

## Publication Abstracts for UTI-Stat®

Posthauer M. Can a Cranberry Concentrate Complex Liquid Combined with Increased Hydration Protect Elderly Residents From Urinary Tract Infections? *The Director*.2008;16:13-16.

A study on the efficacy of a cranberry (*Vaccinium macrocarpon*) concentrate complex liquid to lessen symptoms and reduce recurrence of UTIs among elderly residents in LTC facilities was conducted in five states.

Subjects were selected from a convenience sample of male and female residents in LTC facilities. Asymptomatic residents with 2 or more UTIs in the past 12 months were included in the study, as were those who exhibited changes in mental status/confusion consistent with UTI onset. Exclusion criteria included administration of antibiotics within 48 hours prior to the study or long-term treatment with antibiotics for chronic UTI; stones in urinary tract; allergy to cranberry compounds; current use of warfarin; major cardiac or renal problem; symptomatic UTI (> 3 symptoms); fluid restriction; and thickened liquid.

The interventional trial was conducted in accordance with the Good Clinical Practice regulations of the Food and Drug Administration. Trained personnel were available on-site to facilitate adherence to the study protocol. Written informed consent was obtained from participants or their legally appointed representatives.

**RESULTS:** The primary outcome was prevention of UTI symptoms. Ninety-two percent (81/88) of participants remained symptom-free for the full three months of the study and did not require antibiotic therapy. Two residents had mild urinary pain for up to 5 weeks; 2 had mild urinary burning for up to 6 weeks; 2 had mild urinary odor for 4 weeks; and 1 had dark urine for 6 weeks. Eight percent (8%) of residents (7/88) had mild UTI symptoms. Overall, fewer UTIs were identified and reported on the Long Term Care Minimum Data Set (LTC MDS) system of records (9). All other residents taking UTI-STAT remained comfortable and asymptomatic.

Efros M, et al. Novel Concentrated Cranberry Liquid Blend, UTI-STAT<sup>®</sup> may Help Prevent Recurrent Urinary Tract Infections in Women. *Urology Gold*.2010;76:841-5.

([abstract](#))

**OBJECTIVES:** To determine the safety, tolerability, maximal tolerated dose, and efficacy of a concentrated cranberry liquid blend, UTI-STAT with Proantinox, in female patients with a history of recurrent urinary tract infections (rUTIs).

**METHODS:** The study agent was administered orally at 15, 30, 45, 60, and 75 mL daily for 12 weeks to women with a history of  $2.78 \pm 0.73$  rUTIs <6 months. Blood and urine samples were collected at baseline and weeks 4 and 12. The women took daily doses of the agent. The primary endpoints were the safety, tolerability, and maximal tolerated dose. The secondary endpoints were the efficacy with regard to rUTI and quality-of-life (QOL) symptoms.

**RESULTS:** A total of 28 subjects were included in the study. Of these 28 women, the data from 23 were analyzable. The average age was  $46.5 \pm 12.8$  years. The maximal tolerated dose of UTI-STAT was 75 mL/d, and the recommended dose was set at 60 mL/d. The secondary endpoints demonstrated that only 2 (9.1%) of 23 reported a rUTI, a markedly better rate than the historical data. At 12 weeks, the reduction in worry about rUTIs and increased QOL with regard to the physical functioning domain and role limitations from physical health domain, as measured by the Medical Outcomes Study short-form 36-item questionnaire, were significant ( $P = .0097$ ). A lower American Urological Association Symptom Index indicating greater QOL was also significant ( $P = .045$ ).

**CONCLUSIONS:** The novel concentrated cranberry liquid blend showed a good safety profile and tolerability in both pre- and postmenopausal women with history of rUTIs. The secondary endpoints demonstrated its effectiveness in reducing the incidence of rUTI and increasing QOL. Given this evidence, supplementation might be beneficial in the prevention of rUTIs in this population.