

ACUPUNCTURE FOR OVERACTIVE BLADDER IN FEMALE ADULT: A RANDOMIZED CONTROLLED TRIAL

Hypothesis / aims of study

The trial was to assess the effectiveness of acupuncture in treating female adult with overactive bladder.

Study design, materials and methods

After we excluded other causes for storage symptoms, a total of 240 consecutive female patients with overactive bladder were enrolled and completed all aspects of this prospective randomized controlled trial, of which 118 cases were randomly assigned to receive a weekly acupuncture treatment (intervention group), while the other 122 cases were given a pharmacological treatment of oral tolterodine tartrate 2 mg twice daily (control group) for 4 weeks. Data on urgency, incontinence, micturition frequency, nocturia episodes and voided volume were collected and statistically analyzed before and after 4 weekly acupuncture treatments or 4 weeks' pharmacological treatment using a 3-day micturition diary.

Results

The subjects in both intervention and control groups had significant decreases in number of urinary urgency episodes, incontinence episodes, daytime frequency, nocturia episodes and increase in volume voided per micturition without a significant statistical difference ($p > 0.05$) in the changes of OAB symptoms between the groups. There were no serious adverse events during the study. Adverse events were generally mild, well tolerated and occurred at very low rates in both groups. Dry mouth was most common with twice daily 2 mg tolterodine tartrate (11 cases), while needling pain was the most common adverse event in acupuncture treatment (9 cases).

Interpretation of results

In this randomized controlled trial, four sessions of weekly acupuncture treatment and 4 weeks' pharmacological treatment with twice daily 2 mg tolterodine tartrate produced significant improvements in female OAB symptoms although there was no significant statistical difference in the changes of OAB symptoms between the groups. In addition, there were no serious adverse events during the study.

Concluding message

This randomized controlled trial demonstrates that acupuncture is safe with significant improvements in patient assessment of overactive bladder symptoms and may be considered a clinically alternative treatment for overactive bladder in female adult.

References

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2. Stewart WF, Van Rooyen JB, Cundiff GW et al (2003) Prevalence and burden of overactive bladder in the United States. *World J Urol* 3.
3. Irwin DE, Mungapen L, Milsom I et al (2009) The economic impact of overactive bladder syndrome in six Western countries. *BJU Int* 103(2):202–209

Disclosures

Funding: We declare that we have no financial relationships with other people or companies that can inappropriately influence our work. **Clinical Trial:** Yes **Registration Number:** Chinese Clinical Trial Registry (ChiCTR) (ID: ChiCTR-TRC-14005243) **RCT:** Yes **Subjects:** HUMAN **Ethics Committee:** Dujiangyan Medical Center Ethics Committee **Helsinki:** Yes **Informed Consent:** Yes