

## Oxybutynin ER vs tolterodine for overactive bladder

Oxybutynin extended-release (ER) is more effective than tolterodine in the treatment of patients with overactive bladder, report the OBJECT Study Group investigators.<sup>1</sup> \*

This double-blind study, conducted in 37 centres across the US, included 378 such patients (315 women and 63 men) who were randomised to receive either oxybutynin ER 10 mg/day or tolterodine 4 mg/day (2mg twice daily) for 12 weeks.

### Encouraging results

At the end of the study, the reduction in the mean number of weekly urge incontinence episodes was significantly greater in oxybutynin recipients (from 25.6 at baseline to 6.1 at 12 weeks) than in tolterodine recipients (from 24.1 to 7.8, respectively). Similarly, the reduction in the mean number of weekly incontinence episodes was significantly greater with oxybutynin treatment (from 28.6 to 7.1 vs 27 to 9.3) as was the reduction in the mean number of micturition frequency episodes per week (from 91.8 to 67.1 vs 91.6 to 71.5).

The number of patients withdrawing from treatment due to adverse events or intercurrent illness was similar in the 2 groups (7.6 vs 7.8%). The proportion of patients experiencing adverse events was also similar in the 2 groups, with dry mouth being the most common event (28.1 vs 33.2%).

In an accompanying editorial, Dr Daniel Elliott and colleagues from the Mayo Clinic in Rochester, US, comment that the results of this study '*are encouraging and demonstrate progress toward lessening the problem of bladder dysfunction*'.<sup>2</sup> However, the similar dropout rates in both treatment groups due to adverse events or intercurrent illness shows that the ideal treatment option for these patients has yet to be found.

\* The Overactive Bladder: Judging Effective Control and Treatment (OBJECT) study was funded by ALZA Corporation, US.

1. Appell RA, et al. Prospective randomized controlled trial of extended-release oxybutynin chloride and tolterodine tartrate in the treatment of overactive bladder: results of the OBJECT Study. Mayo Clinic Proceedings 76: 358-363, Apr 2001.

2. Elliott DS, et al. Medical management of overactive bladder. Mayo Clinic Proceedings 76: 353-355, Apr 2001.