The efficacy and tolerability of the β3-adrenoceptor agonist mirabegron for the treatment of symptoms of overactive bladder in older patients

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Abstract

Introduction: mirabegron is a β3-adrenoceptor agonist developed for the treatment of symptoms of overactive bladder (OAB). As the prevalence of OAB increases with age, a prospective subanalysis of individual and pooled efficacy and
Mirabegron treatment for OAB in older patients

tolerability data from three 12-week, randomised, Phase III trials, and of tolerability data from a 1-year safety trial were conducted in order to evaluate the efficacy and tolerability of mirabegron in subgroups of patients aged ≥65 and ≥75 years.

Methods: primary efficacy outcomes were change from baseline to final visit in the mean number of incontinence episodes/24 h and the mean number of micturitions/24 h. Tolerability was assessed by the incidence of treatment-emergent adverse events (TEAEs).

Results: over 12 weeks mirabegron 25 mg and 50 mg once-daily reduced the mean numbers of incontinence episodes and micturitions/24 h from baseline to final visit in patients aged ≥65 and ≥75 years. Mirabegron was well tolerated: in both age groups, hypertension and urinary tract infection were among the most common TEAEs over 12 weeks and 1 year. The incidence of dry mouth, a typical anticholinergic TEAE, was up to sixfold higher among the older patients randomised to tolterodine than any dose of mirabegron.

Conclusions: these analyses have demonstrated the efficacy of mirabegron over 12 weeks and the tolerability of mirabegron over 12 weeks and 1 year in OAB patients aged ≥65 and ≥75 years, supporting mirabegron as a therapeutic option in older patients with OAB.

Keywords: older people, overactive bladder, age, mirabegron, tolerability, efficacy

Introduction

Overactive bladder (OAB) is defined as a condition with characteristic symptoms of urinary urgency, usually accompanied by frequency and nocturia, with or without urgency incontinence, in the absence of urinary tract infection (UTI) or other obvious pathology [1]. It is a particular burden in older people, not only because of its higher prevalence (~15% of people aged ≥65 years [2] and 30–40% of people aged ≥75 years [3]) but also because the impact of its symptoms may be more pronounced due to the increased burden of chronic comorbidities [4]. It is also associated with a significant psychological burden and impairment of quality of life and, if left untreated, can lead to increased risk of falls and fractures [5], sleep disturbances, fear of incontinence and depression [6] all of which may result in more serious outcomes in older patients.

Oral antimuscarinic agents are currently the mainstay of pharmacotherapy for the treatment of OAB. However, these agents are associated with sub-optimal efficacy and burden-some adverse events (AEs), such as dry mouth and constipation [7]. Older patients are known to experience more AEs than younger patients [8], and the AEs they experience with oral antimuscarinic treatment may be more pronounced [7]. Of particular concern are the potentially adverse effects of antimuscarinic medications caused by age-related changes in central cholinergic transmitter systems [9]. Indeed, immediate- and extended-release (ER) formulations of oxybutynin have been associated with cognitive impairment in older people who are cognitively intact [10, 11] although trospium chloride [11], as well as newer antimuscarinics, have been reported to have no adverse effects on cognition in the cognitively intact elderly and those with mild cognitive impairment [12–16]. Nonetheless, the American Geriatric Society has cited oral antimuscarinics as ‘potentially inappropriate medications and classes to avoid in older adults’ [17].

The β3-adrenoceptor agonist, mirabegron, is the first in this class of therapeutic agents to have been approved (in the EU, the United States, Canada, Australia and Japan) for the treatment of OAB. Mirabegron is a specific agonist, acting on β3-adrenoceptors in the human detrusor, stimulation of which leads to active relaxation of the human detrusor in the storage phase, increasing bladder capacity without exerting an effect on voiding [18]. Three large, randomised, placebo-controlled, Phase III trials (Studies 046 [NCT00689104; 19], 047 [NCT00662909; 20] and 074 [NCT00912964; 21]) have demonstrated the efficacy and tolerability of mirabegron, at doses ranging from 25 to 100 mg once-daily, in patients with OAB. (Note that the recommended starting dose for mirabegron is 50 mg in the EU and Japan and is 25 mg in the United States and Canada; the 100 mg dose is not approved for use). A pooled analysis of the mirabegron 50 mg data from these studies demonstrated statistically significant improvements in urinary frequency and incontinence episodes compared with placebo [22]. In addition, mirabegron has demonstrated a favourable safety profile in a 1-year, randomised, double-blind, parallel-group, active-controlled safety trial (Study 049 [NCT00688688]) [23].

