EFFECTIVENESS OF URO-VAXOM AND VITAMIN E IN DELAYING RECURRENCES OF E.COLI LUTS IN GERIATRIC PATIENTS

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INTRODUCTION & OBJECTIVES: Uro-Vaxom is an oral vaccine against Escherichia coli used as immunobiotherapy of urinary tract infections. Vitamin supplementation is thought to improve immunity and thereby reduce infectious morbidity in elderly patients. Aim of this study was to investigate the effects of Uro-Vaxom in a combination treatment with vit. E in delaying recurrences of lower urinary tract infections in geriatrics patients.

MATERIAL & METHODS: A total of 60 institutionalized elderly patients aged 75 to 90 (m.a.78.5) with recurrent lower urinary tract infection (LUTS) concluded the 6-month period of the double-blind, placebo-controlled study. Patients were treated for 4 months. The follow-up period was continued for two more months. Patients were treated either with placebo (30 patients), or with one capsule daily of Uro-Vaxom (UV) and 100mg vit. E twice daily (30 patients). All patients received additionally an antibiotic or chemotherapeutic in low regimen dose. We evaluated parameters such as treatment tolerance, number of recurrences, the incidence of bacteriuria, dysuria, haematuria and leukocyturia as well as the adverse reactions of this treatment.

RESULTS: During the 6 months of the trial a considerable reduce in the number of recurrences (p < 0.0005) was noted in the UV plus Vit.E group as compared to the placebo group. Only six cases of E.coli LUTS were registered (20%) whereas 12 cases of re-infection (40%) were registered in the placebo group. The incidence of bacteriuria (germs ≥ 10^9/ml), dysuria and leukocyturia was significantly reduced in the first trial arm. UV and Vit. E was well tolerated and no side effects were recorded during the trial.

CONCLUSIONS: Oral immunotherapy with the Uro-Vaxom Escherichia coli extract with supplementation with antioxidant agents like vitamin - E, can reduce the incidence of recurrent urogenital infections and reinforce some of the immune dysfunction associated with advanced age.