

PubMed

[US National Library of Medicine](#)
[National Institutes of Health](#)

Search term Search database [Advanced Help](#)

Display Settings: Abstract

Send to:

Performing your original search, *stothers 2002*, in PubMed will retrieve [3 records](#).

[Can J Urol](#). 2002 Jun;9(3):1558-62.

A randomized trial to evaluate effectiveness and cost effectiveness of naturopathic cranberry products as prophylaxis against urinary tract infection in women.

[Stothers L](#).

Source

Department of Surgery, Division of Urology, University of British Columbia, Vancouver, BC, Canada.

Abstract

PURPOSE: To determine, from a societal perspective, the effectiveness and cost effectiveness of concentrated cranberry tablets, versus cranberry juice, versus placebo used as prophylaxis against lower urinary tract infection (UTI) in adult women.

MATERIALS AND METHODS: One hundred fifty sexually active women aged 21 through 72 years were randomized for one year to one of three groups of prophylaxis: placebo juice + placebo tablets versus placebo juice + cranberry tablets, versus cranberry juice + placebo tablets. Tablets were taken twice daily, juice 250 ml three times daily. Outcome measures were: (1) a >50% decrease in symptomatic UTI's per year (symptoms + \geq 100 000 single organisms/ml) and (2) a >50% decrease in annual antibiotic consumption. Cost effectiveness was calculated as dollar cost per urinary tract infection prevented. Stochastic tree decision analytic modeling was used to identify specific clinical scenarios for cost savings.

RESULTS: Both cranberry juice and cranberry tablets statistically significantly decreased the number of patients experiencing at least 1 symptomatic UTI/year (to 20% and 18% respectively) compared with placebo (to 32%) ($p < 0.05$). The mean annual cost of prophylaxis was \$624 and \$1400 for cranberry tablets and juice respectively. Cost savings were greatest when patients experienced >2 symptomatic UTI's per year (assuming 3 days antibiotic coverage) and had >2 days of missed work or required protective undergarments for urgency incontinence. Total antibiotic consumption was less annually in both treatment groups compared with placebo. Cost effectiveness ratios demonstrated cranberry tablets were twice as cost effective as organic juice for prevention.

CONCLUSIONS: Cranberry tablets provided the most cost-effective prevention for UTI.

PMID: 12121581 [PubMed - indexed for MEDLINE]

[Publication Types, MeSH Terms, Substances](#)

[LinkOut - more resources](#)

Save items

[View more options](#)

Related citations in PubMed

[Review Cranberries for preventing urinary tract infections.](#) [Cochrane Database Syst Rev. 2004]
[Does ingestion of cranberry juice reduce symptomatic urinary tract infections in older people in hospital? A double-blind, placebo-controlled trial.](#) [Age Ageing. 2005]

[Review Cranberries for preventing urinary tract infections.](#) [Cochrane Database Syst Rev. 2004]

[Review Cranberries for preventing urinary tract infections.](#) [Cochrane Database Syst Rev. 2008]
[Evaluation of cranberry supplement for reduction of urinary tract infections in individuals with neurogenic bladders secondary to spinal cord injury. A prospective, double-blinded, placebo-controlled, crossover study.](#) [J Spinal Cord Med. 2004]

[See reviews...](#) [See all...](#)

Cited by 19 PubMed Central articles

[Cranberries and lower urinary tract infection prevention.](#) [Clinics (Sao Paulo). 2012]

[Cranberry juice for urinary tract infection in children.](#) [Can Fam Physician. 2012]

[Guidelines for the diagnosis and management of recurrent urinary tract infection in women.](#) [Can Urol Assoc J. 2011]

[See all...](#)

Related information

[Related Citations](#)

[Substance \(MeSH Keyword\)](#)

[Cited in PMC](#)

[Cited in Books](#)

Recent activity

[A randomized trial to evaluate effectiveness and cost effectiveness of naturopat...](#) PubMed

[See more](#)