Because OAB is a particular problem in older patients, pre-specified subanalyses of the efficacy and tolerability data for the mirabegron 25 mg treatment arm of Study 074 (this dose was confined to this study) and the pooled mirabegron 50 mg arms of the three 12-week studies and a pre-specified subanalysis of the 1-year mirabegron 50 mg safety and tolerability data, stratified by age, with age cut-offs of 65 and 75 years were conducted. Tolerodine ER 4 mg once daily was included as an active control arm in one Phase III study (Study 046) and in the 1-year study and for comparison purposes, and subanalysis of these data by age was also conducted.
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Materials and methods

Study design and patients

All studies have been described previously [18–20, 22]; but briefly, patients enrolled were men and women aged ≥18 years with OAB symptoms for ≥3 months. Following a 2-week, single-blind, placebo run-in period to determine baseline symptoms and patient eligibility, they were randomised if, during the micturition diary period over the 3 days prior to baseline, they had recorded ≥8 micturitions/24 h and ≥3 urgency episodes with or without urgency incontinence. Stress incontinence or mixed incontinence with stress predominance at screening or an average total daily urine volume of >3,000 ml led to exclusion. Patients who had non-drug treatment including electro-stimulation therapy were excluded from the study, except for patients who had started a bladder training programme or pelvic floor exercises >30 days prior to entry to the study and were continuing their treatment. Treatment arms were: once-daily oral placebo (Studies 046, 047 and 074); mirabegron 25 mg (Study 074), 50 mg (Studies 046, 047 and 074) or 100 mg (Studies 046 and 047) or tolterodine ER 4 mg (active control, Study 046 only). In the 1-year randomised study, treatment arms were mirabegron 50 mg, mirabegron 100 mg or tolterodine ER 4 mg.

Efficacy and tolerability assessments

Efficacy endpoints evaluated in the 12-week studies, and the subject of the subgroup analyses conducted here, were change from baseline to final visit in the mean number of incontinence episodes/24 h and the mean number of micturitions/24 h. These were recorded in a patient micturition diary filled out over the 3 days prior to each clinic visit. Tolerability in all studies was assessed as the incidence of treatment-emergent adverse events (TEAEs) measured by self-report or clinical measurement, as appropriate.

Statistical analyses

The safety analysis set (SAF) comprised all randomised patients who took at least one dose of double-blind study drug. The full analysis set (FAS) comprised SAF patients who had at least one micturition measurement in the baseline micturition diary and at least one diary post-baseline. The FAS-incontinence (FAS-I) population comprised FAS patients who recorded at least one incontinence episode in the 3-day baseline diary. Change from baseline to final visit in the mean number of micturitions/24 h and the mean number of incontinence episodes/24 h in the 12-week studies was evaluated in the FAS and FAS-I populations, respectively. For the pre-specified pooled analysis of the 12-week studies, data from the placebo and mirabegron 50 mg groups of all three studies were pooled. Efficacy and tolerability data for the placebo and mirabegron 25 mg groups of Study 074; the pooled 12-week placebo and mirabegron 50 mg groups; and the placebo and tolterodine groups of Study 046; as well as tolerability data for the mirabegron 50 mg and tolterodine groups of Study 049 were stratified into subgroups by age, with cutoffs of 65 and 75 years. Subgroup analysis of the 12-week efficacy data (whether individual or pooled data) was performed using analysis of covariance (ANCOVA) with treatment group, sex, study (geographical region for Studies 046 and 074), age subgroup and treatment by age (≥65 and ≥75 years) subgroup interaction as fixed factors and baseline as a covariate. Based on the ANCOVA, least-squares mean estimates and two-sided 95% confidence intervals for mean changes from baseline were derived within treatment groups and between mirabegron treatment groups and placebo. Tolerability data were evaluated descriptively.

