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FUNCTIONAL FOODS FOR URINARY INCONTINENCE: POTENTIAL HOPE FOR SELF-MANAGEMENT

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Introduction

Self-management of UI is currently limited to containment products, which are expensive overtime particularly those with severe to moderate symptoms. When self-management fails, those with UI turn to medical interventions. First-line anticholinergic medication use doubled from 5.7% to 9.9% (1991-2011); aside from financial cost to healthcare services, side effects such as constipation and cognitive decline pose a personal burden. Aiming to bridge the gap between self-management and medical interventions, Jude a bladder health company, has developed a supplement containing phytoestrogens and nitric oxide which addresses the UI pathophysiology mechanism. We present preliminary data from a self-administered trial to prove efficacy and tolerability.

Methods

Female participants aged 35-84 years old with UI (n=130) took two tablets per day of a previously studied formulation (1) over six weeks and completed a symptom questionnaire assessing daily leaks, nocturia, sleep quality and side-effects. Analysis Participants who were not protocol compliant but completed their questionnaire were assigned as controls (6.2%,n=8). Compliant participants with complete questionnaire responses were marked as cases (89.2%,n=116). The remaining participants were excluded. Chi-squared analysis examined participant questionnaire responses against compliance. A secondary analysis randomly matched cases-controls for validation.

Results

Side effects included GI issues and dry mouth (n=4). Significant findings have been reported in tables 1-3, all other analyses were non-significant.

Conclusions

The pilot study was unique in design but was able replicate previous findings(1). The secondary analysis validated significant improvements in leak and nocturia symptoms over a 6-week period. Reported side effects were minimal proving tolerability, furthermore 100% of participants felt they would undergo further treatment indicating long-term adherence. The presented data shows grounds for further clinical studies with a more stringent methodology. Crucially, the study indicates a new route for self-administered treatment for people with UI.

Reference

Shim, Bongseok & Jeong, Hyewon & Lee, Sara & Hwang, Sehee & Moon, Byeongseok & Storni, Charlotte. (2014). A randomized double-blind placebo-controlled clinical trial of a product containing pumpkin seed extract and soy germ extract to improve overactive bladder-related voiding dysfunction and quality of life. *Journal of Functional Foods*. 8. 111–117. 10.1016/j.jff.2014.03.010.