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Continenza Neuro-Urologia Pavimento Pelvico
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**RACCOLTA
ABSTRACT**





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All studies presented at the SIUD National Congress 2023 are not for profit.

2 - Efficacy of bladder instillations of Adelmidrol and sodium hyaluronate for the treatment of actinic cystitis

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INTRODUCTION AND AIM OF THE STUDY

Actinic cystitis is a common complication of radiotherapy. Main symptoms are hematuria, pain during micturition, suprapubic and pelvic pain, urgency/frequency and incontinence. We retrospectively evaluated a group of patients that underwent radiotherapy for prostate, bladder, cervix and hematological cancer and who developed symptomatic actinic cystitis. The aim of this study is to evaluate the symptoms reductions after bladder instillations of a solution of Adelmidrol and sodium hyaluronate.

MATERIALS AND METHODS

We retrospectively evaluated from February 2020 until December 2022 all consecutive patients with asymptomatic actinic cystitis. We collected the related symptoms from clinical records (urgency, frequency, macroscopic hematuria, incontinence episodes and pain, evaluated with the VAS questionnaire). Each patient underwent weekly bladder instillations of a solution composed of 1000 mg of Adelmidrol and 50 mg of Sodium Hyaluronate, postponing micturition for at least 60 minutes. All patient received a weekly bladder instillation for at least 6 weeks; in case of persistence of symptoms a second instillation cycle was performed.

RESULTS

We enrolled 13 patients, 3 females and 10 males. The total radiation dose was different in each patients and depended on different treatment modalities and cancer localization. All patients complained of urgency, macroscopic hematuria and pelvic pain before starting the treatment. After a cycle of bladder instillations we found a significant reduction on symptoms, especially for macroscopic hematuria that was resolved in all patients ($p = 0.0265$). We found a reduction of urgency and incontinence episodes, however without reaching a statistical significance. We reported a significant reduction of pelvic pain, as demonstrated by the reduction of the VAS score from an average value of 4 to 0 (Wilcoxon test, $p < 0.05$).

INTERPRETATION OF RESULTS

Adelmidrol exerts its effect with an anti-inflammatory mechanism, restoring the physiological level of Palmytoylethanolamide in the bladder wall interstice, and with a restorative effect of the bladder surface, reducing hematuria. The re-epithelializing effect could be responsible for a lower exposure of the nerve endings to nociceptive stimuli, reducing pelvic pain.

CONCLUSIONS

The treatment with an intravesical solution of Adelmidrol and hyaluronic acid appears to be effective in reducing episodes of macroscopic hematuria and pelvic pain in patients with actinic cystitis.