



Keep taking the tablets....

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Intuitively, outcomes should improve with adherence...

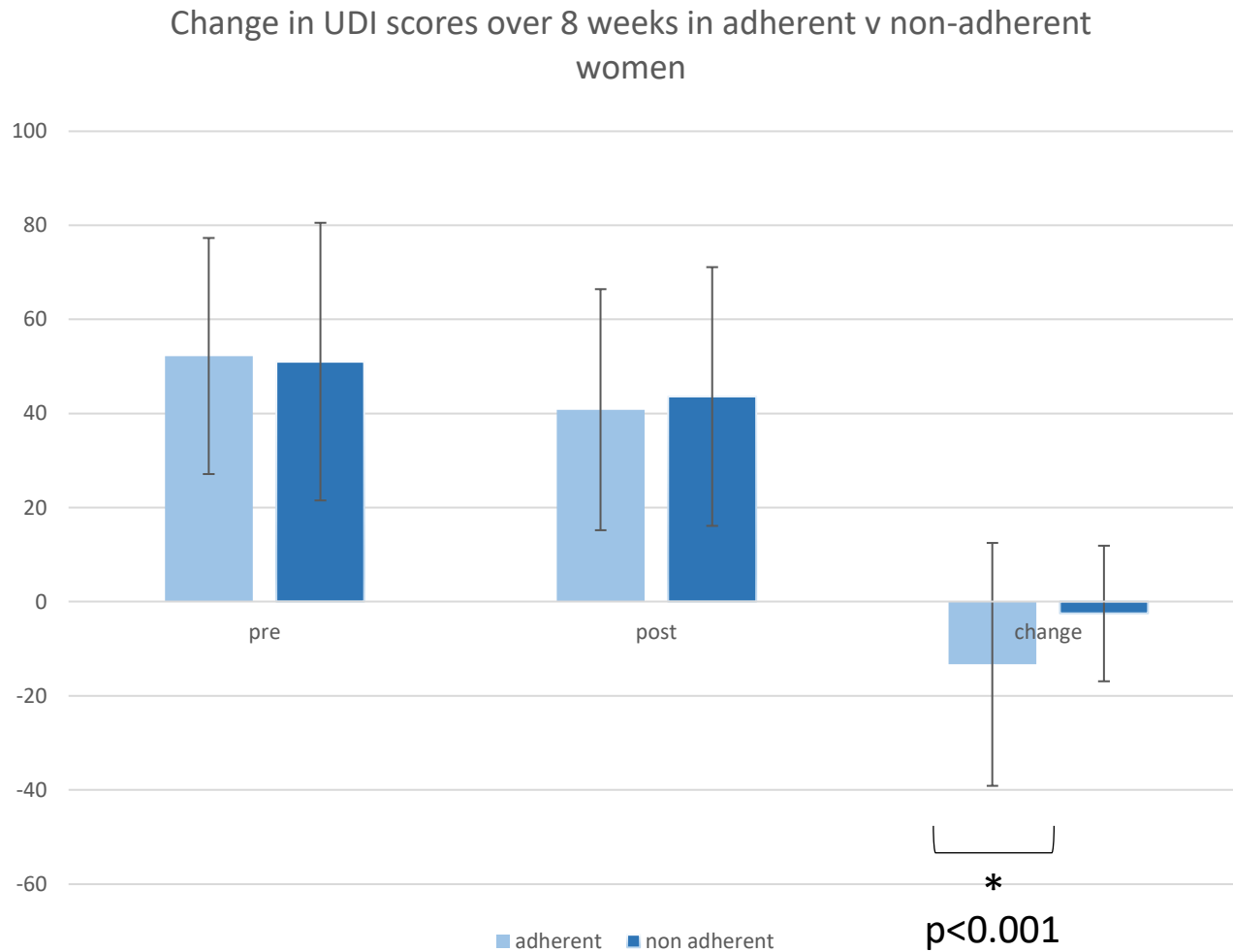


