

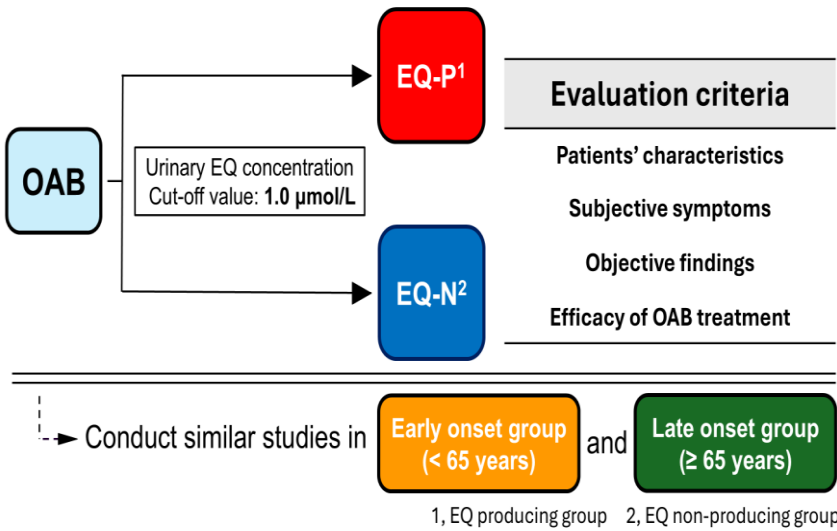
Equol production does not influence treatment efficacy for OAB.

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Background

- ◆ EQ is produced when isoflavone is metabolized by gut microbiota, and it has estrogenic effects.
- ◆ Our previous study¹⁾ has shown that the age of onset of LUTS, including OAB, is higher in EQ producers than in non-producers.
- ◆ There are no reports on the association between EQ production and the efficacy of OAB treatment.

Methods

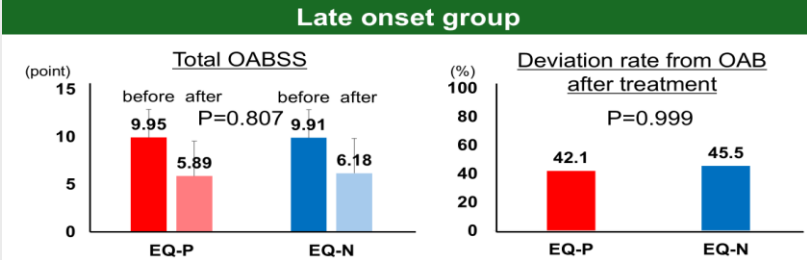
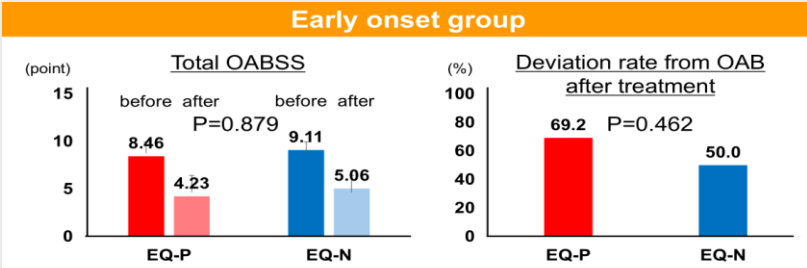
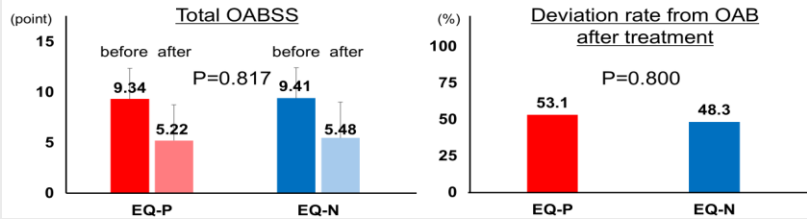


- ◆ Postmenopausal female patients newly diagnosed with OAB at our institution were included in this study.
- ◆ EQ production was assessed using spot urine samples, with a cut-off value of 1.0 μmol/L.
- ◆ All patients received standard treatment for OAB such as β3 agonists and anticholinergic agents, and outcomes were evaluated after 12 weeks of treatment.

1) Honda H, et al. J Clin Med. 2025; 14: 4183

Results

Variables	EQ-P	EQ-N	P value
Number of people (%)	32 (52.5)	29 (47.5)	-
Age of onset of LUTS, (y.o)	67.2 ± 11.0	60.4 ± 10.1	0.038
OABSS			
Q1. Daytime frequency	1.09 ± 0.53	1.03 ± 0.63	0.690
Q2. Nocturia	2.09 ± 0.86	1.83 ± 1.23	0.326
Q3. Urgency	3.50 ± 1.08	3.72 ± 1.00	0.404
Q4. Urgency incontinence	2.66 ± 1.72	2.83 ± 1.65	0.693
Treatment			0.372
β3 agonists (%)	23 (71.9)	24 (82.8)	
Anticholinergic agents (%)	9 (28.1)	5 (17.2)	



Interpretation

- ◆ There was no difference in the treatment effect of OAB.
- ◆ EQ production may inhibit the development of LUTS however, it does not affect treatment outcomes of OAB.