Results

Study populations

Patient demographics and baseline characteristics [19–21, 23] were comparable across treatment groups and across studies for both the overall populations and for the subgroups of patients aged ≥65 and ≥75 years (Table 1). Across all treatment groups, 36–39% of patients (FAS) were aged ≥65 years and 7–12% were aged ≥75 years (Table 1). The proportion of patients who had received previous OAB medication increased with age group for all treatment arms except the tolterodine treatment arm of the 1-year study; this proportion ranged from 50 to 63% of patients aged ≥65 years and from 61 to 69% of those aged ≥75 years (Table 1). Among patients aged ≥65 years who had received previous antimuscarinic therapy, between 65.8% (pooled placebo group) and 70.7% (mirabegron 25 mg group and pooled 50 mg group) had discontinued their prior therapy due to insufficient clinical effect and between 22.8% (mirabegron 25 mg) and 33.7% (tolterodine ER 4 mg) had discontinued due to intolerability.

Efficacy results

Incontinence frequency

In the subanalysis of the 12-week data, mirabegron 25 mg and 50 mg once-daily, reduced the mean number of incontinence episodes/24 h from baseline to final visit (Figure 1A) in both the ≥65 and ≥75-year subgroups, and improvements were numerically larger than for placebo. The adjusted mean differences versus placebo (treatment effect) for the mirabegron 25 mg and 50 mg doses were similar in all patients and in both age subgroups, and there was little difference with age for either dose of mirabegron. Over a 12-week period the treatment effect of tolterodine ER 4 mg on incontinence frequency in Study 046 was somewhat smaller than with either dose of mirabegron (Figure 1A).

Micturition frequency

In the subanalysis of the 12-week data, mirabegron 25 mg and 50 mg once-daily reduced the mean micturition
### Table 1. Demographic and baseline characteristics by treatment group; all patients (FAS) and subgroups of patients aged ≥65 and ≥75 years (SAF)

<table>
<thead>
<tr>
<th>Studies</th>
<th>12-week studies</th>
<th>Study 049 (1-year study)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>046, 047 and 074</td>
<td>074</td>
</tr>
<tr>
<td>Treatment group</td>
<td>Placebo&lt;sup&gt;a&lt;/sup&gt;</td>
<td>Mirabegron&lt;sup&gt;b&lt;/sup&gt;</td>
</tr>
<tr>
<td>(n = 1328)</td>
<td>25 mg (n = 410)</td>
<td>50 mg (n = 1324)</td>
</tr>
</tbody>
</table>

#### All patients (FAS)

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>FAS</th>
<th>Mirabegron&lt;sup&gt;b&lt;/sup&gt;</th>
<th>Mirabegron&lt;sup&gt;b&lt;/sup&gt;</th>
<th>Tolerodine ER&lt;sup&gt;c&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female, n (%)</td>
<td>966 (72.7)</td>
<td>942 (71.1)</td>
<td>346 (72.8)</td>
<td></td>
</tr>
<tr>
<td>Mean age (years) (SD)</td>
<td>59.2 (13.2)</td>
<td>59.7 (12.6)</td>
<td>59.1 (12.8)</td>
<td></td>
</tr>
<tr>
<td>Range</td>
<td>20–95</td>
<td>21–91</td>
<td>18–83</td>
<td></td>
</tr>
</tbody>
</table>

#### Number (%) of patients in subgroups

| ≥65 years | 504 (38.0) | 499 (37.7) | 184 (38.7) |
| ≥75 years | 154 (11.6) | 149 (11.3) | 33 (6.9) |

#### Race, n (%)<sup>d</sup>

| White | ≥265 years | 1227 (92.4) | 1235 (93.3) | 753 (95.7) |
|       | ≥75 years  | 121 (92.9)  | 123 (93.3)  | 753 (95.7) |
| Black/African American | 80 (6.0) | 72 (6.1) | 49 (5.7) |
| Asian  | 13 (1.0) | 17 (1.3) | 1 (0.2) |
| Other  | 8 (0.6) | 1 (0.2) | 0 |

#### Mean BMI (kg/m<sup>2</sup>) (SD)

| ≥65 years | 29.1 (6.3) | 29.0 (6.1) | 27.9 (5.0) |
| ≥75 years | 16–58 | 16–60 | 18–49 |

#### Type of OAB, n (%)<sup>e</sup>

| ≥65 years | 442 (33.3) | 491 (37.1) | 184 (38.7) |
| ≥75 years | 415 (31.3) | 412 (31.1) | 186 (39.2) |

#### Poor tolerability, n (%)<sup>f</sup>

| ≥65 years | 226 (16.4) | 219 (33.4) | 231 (48.6) |
| ≥75 years | 192 (65.8) | 173 (25.1) | 106 (21.2) |

