

Silodosin combined with solifenacin significantly improved OAB symptoms and QoL in females, with greater reduction in postvoid residual volume compared to solifenacin alone.

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Background

- OAB in females remains challenging, especially with persistent voiding symptoms.
- Antimuscarinic monotherapy often insufficient → need for combination strategies.

Methods

- Retrospective study, 586 female OAB patients
- Combination: silodosin 8 mg + solifenacin 5 mg (n=287)
- Monotherapy: solifenacin 5 mg (n=299)
- Duration: 12 weeks
- Outcomes: OABSS, IPSS, QoL, Qmax, VV, PVR

Results

- Both groups → improved OABSS & IPSS at 12 wks
- Combination therapy:
 - Better QoL improvement (p=0.031)
 - Significant reduction in PVR (p<0.001)
- No difference in Qmax, VV

Table 1. Baseline demographic and clinical characteristics

Characteristic	Combination therapy (n=287)	Monotherapy (n=299)	p-value
Age (years)	58.1 ± 9.1	58.2 ± 8.8	0.840
OABSS	6.3 ± 2.2	7.1 ± 1.9	0.890
IPSS Total	19.3 ± 3.3	18.7 ± 3.8	0.151
- IPSS O	7.2 ± 1.3	6.5 ± 1.5	0.612
- IPSS I	11.1 ± 2.1	11.8 ± 2.5	0.245
QoL	4.1 ± 1.3	3.88 ± 1.2	0.658
Qmax (mL/s)	16.4 ± 4.2	18.1 ± 3.9	0.565
VV (mL)	253.1 ± 59.1	264.5 ± 4.01	0.252
PVR (mL)	25.1 ± 8	20.5 ± 6	0.089

Conclusion

- Silodosin + solifenacin improved OAB symptoms & QoL
- Particularly effective for lowering residual urine
- Suggests alpha-blocker + antimuscarinic may optimize female OAB management

Table 2. Comparison of clinical outcomes between combination therapy and monotherapy groups

	Combination Therapy (n=287)					Monotherapy (n=299)					p-value (between group)
	Before	After	Δvalue	Δ%	p-value	Before	After	Δvalue	Δ%	p-value	
OABSS	6.3	3.2	-3.1	-49.2	<0.001	7.1	3.7	-3.4	-47.9	<0.001	0.890
IPSS Total	19.3	14.8	-4.5	-23.3	<0.001	18.7	13.5	-5.2	-27.8	<0.001	0.151
IPSS-O	7.2	7	-0.2	-2.8	0.053	6.5	6.6	0.1	1.5	0.061	<0.001*
IPSS-I	11.1	7.2	-3.9	-35.1	<0.001	11.8	6.9	-4.9	-41.5	<0.001	0.245
QoL	4.1	2.5	-1.6	-39.0	<0.001	3.88	2.9	-0.98	-25.3	0.022	0.031*
Qmax (mL/sec)	16.4	16.2	-0.2	-1.2	0.645	18.1	15.1	-3	-16.6	0.75	0.082
VV (mL)	253.1	280.8	27.7	10.9	0.03	264.5	290.1	25.6	9.7	0.01	0.252
PVR (mL)	25.1	24.8	-0.3	-1.2	0.072	20.5	25.5	5	24.4	0.024	<0.001*

*, p<0.05 between group