

# UTI-Stat® Publication

Efros M, Bromberg W, Cossu L, et al. Novel Concentrated Cranberry Liquid Blend, UTI-STAT With Proantinox, Might Help Prevent Recurrent Urinary Tract Infections in Women. *Urology*. 2010;76:841-5.

## Objective:

Urinary tract infections (UTIs) are one of the most common medical conditions, especially in women. This study aimed to examine the safety, tolerability, and efficacy of a novel cranberry-containing liquid product that includes proprietary ingredients (UTI-Stat®) in both pre- and postmenopausal women with a history of UTIs.

## Methods:

This prospective, dose-escalation study included twenty-eight women (18-75 years) with a history of at least two UTIs within the past six months. Subjects were assigned to a successive dose group starting at 15 mL and increasing in each group by 15 mL to a maximal dose target of 90 mL/day. Subjects took UTI-Stat daily for 12 weeks. Measured endpoints included safety, tolerability, maximal tolerated dose, efficacy related to recurrent UTIs, and quality of life symptoms. Blood and urine samples were taken at baseline and weeks 4 and 12. Two self-reported questionnaires, the American Urologic Association Symptom Index (measures urologic symptoms experienced during the previous 4 weeks) and the Medical Outcomes Study short-form (measures overall health and quality of life) were also completed at baseline and weeks 4 and 12.

## Results:

Twenty-three women with an average age of  $46.5 \pm 12.8$  years completed the study. The maximal tolerated dose of UTI-Stat was 75 mL/day and the recommended dose was set at 60 mL/day. Only two women were withdrawn because of a recurrent UTI. The Medical Outcomes Study short-form showed an increased quality of life at 12 weeks ( $p = .0097$ ) compared to baseline. The American Urological Association Symptom Index showed a significantly lower score ( $p = .045$ ), indicating a greater quality of life at 12 weeks compared to baseline.

## Conclusion:

UTI-Stat ( $\leq 60$  mL/day) was well-tolerated, safe and effective (91% of subjects remained free of recurrent UTIs for three months) in pre- and postmenopausal women with a history of UTIs. Therefore, providing UTI-Stat in this population may be beneficial to manage urinary tract health and improve quality of life.

**In this prospective dose-escalation study of 28 women, 91% of the women who received UTI-Stat remained free of recurrent UTIs for 3 months. An increase in quality of life at 12 weeks compared to baseline was also demonstrated.**

Adapted from the publicly available abstract: <http://www.ncbi.nlm.nih.gov/pubmed/20399486>

# UTI-Stat<sup>®</sup> Publication

Posthauer ME. Can a Cranberry Concentrate Complex Liquid Combined with Increased Hydration Protect Elderly Residents from Urinary Tract Infections? The Director. 2008;16:13-6.

## Objective:

Cranberry concentrate, dextro-mannose, ascorbic acid, bromelain, and prebiotic fructo-oligosaccharides may be beneficial in the management of urinary tract health, especially those with recurrent urinary tract infections (UTIs). This study aimed to examine the efficacy of UTI-Stat among elderly residents with a history of recurrent UTIs in long-term care (LTC) facilities.

## Methods:

This prospective, intervention study included 124 male and female LTC residents in five states who had two or more UTIs in the past 12 months. UTI-Stat (30 mL) was provided twice daily. Compliance was documented on the medicine administration records (MARs) and symptoms were recorded by nursing staff for 90 days. Each resident was encouraged to consume a minimum of 1500 – 1600 mL fluids/day and those who consumed < 450 mL fluids/day or < 900 mL fluids/day were placed on a fluid alert and removed from the study. The clean catch urine method was used twice each month for laboratory analysis and secondary culture.

## Results:

Eighty-eight residents from ten different LTC facilities across five states completed the study. Eighty-one out of eighty-eight (91%) of subjects remained symptom-free for the entire 90 days. 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. Seven out of eighty-eight residents (8%) had mild UTI symptoms. Overall, fewer UTIs were identified and reported on the Long Term Care Minimum Data Set (LTC MDS) system of records. All other residents taking UTI-Stat remained comfortable and asymptomatic.

## Conclusion:

UTI-Stat (30 mL) provided twice daily may be beneficial for urinary tract health and to help manage symptoms of UTIs in LTC residents at risk for UTIs.

**In this prospective, intervention study of 88 long-term care residents, 91% of subjects remained free of UTI symptoms throughout the duration of the study.**

**Adapted from reference:** Posthauer ME. Can a Cranberry Concentrate Complex Liquid Combined with Increased Hydration Protect Elderly Residents from Urinary Tract Infections? The Director. 2008;16:13-6.