

Results and Limitations: A total of 219 patients remained for analysis after exclusions. The median follow-up time was 3.9 yr. During the study period, 62% (63 of 102) of the patients in the epirubicin group and 77% (90 of 117) in the control group experienced recurrence ($p=0.016$). In a multivariate model, the hazard ratio (HR) for recurrence was 0.56 ($p=0.002$) for early instillation of epirubicin versus no treatment. In a subgroup analysis, the treatment had a profound recurrence-reducing effect on patients with primary, solitary tumours, whereas it provided no benefits in patients with recurrent or multiple tumours. Furthermore, patients with a modified European Organisation for Research and Treatment of Cancer (EORTC) risk score of 0-2 with and without single instillation had recurrence rates of 41% and 69%, respectively ($p=0.003$), whereas the corresponding rates for those with a risk score of ≥ 3 were 81% and 85%, respectively ($p=0.35$).

Conclusions: A single, early instillation of epirubicin after TUR for NMIBC reduces the likelihood of tumour recurrence; however, the benefit seems to be minimal in patients at intermediate or high risk of recurrence. Future trials will determine the value of early instillation in addition to serial instillations in NMIBC.

Editorial Comment

Bladder cancer has a high rate of recurrence. Two pathways are considered responsible for this behavior, namely genetically instable urothelium resulting in truly new tumor formation, and re-implantation (seeding) of tumor cells resulting in new occurrences from the previous tumor. The best way to date to interfere with the second pathway, seeding of tumor cells, is immediate post-TUR single shot instillation of cytotoxic drugs. However, is this sufficient therapy for all tumors? The authors answer this important question in their randomized study. First, they show that single-shot instillation (in this study given within 24 hours, but best within 6 hours after TUR) indeed is highly effective, resulting in a significant overall reduction of recurrences. This effect was pronounced in the low risk group with single primary tumors, whereas barely evident in the intermediate risk group or that with multiple tumors. The numbers needed to treat (NNT) was 3.5, which supports similar figures from previous calculations.

The authors state correctly that single-shot treatment has little or no impact on genetically instable urothelium. Therefore, next to single – shot instillation therapy, all intermediate to high-risk group patients with bladder cancer deserve more instillation therapy, be it regular courses of cytostatics or BCG.

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Regular moderate intake of red wine is linked to a better women's sexual health

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Introduction: While some evidence does exist for a positive correlation between moderate wine intake and men's sexual health, there is no study addressing the potential correlation between red wine intake and women's sexual function.

Aim: The aim of our study was to assess whether there is a tie between daily red wine intake and sexual function in a sample of healthy Italian women, living in the Chianti area (Tuscany) not complaining of any sexual disorders.

Methods: We recruited 798 women (age 18-50), living in the Chianti area (Tuscany), not complaining of any sexual disorders. We divided the participants into three groups: daily moderate (one to two glasses) red wine intake (group 1); teetotallers (group 2); and daily intake of more than two glasses of red wine and/or other types of alcoholic drinks (including white wine), as well as of those reporting occasional drinking (group 3).

Main outcome measures: All participants completed anonymously the Female Sexual Function Index (FSFI) questionnaire and were asked to report on their amount and type of alcohol consumption.

Results: Group 1 had significantly higher total ($P = 0.001$), as well as desire and lubrication domain ($P = 0.001$ and $P = 0.001$, respectively) FSFI scores than participants in groups 2 and 3. No significant differences between the groups were observed concerning sexual arousal, satisfaction, pain, and orgasm. Univariate analysis showed a significant correlation between age, alcohol consumption ($P = 0.009$), and a better score at questionnaire examination. During multivariate analysis, alcohol consumption was identified as an independent prognostic parameter ($P = 0.002$) in predicting the better score at questionnaire examination.

Conclusions: The finding that regular moderate intake of red wine is associated with higher FSFI scores for both sexual desire, lubrication, and overall sexual function as compared to the teetotaller status is intriguing. While this finding needs to be interpreted with some caution, because of the small sample size, self-reported data, and the lack of support from laboratory exams, it nevertheless suggests a potential relationship between red wine consumption and better sexuality.

Editorial Comment

A fascinating paper that examines the effect of wine on women's sexual health. The authors reviewed a population of females that was subdivided into three groups with the first group being women who drank 1-2 glasses of wine daily; the second group that did not intake alcohol; and the third group being occasional drinkers, reporting less than 1 glass per day. Women who drank more than 2 glasses of red wine or 2 glasses or more of other types of alcoholic drinks including white wine were excluded from the study. The authors limited their population to women who were very sexually normal based on responding affirmative to "are you happy with your sexuality?" and responding no to the question "have you ever had a sexual problem?". Any woman who was pregnant, lactating, used supplemental hormones as well as had any kind of previous genitourinary surgery or substance abuse were excluded from the study. The primary metric of the assessment was the Female Sexual Function Index (FSFI). The authors found that the moderate alcohol drinkers of red wine (2 glasses a day) had an overall higher score on the FSFI as well as increased responses in the desire and lubrication domain. There was no difference between the groups with regards to arousal, satisfaction, pain or orgasm.

Though the authors freely admit that their data is mildly handicapped secondary to the low study numbers and the use of self-reported data they present a wonderful discussion on the potential pathways of efficacy that moderate wine intake may have on female sexual health. The discussion alone makes reading this paper worthwhile in view of the ideas presented. As with many excellent reports, this study engenders much scientific thought after the content has been appropriately digested.

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