Adherent



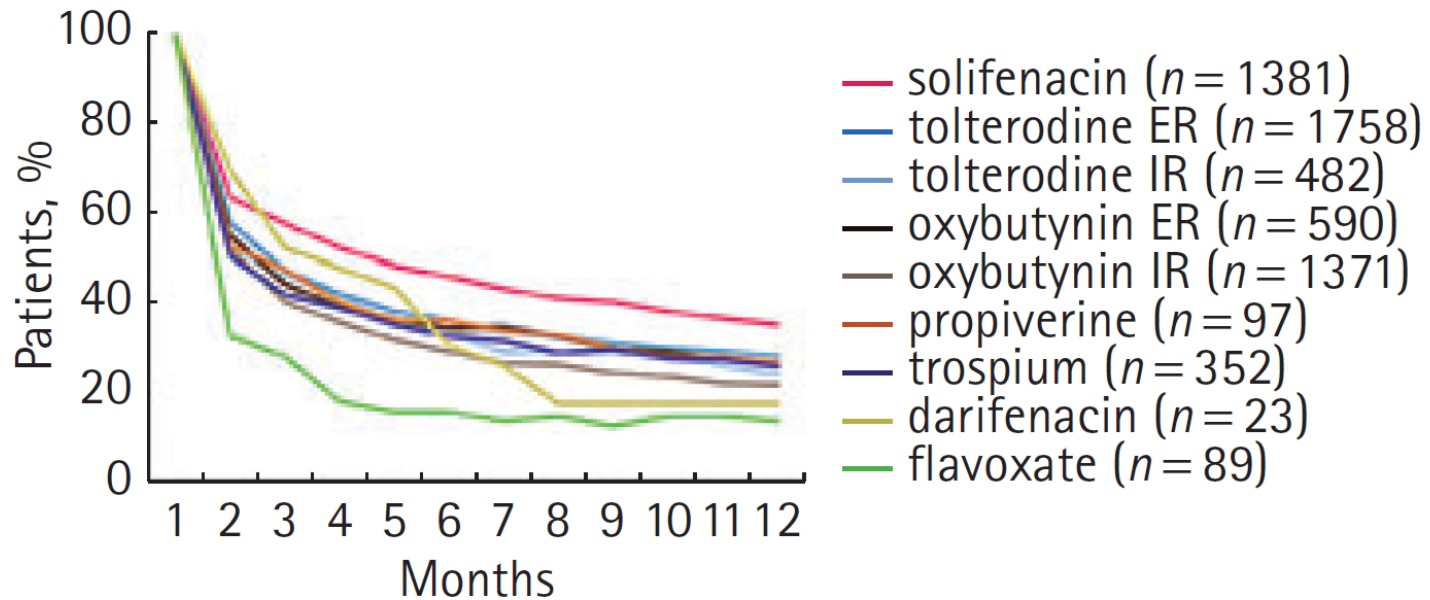
Non-adherent

This is true for OAB

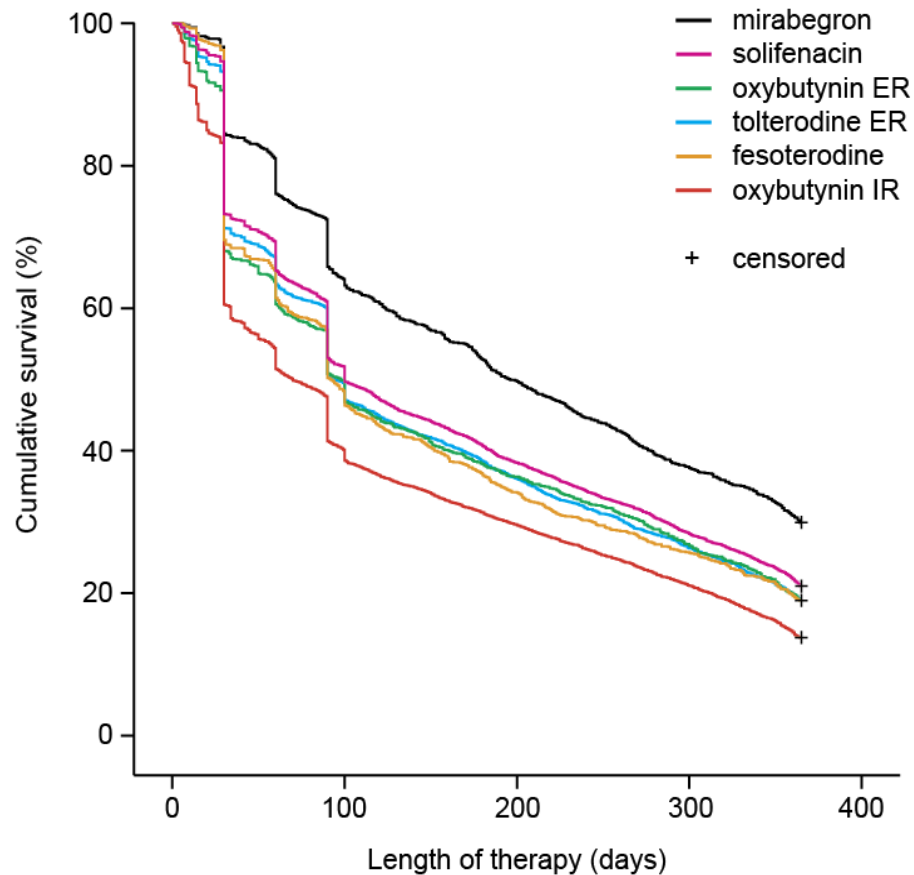


Though persistence with OAB drugs is poor

In the UK...