#### Mean duration of OAB (months) (SD)

| ≥65 years | 86.3 (99.1) | 85.2 (93.1) | 76.3 (93.4) |
| ≥75 years | 704 (53.0) | 688 (52.0) | 231 (48.6) |

#### Discontinued previous OAB drug, n (%)<sup>g</sup>

| ≥65 years | 185 (26.3) | 173 (25.1) | 96 (21.2) |
| ≥75 years | 65 (65.8) | 173 (25.1) | 106 (21.2) |

#### Mean Number of Incontinence Episodes (SD)

| ≥65 years | 25 (4.8) | 19 (3.7) | 11 (2.7) |
| ≥75 years | 10 (6.4) | 9 (5.8) | 1 (2.7) |

#### History of Hypertension, not taking antihypertensives at baseline, n (%)<sup>h</sup>

| ≥65 year age group | 25 (4.8) | 19 (3.7) | 11 (2.7) |
| ≥75 year age group | 10 (6.4) | 9 (5.8) | 1 (2.7) |

#### History of Tachyarrhythmia, n (%)<sup>i</sup>

| ≥65 year age group | 20 (3.8) | 19 (3.7) | 11 (2.7) |
| ≥75 year age group | 9 (5.7) | 9 (5.7) | 1 (2.7) |

*Continued...*
frequency from baseline to final visit in both subgroups of older patients and improvements were numerically greater than for placebo (Figure 1B). The largest treatment effect was seen with the mirabegron 25 mg dose in the ≥65-year subgroup. With mirabegron 50 mg the magnitude of the treatment effect was independent of subgroup age category. The adjusted change from baseline in micturition frequency over a 12-week period with tolterodine ER 4 mg in Study 049 was smaller than with either dose of mirabegron in all patients and both age subgroups. The treatment effect of tolterodine relative to placebo was likewise smaller than with mirabegron 50 mg groups. Over 12 weeks, in the ≥65-year subgroup, these were also among the most common TEAEs in the 12-week analysis but headache, dry mouth and pain in extremity (each 2.6%) were more common than UTI (1.9%). In both older subgroups, hypertension and UTI were still the most common TEAEs with mirabegron 50 mg over the 1-year period. In patients randomised to mirabegron 50 mg in the ≥75-year subgroup, over 12 weeks, the incidence of the most common TEAEs was similar for both placebo groups presented in this paper) as these placebo groups are included in the pooled placebo group shown; demographic and baseline characteristics of individual placebo groups were similar to those shown here for the pooled placebo group.

Safety and tolerability

In the subanalysis of the 12-week data (both individual and pooled treatment arms), between 49% (pooled placebo group) and 55% (mirabegron 25 mg group of Study 074) of patients aged ≥65 years experienced a TEAE (Table 2). The overall incidence of TEAEs was more variable in the ≥75-year subgroup than in the ≥65-year subgroup (ranging from 49% [pooled placebo group] to 63% [mirabegron 25 mg group of Study 074]) and was higher over 1 year (65 and 68% of patients aged ≥65 and ≥75, respectively, who had been randomised to mirabegron 50 mg and 64% of patients in both age subgroups who had been randomised to tolterodine) than over 12 weeks.

The three most common TEAEs over 12 weeks in patients aged ≥65 years randomised to mirabegron 50 mg were hypertension, nasopharyngitis and UTI (9.9, 4.1 and 3.1%, respectively; Table 2). In patients randomised to mirabegron 50 mg in the ≥75-year subgroup, these were also among the most common TEAEs in the 12-week analysis but headache, dry mouth and pain in extremity (each 2.6%) were more common than UTI (1.9%). In both older subgroups, hypertension and UTI were still the most common TEAEs with mirabegron 50 mg over the 1-year period. In the ≥65-year subgroup, over 12 weeks, the incidence of the most common TEAEs was similar for both doses of mirabegron and placebo, except for hypertension, UTI and dizziness, which occurred with a higher incidence in the mirabegron 25 mg group than the placebo or mirabegron 50 mg groups. Over 12 weeks, in the ≥75-year subgroup, the incidence of hypertension with tolterodine ER 4 mg was
Figure 1. Adjusted mean change from baseline to final visit (SE) in (A) mean number of incontinence episodes/24 h (FAS-I) and (B) mean number of micturitions/24 h (FAS) over 12 weeks with mirabegron 25 mg (Study 074), mirabegron 50 mg (Studies 046, 047 and 074 pooled) and tolterodine ER 4 mg (Study 046) versus placebo; all patients and subpopulations of patients aged ≥65 and ≥75 years.
## Table 2. TEAEs by preferred term; 12-week and 1-year analyses (SAF)

