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SAFETY AND EFFICACY WITH BLADDER BOTULINUM TOXIN IN ELDERLY PATIENTS

Hypothesis / aims of study

As urological application of botulinum toxin is expanding, questions arise about its safety and efficacy in selective patient population such as the elderly. We report on our experiences using botulinum toxin A (BTX-A, Botox®, Allergan) in patients over age 60 in the bladder and urethra.

Study design, materials and methods

Since 1998, 36 of our 126 patients (29%) were age 60 or older at the time of injection. Patients received injections of 100-200 units BTX-A into the bladder or external sphincter. Bladder injections were administered for indications of detrusor overactivity and sphincter injections were for diagnoses such as idiopathic urinary retention, and detrusor sphincter dyssynergia

Results

Mean age of patients was 70.4 years and patients ages ranged from 60-86 years. Table A describes patients, procedures and results. Of the 20 patients who experienced positive effects from BTX-A injection therapy, effects took place within an average of 10 days. Patients in both bladder and sphincter groups reported improvement in sleep patterns. Subjective global quality of life symptom scores also improved. There have been no reported acute or long-term complications.

	BTX-A Sphincter	BTX-A Bladder
Total # Patients	21 (9M, 12F)	15 (2M, 13F)
Clinical Improvement	10 (4M, 6F)	10 (1M, 9F)
Results	PVR=130+50ml to 54+38ml	Total voids decreased 14+3 to 10+2 Incontinence episodes decreased 5+3 to 2+2

Interpretation of results

BTX-A injections appears to be safe and without increased retention risk in patients age 60 and over. In our series, botulinum toxin A is equally effective in women as it is in men.

Concluding message

Treatment with Botulinum Toxin for the bladder appears to be a promising treatment modality for a variety of lower urinary tract dysfunctions for both skeletal and smooth muscle dysfunction in men and women including those over the age of 60.