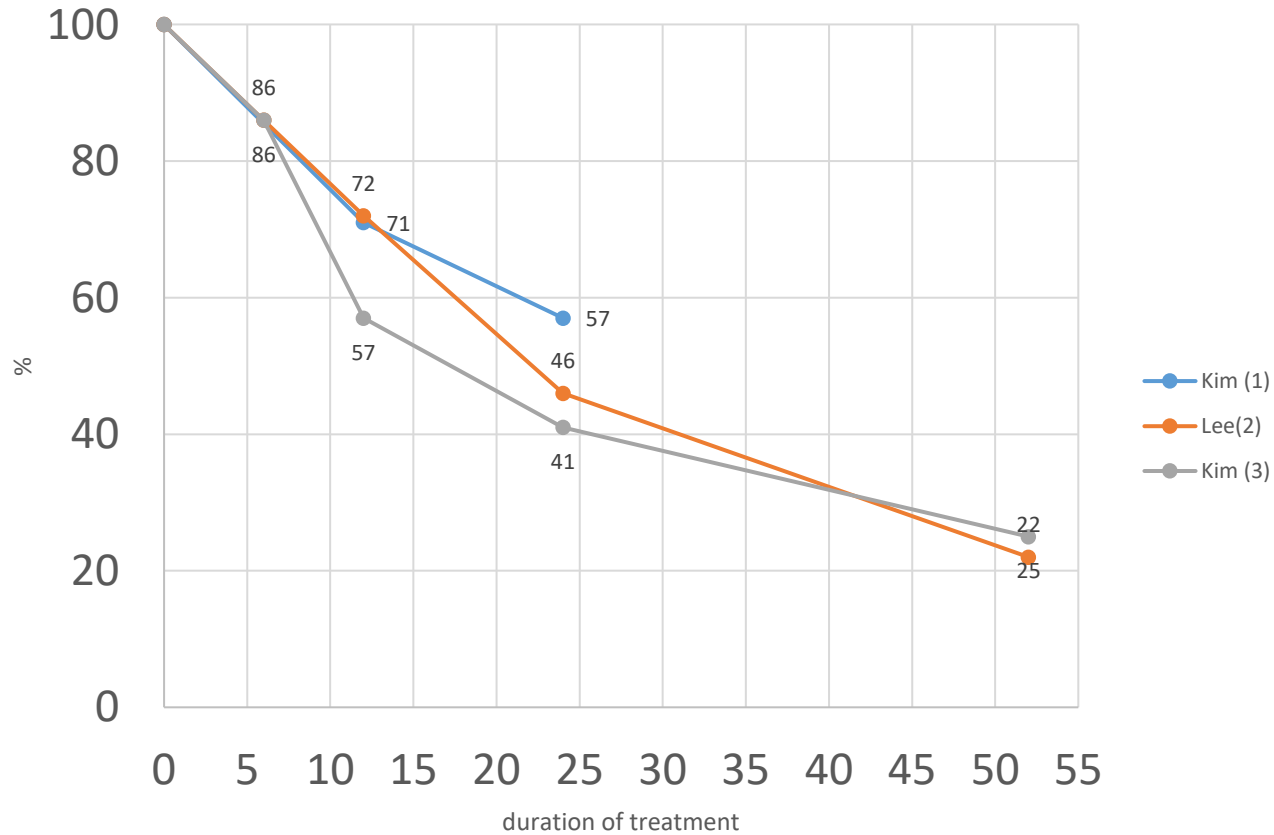


And in Canada...



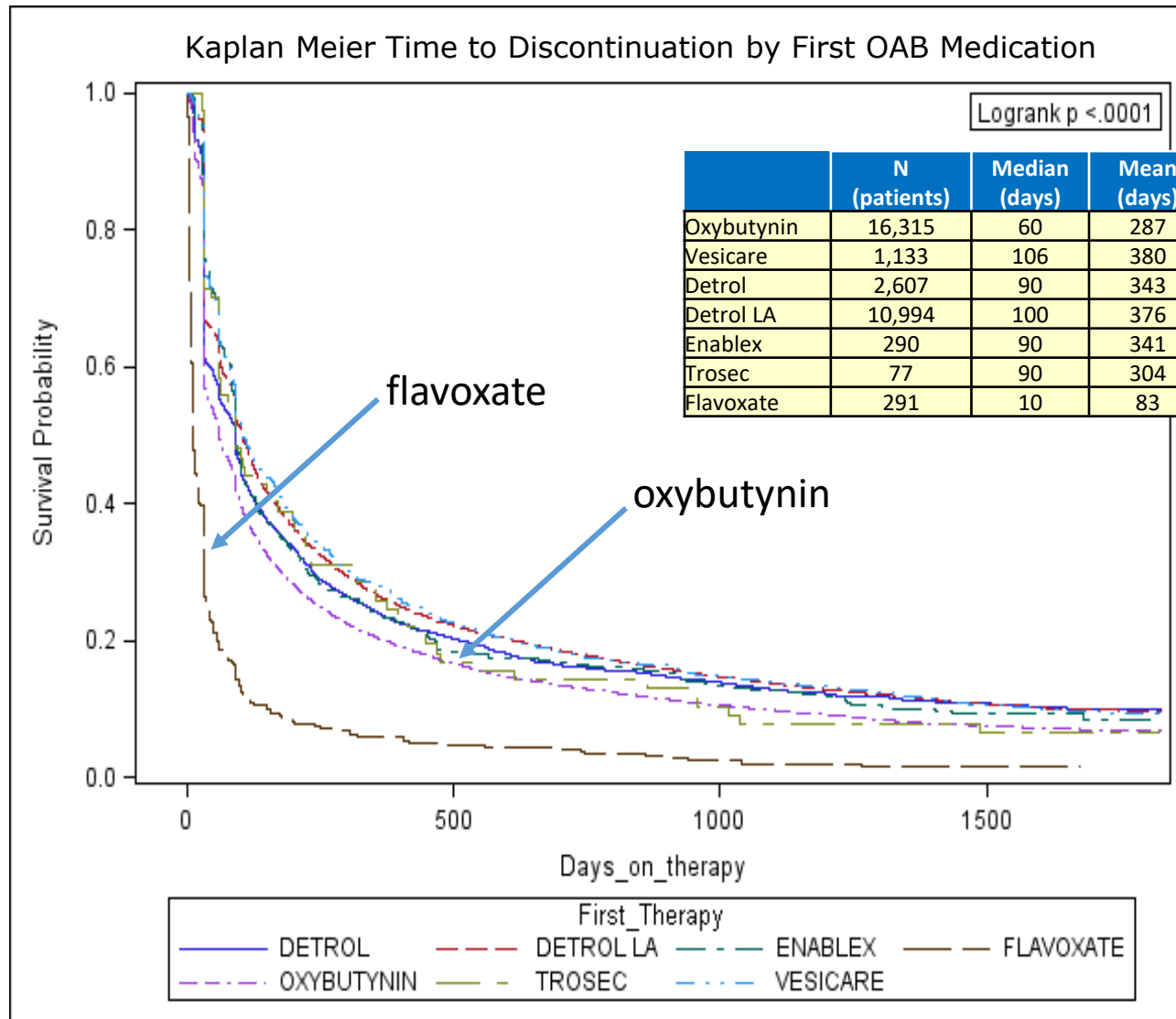
Kaplan-Meier estimated rates of persistence with different OAB drugs in treatment-naive patients (n=17,890)