**12-week analysis**

<table>
<thead>
<tr>
<th>Age category</th>
<th>≥65 years</th>
<th>≥75 years</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Placeboa</td>
<td>Mirabegron</td>
</tr>
<tr>
<td></td>
<td>(n = 521)</td>
<td>25 mg (n = 154)</td>
</tr>
<tr>
<td>Studies</td>
<td>046, 047, 074</td>
<td>074</td>
</tr>
<tr>
<td>Any TEAE, n (%)</td>
<td>254 (48.8)</td>
<td>84 (54.5)</td>
</tr>
<tr>
<td>TEAEs reported by ≥3% of patients in any treatment group in the ≥65-year subgroup (by preferred term), n (%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hypertension</td>
<td>44 (8.4)</td>
<td>21 (13.6)</td>
</tr>
<tr>
<td>Nasopharyngitis</td>
<td>13 (2.5)</td>
<td>7 (4.5)</td>
</tr>
<tr>
<td>UTI</td>
<td>15 (2.9)</td>
<td>10 (6.5)</td>
</tr>
<tr>
<td>Headache</td>
<td>9 (1.7)</td>
<td>4 (2.6)</td>
</tr>
<tr>
<td>Dry mouth</td>
<td>8 (1.5)</td>
<td>3 (1.9)</td>
</tr>
<tr>
<td>Dizziness</td>
<td>8 (1.5)</td>
<td>7 (4.5)</td>
</tr>
<tr>
<td>Constipation</td>
<td>8 (1.5)</td>
<td>4 (2.6)</td>
</tr>
<tr>
<td>Pain in extremity</td>
<td>8 (1.5)</td>
<td>5 (3.2)</td>
</tr>
<tr>
<td>Any TEAE leading to discontinuation, n (%)</td>
<td>26 (5.0)</td>
<td>7 (4.5)</td>
</tr>
<tr>
<td>Any SAE, n (%)</td>
<td>15 (2.9)</td>
<td>2 (1.3)</td>
</tr>
</tbody>
</table>

**1 year study**

<table>
<thead>
<tr>
<th>Age category</th>
<th>≥65 years</th>
<th>≥75 years</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(n = 289)</td>
<td>(n = 303)</td>
</tr>
<tr>
<td>Studies</td>
<td>188 (65.1)</td>
<td>195 (64.4)</td>
</tr>
<tr>
<td>Any TEAE, n (%)</td>
<td>7 (9.3)</td>
<td>12 (14.5)</td>
</tr>
<tr>
<td>TEAEs reported by ≥3% of patients in any treatment group in the ≥65-year subgroup (by preferred term), n (%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hypertension</td>
<td>30 (10.4)</td>
<td>39 (12.9)</td>
</tr>
<tr>
<td>UTI</td>
<td>23 (8.0)</td>
<td>25 (8.3)</td>
</tr>
<tr>
<td>Dizziness</td>
<td>14 (4.8)</td>
<td>11 (3.6)</td>
</tr>
<tr>
<td>Constipation</td>
<td>12 (4.2)</td>
<td>10 (3.3)</td>
</tr>
<tr>
<td>Influenza</td>
<td>12 (4.2)</td>
<td>7 (2.3)</td>
</tr>
<tr>
<td>Back pain</td>
<td>10 (3.5)</td>
<td>5 (1.7)</td>
</tr>
<tr>
<td>Nasopharyngitis</td>
<td>9 (3.1)</td>
<td>6 (2.0)</td>
</tr>
<tr>
<td>Dry mouth</td>
<td>9 (3.1)</td>
<td>31 (10.2)</td>
</tr>
<tr>
<td>Bronchitis</td>
<td>9 (3.1)</td>
<td>10 (3.3)</td>
</tr>
<tr>
<td>Diarrhoea</td>
<td>8 (2.8)</td>
<td>9 (3.0)</td>
</tr>
<tr>
<td>Cystitis</td>
<td>8 (2.8)</td>
<td>14 (4.6)</td>
</tr>
<tr>
<td>Fatigue</td>
<td>5 (1.7)</td>
<td>9 (3.0)</td>
</tr>
<tr>
<td>Headache</td>
<td>4 (1.4)</td>
<td>9 (3.0)</td>
</tr>
<tr>
<td>Any TEAE leading to discontinuation, n (%)</td>
<td>20 (6.9)</td>
<td>23 (7.6)</td>
</tr>
<tr>
<td>Any SAE, n (%)</td>
<td>18 (6.2)</td>
<td>22 (7.3)</td>
</tr>
</tbody>
</table>

