**PO48-e**  
**Mestinon 60 mg in the treatment of diabetic cystopathy: Our experience about 24 cases**

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**Objective**—Mestinon 60 mg is a parasympathomimetic, cholinesterase inhibitor, which contains the active pyridostigmine which extends and enhances the effects of muscarinic and nicotinic acetylcholine. It is usually used in the treatment of myasthenia and intestinal atony, its use as a treatment for hypo-active bladder of diabetic subject is recent and has shown excellent results.

The aim of this study is to provide the results of our experience.

**Materials and methods**—Twenty-four diabetic patients with underactive bladder confirmed by urodynamic studies were treated with Mestinon 60 mg dose to one tablet twice per day, the evaluation was clinical, ultrasound and urodynamics.

**Results**—The average age of 34 enrolled patients was 56.2 ± 9.2 years and 58.8% of patients were female. All patients had diabetic and hypertension therapy. The mean of BMI was 30.2 ± 9.3 cm. USP total score was 8.3 ± 4.8 and waist circumference 6.20 ± 5.8 cm. USP total score was 8.3 ± 4.8 and waist circumference 6. Twenty-nine patients had overactive bladder symptom, and 13 patients had urinary incontinence. The overactive bladder USP score was positively correlated with age, waist circumference, BMI and postprandial glycemia. The other components of MS did not correlate with urinary symptoms. Total USP score and sub-score USP overactive bladder symptom were positively correlated with age, waist circumference, BMI and postprandial glycemia. The other components of MS did not correlate with urinary symptoms. Total USP score and sub-score USP overactive bladder symptom were positively correlated with age, waist circumference, BMI and postprandial glycemia.

**Discussion**—The most frequent urinary symptom in the MS was overactive bladder and urinary incontinence. The components of MS that influenced the USP score were abdominal obesity and hyperglycemia. The hypothesis of link between MS and overactive bladder in diabetic patients with MS is plausible.

**Keywords:** Mestinon; Diabetes underactive bladder

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