and Korea...amongst others

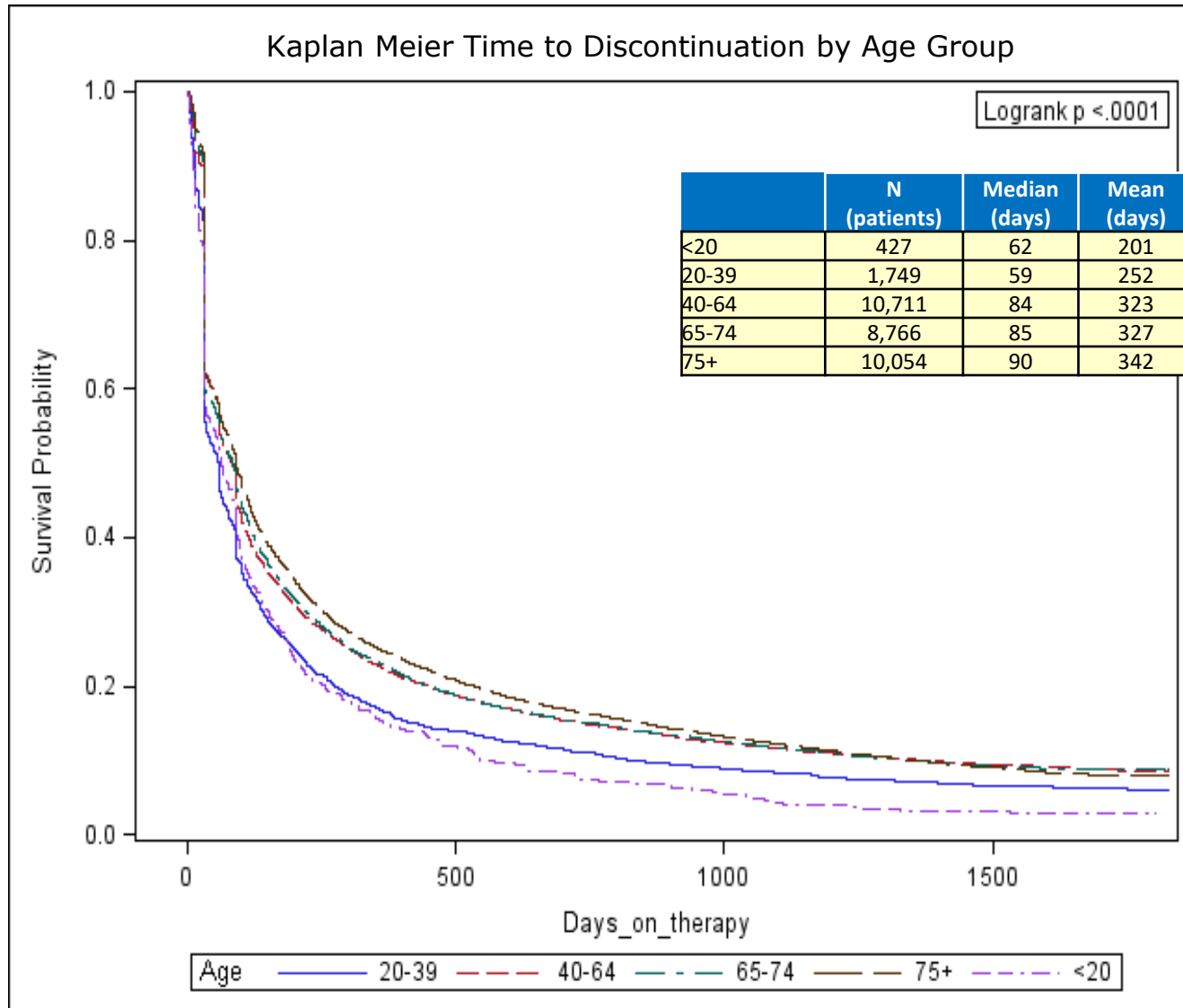


1. Qual Life Res. 2015 Dec 24; doi: 10.1007/s11136-015-1216-z