AE, adverse event; SAE, serious adverse event; SAF, safety analysis set; TEAE, treatment-emergent adverse event; UTI, urinary tract infection.

*Tolerability data for the placebo groups of Study 046 and Study 074 are not shown separately (although efficacy data for these placebo groups are presented in this paper) as these placebo groups are included in the pooled placebo group shown; tolerability data for individual placebo groups were similar to those shown here for the pooled placebo group."
seen to be higher (21.6%) than with either dose of mirabe- 
gron (18.8 and 13.6% for the 25 and 50 mg doses, respec- 
ively) or placebo (9.6%). The incidence of hypertension in 
the oldest patients was also higher with tolterodine (14.5%) 
than mirabegron 50 mg (9.3%) over a 1-year period 
(Table 2).

Dry mouth and constipation are AEs of particular 
interest as these are typically associated with the use of anti-
muscarinics. There was no evidence of a mirabegron dose– 
response relationship in the incidence of any of these AEs 
over a 12-week period and their incidence was similar to that 
seen with placebo. The largest difference between treatment 
groups in AE incidence was seen for dry mouth. In the 
≥65-year subgroup, dry mouth occurred with a sixfold 
higher incidence with tolterodine than mirabegron 25 mg or 
50 mg over 12 weeks and a threefold higher incidence with 
tolerodine than mirabegron 50 mg over 1 year. In the 
≥75-year subgroup, dry mouth occurred with a fourfold 
higher incidence with tolterodine than mirabegron 50 mg 
over 12 weeks (there were no cases of dry mouth with mira-
bepron 25 mg over 12 weeks or with mirabegron 50 mg over 
1 year).

The incidence of serious AEs (SAEs) and TEAEs that 
led to discontinuation was low and comparable across treat-
gment groups in both age subgroups over 1 year. Constipation 
was the only TEAE that resulted in permanent discontinu-
ation of the 1-year study by ≥2% of older patients in any 
treatment group: one patient (0.3%) aged ≥65 years in the 
tolerodine group and two patients (2.7%) aged ≥75 years in 
the mirabegron 50 mg group. Over 12 weeks, the overall in-
cidence of SAEs and TEAEs leading to permanent discon-
tinuation of study drug was higher with tolterodine than with 
either dose of mirabegron or placebo in both older sub-
groups (Table 2). Hypertension led to study discontinuation 
by two patients aged ≥65 years in each of the placebo 
(0.4%), mirabegron 25 mg (1.3%) and mirabegron 50 mg 
(0.4%) groups (none were aged ≥75 years), and by one 
patient (2.7%) aged ≥75 years in the tolterodine group. 
Constipation led to study discontinuation by two patients 
(0.4%) aged ≥65 years in the placebo group and by one 
patient aged ≥75 years in each of the placebo (0.6%), mira-
bepron 25 mg (3.1%), mirabegron 50 mg (0.6%) and tolero-
dine (2.7%) groups. The only other TEAE that resulted in 
discontinuation of a 12-week study by a mirabegron-treated 
patient was pruritic rash (one patient [0.6%] in the mira-
bepron 25 mg group).

Discussion

This study showed that mirabegron 25 mg and 50 mg once-
daily reduced the mean number of incontinence episodes 
and micturitions/24 h from baseline to final visit in two 
groups of older OAB patients (those aged ≥65 or ≥75 
years) with no loss of efficacy. Darifenacin, fesoterodine, 
solifenacin and tolterodine have previously been shown to 
be efficacious in patients aged ≥65 years [23–30], although 
one study [31] found that greater age was associated with a 
slight, but statistically significant, decrease in the efficacy 
of tolterodine. In the analysis presented here, tolterodine 
showed a lesser treatment effect relative to placebo with in-
creasing age for both incontinence and micturition fre-
cuency over 12 weeks.

