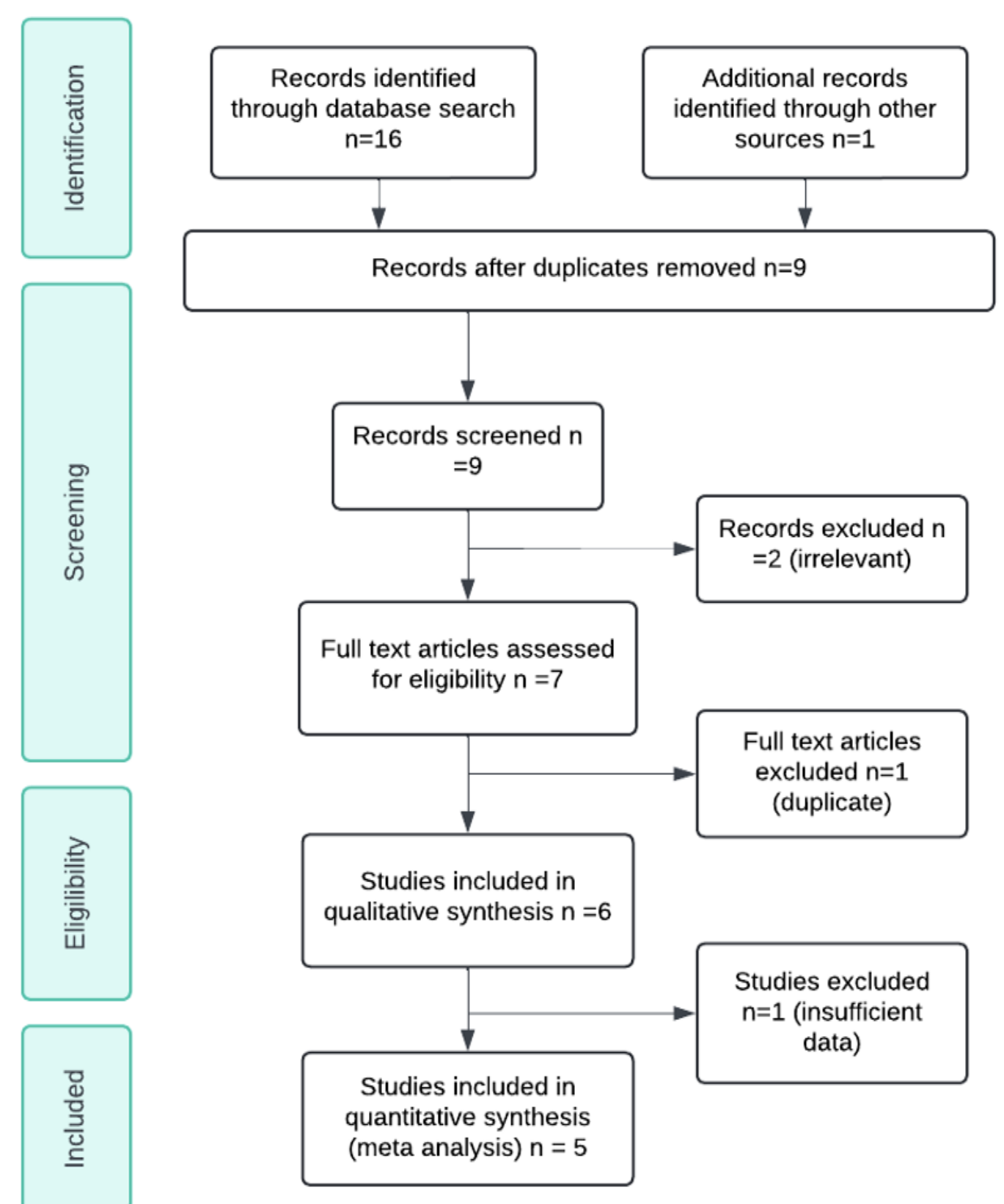


## Results

- ❑ Search with Medline, EMBASE and CINALH
- ❑ Literature reviewed from 2009
- ❑ 2 independent reviewers
- ❑ Available data extracted for meta-analysis
- ❑ Review Manager 5.0

## Studies included

- ❑ 6 studies were included and were of good quality
- ❑ 5 studies was randomized
- ❑ No. of participant varied from 23-229
- ❑ Length of follow up varied from 12 weeks to 12 months
- ❑ 3 studies used Tolterodine, 2 studies used Fesoterodine and 1 study used Solifenacin
- ❑ All studies used vaginal estrogen cream but the dosage and frequency varied between the studies



## Conclusion

- ❑ Data comparing combination therapy and monotherapy for overactive bladder are conflicting.
- ❑ The meta-analysis revealed a positive effect in reducing frequency but did not establish significance in addressing other symptoms of overactive bladder (OAB) and health-related quality of life (HRQL).
- ❑ Additional research is necessary to assess the potential advantages of using vaginal estrogen in this context.

## References

- 1.National Institute for Health and Care Excellence (NICE). Urinary incontinence and pelvic organ prolapse in women: management. NICE guideline 2019. <https://www.nice.org.uk/guidance/ng123> [ accessed 10/9/23]
2. Cardozo L, Lose G, McClish D, Versi E. A systematic review of the effects of estrogens for symptoms suggestive of overactive bladder. Acta Obstet Gynecol Scand. 2004 Oct;83(10):892-7. doi: 10.1111/j.0001-6349.2004.00581.x.

