Nocturia related to post radiation bladder pain can be improved by hyaluronic acid chondroitin sulfate (ialuril®)

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Giannessi C. 1, Villari D. 1, Saleh O. 1, Frizzi J. 1, Raugei A. 1, Li Marzi V. 1, Detti B. 2, Finazzi Agrò E. 3, Minervini A. 1, Carini M. 1, Serni S. 1, Gacci M. 1

1University of Florence, Dept. of Urology, Florence, Italy, 2University of Florence, Dept. of Radiation Therapy, Florence, Italy, 3Tor Vergata University, Dept. of Urology, Rome, Italy

INTRODUCTION & OBJECTIVES: After radiotherapy for prostate cancer, up to 50% of patients can have nycturia (De Langhe S et al: Int J Radiat Oncol Biol Phys. 2013). Hyaluronic acid chondroitin sulfate (ialuril®) represents the replacement of the protective lining in bladder known as Glycosaminoglycan, or GAG layer.

The aim of our study is to evaluate the impact of Ialuril® on symptom and bother related to nocturia, in men with bladder pain syndrome (BPS) after radiotherapy for prostate cancer.

MATERIAL & METHODS: Twenty-three consecutive patients (mean age: 67.9) with bladder pain syndrome due to pelvic irradiation for locally advanced prostate cancer (16 treated with radical prostatectomy plus radiotherapy and 7 with radiotherapy alone) were enrolled from May 2012 to October 2013. Patients underwent intravesical administration of Ialuril® weekly for the first month, and on the 6th, 8th and 12th week subsequently.

Nocturia was assessed by item 3 (Q3) of the Interstitial Cystitis Symptoms Index (ICSI, the “symptom” nocturia) and the item 2 (Q2) of the Interstitial Cystitis Problem Index (ICPI, the “bother” nocturia). Both questionnaires were self-administered immediately after RT and at the end of treatment with Ialuril (12th weeks) to evaluate the relapse of symptoms.

Data were analyzed with Paired samples T test, and subsequently adjusted for age, baseline ICSI-Q3, baseline ICSI Total score and age, ICPI-Q2, ICPI Total score in two separate logistic regression models.

RESULTS:
Mean ± standard error of the mean pre and post-treatment ICSI-Q3 was 2.13±0.28 and 1.61 ±0.21, (% of Delta pre-post: -24.4%, p=0.001). At logistic regression both age and baseline ICSI-Q3 had a negative impact on this item (r=0.293, p=0.011 and r=0.970, p=0.000). Mean ± standard error of the mean pre and post-treatment ICPI-Q2 was 1.87±0.26 and 1.30 ±0.25, (% of Delta pre-post: -30.5%,p=0.016). At logistic regression we did not find any significant data. (see Figure)

CONCLUSIONS: In challenging patients, with post radiation bladder pain syndrome, Ialuri® resulted effective in reducing the symptom nocturia and the relative Bother. Further RTCs are needed to confirm the result of this pilot study.