Mirabegron was well tolerated in older OAB patients, 
with no difference in tolerability with age over a 1-year 
period. Over 12 weeks, the incidence of TEAEs, overall 
and individually, was more variable in the oldest subgroup; 
however, this may be attributed to the smaller number of 
patients, particularly in the treatment groups derived from 
single studies (mirabegron 25 mg in Study 074 and toltero-
dine ER 4 mg in Study 046). The incidence of TEAEs, 
TEAEs leading to permanent discontinuation of study 
drug, and SAEs was higher among patients aged ≥65 years 
in both the mirabegron 50 mg and tolterodine ER 4 mg 
groups of the 1-year study compared with the 12-week ana-
lyses, as expected given the longer duration of exposure. As 
reported previously for the total pooled population [22], 
hypertension and UTI were among the most common 
TEAEs in mirabegron in older patients over both 12 
weeks and 1 year and, in the 12-week analysis, in patients 
aged ≥65 years, their incidence in the mirabegron 50 mg 
group was comparable with that seen with placebo and tol-
erodine. For patients aged ≥65 years, it is difficult to draw 
a meaningful inference from this single descriptive analysis 
given the variability of these data, and the underlying limita-
tions of sample size. Over 12 weeks and 1 year, the in-
cidence of hypertension with tolterodine ER 4 mg was higher 
than that seen with mirabegron 50 mg. Dry mouth and con-
stipation, which are often cited as AEs leading to discon-
 tinuation with antimuscarinics and which may be 
particularly troubling in older patients, occurred with a 
similar incidence with either dose of mirabegron compared 
with placebo in the ≥65-year subgroup over 12 weeks. Dry 
mouth occurred with an incidence that was as much as 
sixfold higher among older patients (whether ≥65 or ≥75 
years) randomised to tolterodine compared with any dose 
of mirabegron. A previously reported study has established 
ocular safety in healthy volunteers [32].

These analyses demonstrate that mirabegron is effica-
cious in the treatment of the symptoms of OAB in older 
adults. In short-term studies, there appears to be no loss of 
efficacy with age. However, there remains a need for longer-
term, prospective studies to assess the efficacy of mira-
bepron in older patients, either in the form of interventional 
or in the form of observational studies. A low incidence of 
typical antimuscarinic AEs that often lead to poor long-
term adherence to treatment [33] may be a particular 
advantage for community dwelling older patients and 
those clinicians treating them. The lack of age-related 
differences in the tolerability of mirabegron simplifies 
management for the treating physician. Hence, mira-
bepron may be a more suitable first line option than anti-
muscarinics for the treatment of symptoms of OAB in 
community dwelling older patients.
The incidence of dry mouth was as much as sixfold higher with tolerodine than mirabegron in patients aged 65 years or older.

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Conflicts of interest

A.W. has acted as a consultant to Pfizer, Astellas, SCA and Watson Pharma; he, and his institution, have received payment for lectures including service on speakers bureaus from Astellas, Pfizer and SCA; and his institution has received grants or has grants for research pending from Pfizer and Astellas L.C. has, during the last year, received funding for research, lecturing and/or advice/consultancies from the following organisations: Astellas (as member of Global Advisory Board for solifenacin, co-chairman of the European OAB forum, principal investigator for the SUNRISE study and speaker at satellite symposia) and Pfizer (as member of Global Advisory Board for fesoterodine and as a participant in a multi-centre research study). She has also been reimbursed by Allergan, Astellas, Ethicon, Merck, Pfizer and Teva for research consultancy and/or advisory work. V.N. has received consulting fees or honoraria from Astellas, Allergan, Ipsen, Ono, Pfizer and Teva; payment for lectures including service on speakers’ bureaus from Allergan; and has received support for travel to meetings in regard to the work presented here from Astellas. D.C.-D. has been reimbursed by Astellas for expert testimony and by Astellas, AMS and Eli Lilly for the development of educational presentations. S.A. has received consulting fees or honoraria for serving on medical advisory boards for Astellas, Allergan, Auxilium, Eli Lilly and Sophiris-Bio; and his institution has received grants from Allergan, Astellas, Auxilium, Eli Lilly, HEB, Serenity and Sophiris-Bio for conducting clinical trials; M.B.B. and E.S. are employees of the study sponsor.

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