2. Int J Clin Pract. 2014;68:1496–1502
3. Int J Clin Pract. 2016 Apr;70(4):351-7.

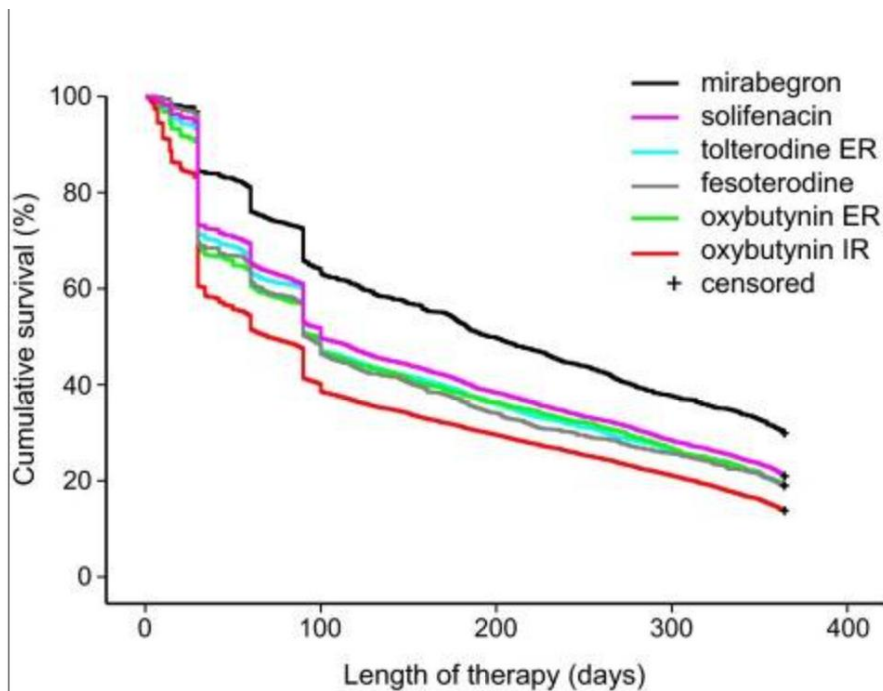
First choice of medication matters...



