Recent pharmacological treatment for overactive bladder (OAB) and its future perspective

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OAB is the term used to describe the symptom complex of urgency with or without urgency incontinence, usually with frequency and nocturia. Pharmacological therapy, in addition to behavioural modifications, remains integral in the management of OAB. With an increasing elderly population, the impact of OAB will continue to have an important effect of quality of life and may become an increasing economic burden to healthcare providers.

Antimuscarinic agents have been the mainstay of pharmacotherapy for the management of OAB. While tolerability has previously limited compliance the development of bladder-selective muscarinic agonists with a better adverse-event profile has improved this dramatically.

The role of intravesical therapy currently remains under investigation. Botulinum toxin has now largely superseded the alternative intravesical preparations. Whilst there is now substantial evidence to support its use in patients with neurogenic bladder there is limited evidence to support its usage in idiopathic OAB. In addition there remains a concern regarding the long-term effects of repeated injections on detrusor muscle function.

To date there has been little success with calcium antagonists and potassium channel-opening agents, although there remains a need for alternative types of medication. Beta-3 agonists activate the β3 - ARs which mediate relaxation of the detrusor muscle to facilitate filling of the bladder and storage of urine and have recently been under development.

This presentation will therefore review the latest evidence for pharmacotherapy currently available and consider how newer agents such as beta-3 agonists may provide a greater choice for our patients.

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Paul Abrams is considered one of the world’s leading experts in the field of lower urinary tract dysfunction. He is currently Professor of Urology, University of Bristol and Consultant Urological Surgeon, Southmead Hospital, Bristol and Director of the Bristol Urological Institute.

Professor Abrams has served as General Secretary of the International Continence Society (ICS), a position he held from 1985 to 2003. In addition, he was Chairman of the 1st, 2nd and 3rd and 4th International WHO International Consultations on Incontinence (2008). He chaired the Urodynamic Sub-committee of the International WHO Consultation on Benign Prostatic Hyperplasia, was co-chair of the 2005 Consultation on Male Lower Urinary Tract Dysfunction and Vice-Chairman of the International Consultation on Urological Diseases (ICUD).

He was deputy editor of *Neurology and Urodynamics* (1995–2006), is a member of several editorial boards and an expert reviewer, as well as a journal referee, for many leading urology journals. He has also been an advisor to the US FDA, the American College of Obstetrics and Gynaecology and the US Agency for Healthcare Policy Research. He is a member of the NICE Interventional Procedures Advisory Committee and was a council member of the British Association of Urological Surgeons (BAUS) and the first Chairman of the BAUS Section of Female and Reconstructive Urology.

Professor Abrams is a member of the Board of the European Association of Urology (EAU) and is chair of courses and consultations at the Société International d’Urologie (SIU).

An invited speaker at meetings in over 30 countries, he has lectured and presented at all the major international urological meetings. He has edited more than 10 books, has contributed chapters to more than 30 academic books and has produced over 300 journal articles and published abstracts. The third edition of his book "Urodynamics" was published in 2005.