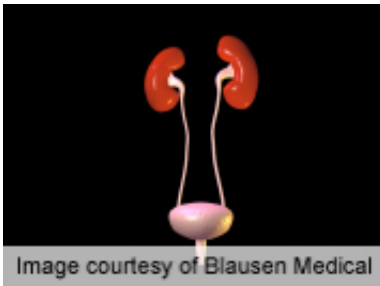


Nonantibiotic prophylaxis can benefit recurrent UTI

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(HealthDay)—Various nonantibiotic prophylaxis options are available, some of which may be beneficial for adults with recurrent urinary tract infections, according to a review and meta-analysis published in the December issue of *The Journal of Urology*.

Mariëlle A.J. Beerepoot, M.D., from the Academic Medical Center in Amsterdam, and colleagues reviewed the literature to assess the effectiveness, tolerability, and safety of nonantibiotic [prophylaxis](#) in adults with [recurrent urinary tract infections](#). Data were included from 17 studies for 2,165 patients.

The researchers found that the rate of [urinary tract infection](#) recurrence was decreased with use of the oral immunostimulant OM-89 (four trials; risk ratio, 0.61), with a good safety profile. The recurrence of [urinary](#)

[tract](#) infections was slightly reduced with the vaginal vaccine Urovac (three trials; relative risk, 0.81), and the time to reinfection was increased with primary immunization followed by booster immunization. There was a trend toward preventing urinary tract infections with vaginal estrogens (two trials; relative risk, 0.42; 95 percent confidence interval, 0.16 to 1.10), but in 6 to 20 percent of women, vaginal irritation occurred. Recurrence was also decreased with cranberries (two trials; relative risk, 0.53) and acupuncture (two open-label trials; relative risk, 0.48). The rate of recurrence was not decreased with oral estrogens and lactobacilli prophylaxis.

"The evidence of the effectiveness of the oral immunostimulant OM-89 is promising," the authors write. "Large head-to-head trials should be performed to optimally inform clinical decision making."

Some of the studies included in the review were funded by manufacturers.

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