

Mirabegron add-on therapy to tamsulosin in men with overactive bladder: the MATCH study

Kakizaki, H., Lee, K-S., Katou, D., et al.

- **Overactive bladder (OAB)**, for short) is the name for a group of urinary symptoms. The most common symptom is “**urgency**”, which is a sudden, uncontrolled need to urinate. Some people leak urine when they feel this urge. Leaking urine is called “**incontinence**”
- The number of times someone urinates varies from person to person. Many experts agree that going to the bathroom more than 8 times in 24 hours is “**frequent urination**”
- **Benign prostatic hyperplasia (BPH)**, for short) is a common condition that happens to all men to some extent as they get older; it is related to hormonal changes. In about half of all men, this may limit the flow of urine
 - The **prostate** is a gland located under the bladder, in the lower urinary tract



Phonetics:

Mirabegron (meer-ra-BEG-ron) is also known as Betanis, Betmiga or Myrbetriq and is a treatment for OAB. Tamsulosin (tam-soo-LOE-sin) is also known as Harnal D or Flomax and is used to improve urination in men with BPH

Why was this study done?

- Urinary symptoms become more common with age. For men, these can be due to conditions affecting the bladder and/or the prostate
 - These include OAB and BPH
- Treatments for BPH improve some urinary symptoms, but doctors can give extra medicines to help treat bladder symptoms
- This research studied whether adding a medicine called mirabegron to a widely-used treatment for BPH (tamsulosin) could help improve OAB symptoms
 - Mirabegron is already used to treat bladder symptoms in men and women

Who took part?

568 patients



- Japanese and Korean men 40 years of age or older
- Already taking **tamsulosin** to treat their BPH but who were still having urinary symptoms (shown below)
- **The average age of the men was 65 years**

To take part in the study, the men had to have at least:

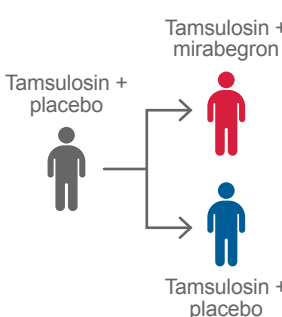


The study lasted for:



After assigning the men by chance to separate groups (randomization), they were treated with mirabegron or placebo

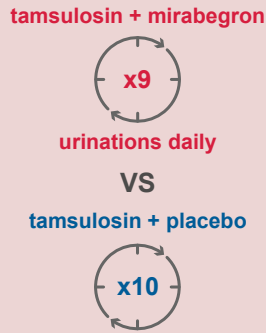
What treatment did they receive?



- The men continued to take tamsulosin for the whole study
- **After 4 weeks taking tamsulosin and a dummy tablet (called a placebo), half the patients changed from placebo to take a mirabegron tablet once a day**
- After 4 weeks, neither the men nor the researchers could tell which treatment they were given

What did the study show?

- Men taking tamsulosin plus mirabegron needed to urinate significantly less often than men taking tamsulosin plus placebo
- There were also slight improvements in urgency, but differences between treatments were not statistically significant*
- Treatment was well tolerated, with side effects similar in both treatment groups



Data from Kakizaki H, et al. Eur Urol Focus 2020;6(4):729–737.

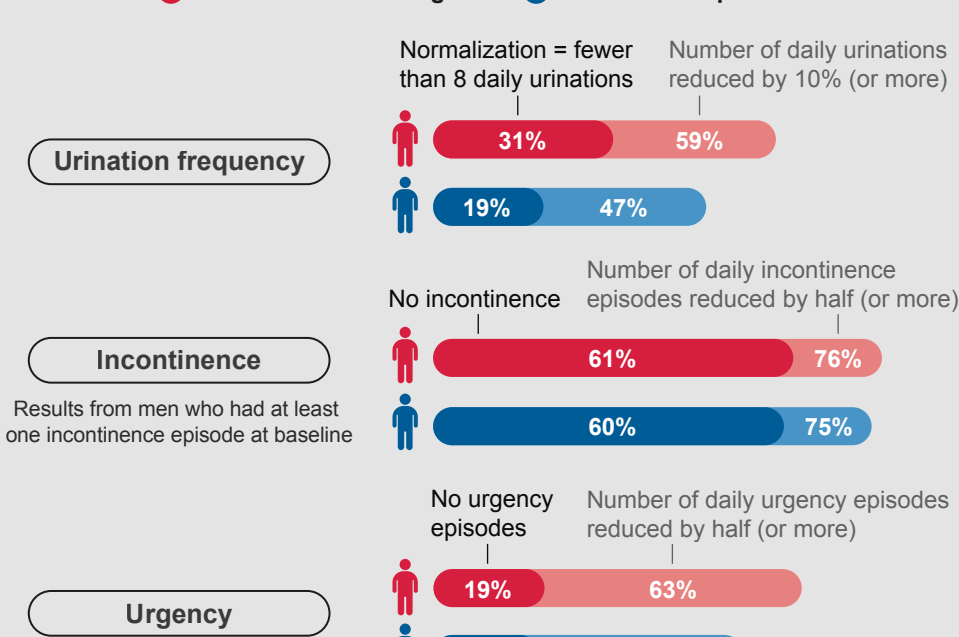
<https://doi.org/10.1016/j.euf.2019.10.019>