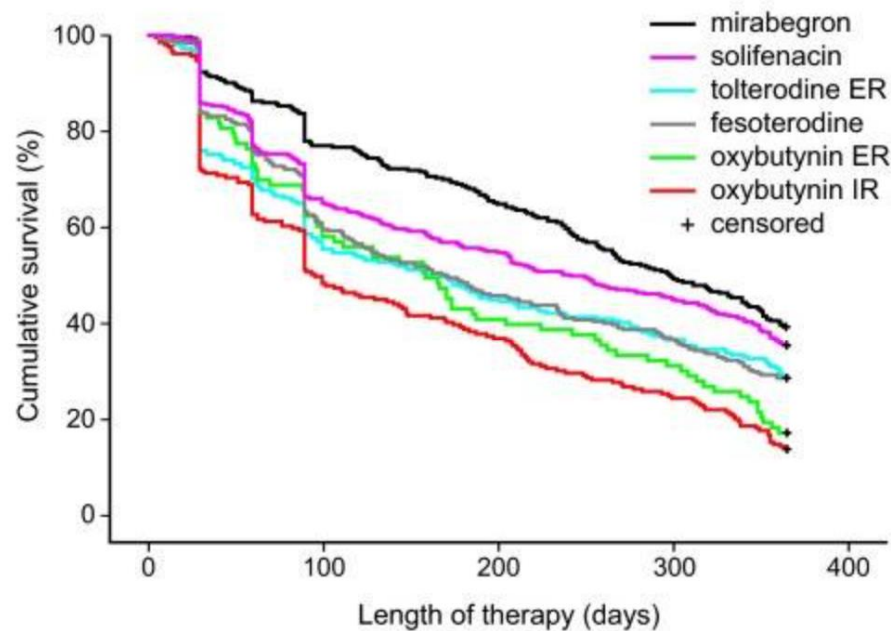
Age, in the majority of studies, seems to count....



As does prior treatment exposure



Treatment naïve



Treatment experienced

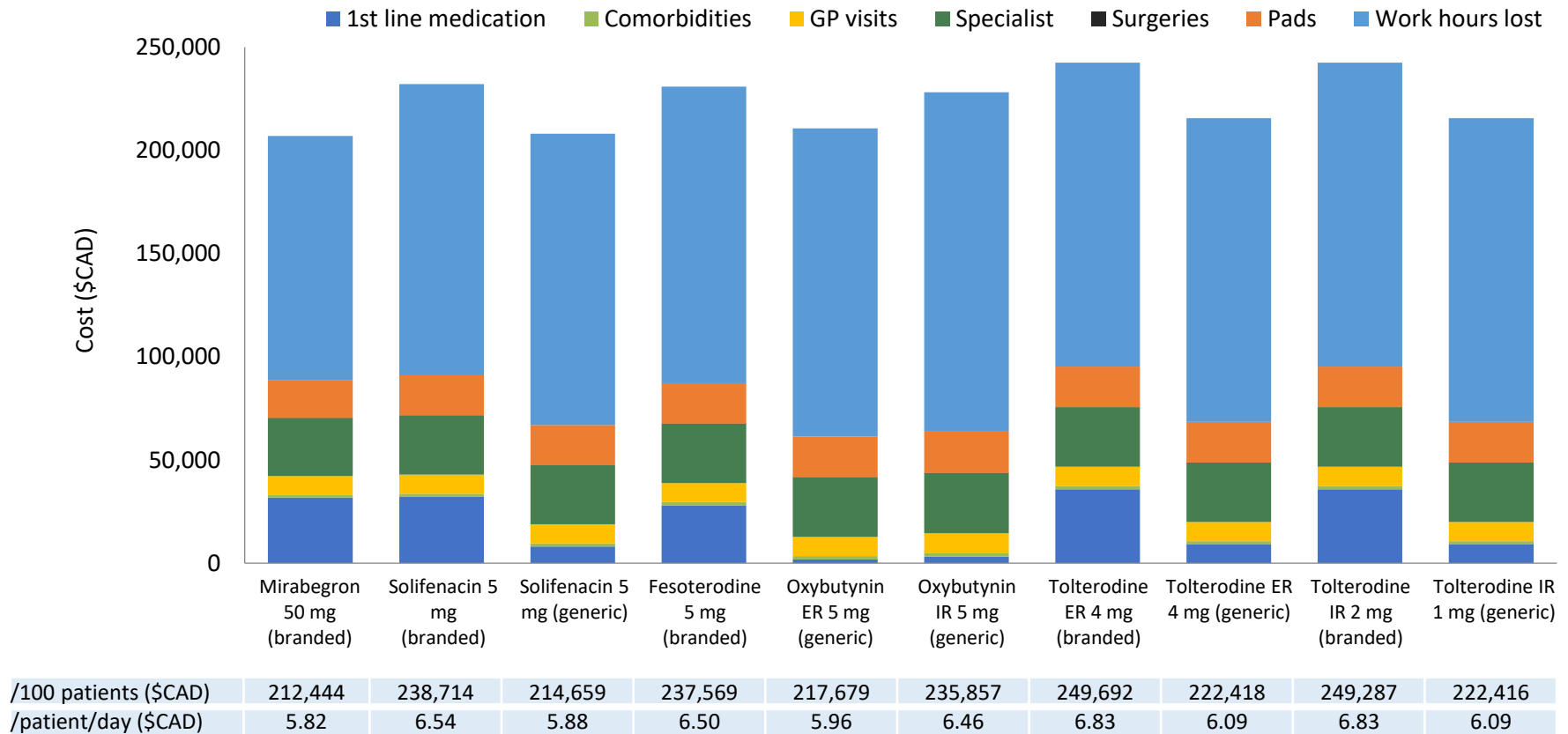
And number of co-existing medications...