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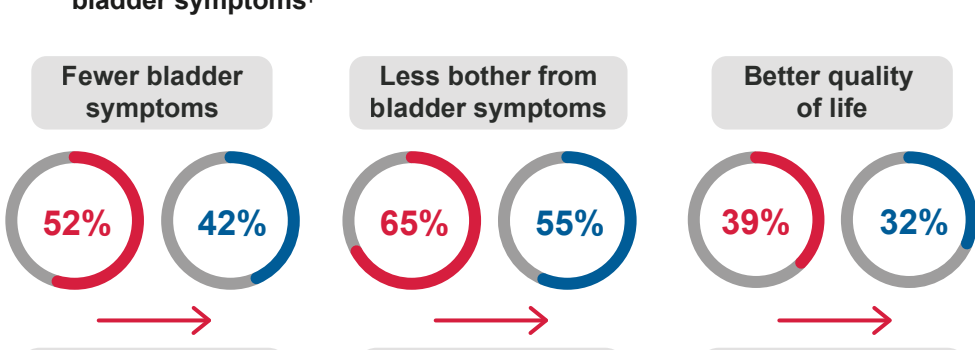
After 12 weeks of treatment:

- **More men taking tamsulosin and mirabegron urinated normally†**

● Tamsulosin + mirabegron ● Tamsulosin + placebo



- **Men taking tamsulosin and mirabegron were also less troubled by bladder symptoms†**



Data from Kakizaki et al. 2020, Figure 3

What did the researchers conclude?

- Adding mirabegron to tamsulosin improves a range of urinary symptoms in men with BPH
 - More men urinated a normal number of times per day
 - Fewer men felt an urgent need to urinate
 - More men noticed improvements in their bladder symptoms, causing them less bother and improving their day-to-day quality of life

This is a summary of a study, which is different to medical advice – always consult with your healthcare provider if you are suffering from any health problems

Further information

- This study was funded by Astellas Pharma Inc. The authors would like to thank everyone who took part in the study, their families and caregivers, and the MATCH study investigators. Medical writing support was provided by Sue Cooper of Elevate Scientific Solutions and funded by Astellas Pharma Global Development
- The full article is called “Mirabegron add-on therapy to tamsulosin in men with overactive bladder: post-hoc analyses of efficacy from the MATCH study”, Hidehiro Kakizaki, Kyu-Sung Lee, Daisuke Katou, Osamu Yamamoto, Budiwan Sumarsono, Satoshi Uno, Osamu Yamaguchi, which can be downloaded (for free) here: [https://www.eu-focus.europeanurology.com/article/S2405-4569\(19\)30341-4/fulltext](https://www.eu-focus.europeanurology.com/article/S2405-4569(19)30341-4/fulltext)
- The primary results from the MATCH study “Mirabegron add-on therapy to tamsulosin for the treatment of overactive bladder in men with lower urinary tract symptoms: a randomized, placebo-controlled study (MATCH)” can be downloaded (for free) here: [https://www.eu-focus.europeanurology.com/article/S2405-4569\(19\)30341-4/fulltext](https://www.eu-focus.europeanurology.com/article/S2405-4569(19)30341-4/fulltext)

*Statistical significance is the likelihood that a relationship between treatments is caused by something other than chance

†No statistical comparisons were made between treatments

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