	No. patients	HR	95% CI	<i>p</i> value	Mean (median) days ^{**}	12-month persistence
OAB drug						
Mirabegron [*]	313	1.000	— [*]	— [*]	249 (299)	39.3%
Solifenacin	429	1.220	1.013–1.469	0.037	220 (242)	35.4%
Fesoterodine	297	1.456	1.196–1.772	<0.001	197 (171)	28.6%
Tolterodine ER	254	1.532	1.248–1.881	<0.001	192 (162)	28.7%
Oxybutynin ER	93	1.838	1.409–2.398	<0.001	184 (159)	17.2%
Oxybutynin IR	209	2.160	1.759–2.652	<0.001	159 (96)	13.9%
No. coexistent prescription medications[†]						
0 [*]	63	1.000	— [*]	— [*]	154 (90)	15.9%
1–3	498	0.819	0.765–0.875	0.038	196 (365)	24.9%
4–5	397	0.744	0.693–0.798	0.002	205 (177)	33.0%
6–8	379	0.715	0.665–0.768	<0.001	220 (235)	35.4%
>8	258	0.668	0.618–0.723	0.003	225 (261)	30.6%

* reference

Persistence can drive costs

(Canadian data)



In real life..

- Of 88% of 354 patients who were prescribed mirabegron for OAB between February 2013 and July 2014.
- 25% continued mirabegron therapy at 1 year
- At 1 yr -ICIQ FLUTS and UDI -26 % "very much better", 37 % "much better"
- Most common causes of discontinuation were lack of efficacy (26 %) and side effects (10 %).
- Patients who were treatment naïve were more likely to discontinue mirabegron than those who had previously taken anticholinergics ($p = 0.02$).

Mirabegron v oxybutynin in Spain

- Observational, retrospective, multicentre study
- Follow-up time was one year.
- Persistence was defined as the time (months), without discontinuation of the initial treatment, or without change of treatment at least 60 days after the initial prescription.
- Of 1,277 patients included in the study, 42.9% were on oxybutynin and 57.1% mirabegron. The mean age was 69.3 years and 53.2% were female.
- persistence: 35.0% oxybutynin vs. 32.2% mirabegron, $P=.294$)
- price of medication (€279.2 OXY vs. €692.3 MIRA, $P<.001$)
- adverse events (9.7 vs. 4.9%, $P<.001$)

Mirabegron in a UK hospital series...

- persistence rates of patients receiving mirabegron over a 6 month period
- 177 patients were prescribed mirabegron.
- Of these, 81% previously discontinued anticholinergic therapy
- 14% had previously received intravesical botulinum toxin A therapy
- 19% were prescribed mirabegron first-line.
- At 3 months 69% persisted with treatment which fell to 48% by 6 months.
- Overall 32% of patients preferred mirabegron over previous treatments and only 39% were satisfied with mirabegron therapy.

So what can be done to improve things?

