

INTERSTITIAL CYSTITIS

Painful Bladder Syndrome – A Tricky Condition

Has Your Urinary Pain Lasted More Than Six Weeks?

November is Bladder Health Awareness Month. In an effort to promote awareness of this common, yet lesser known condition, the following guide has been prepared. Please share this information with your patients to educate them on Interstitial Cystitis.

Interstitial Cystitis (IC), or Painful Bladder Syndrome, is a painful condition which causes frequent urination. Patients primarily have a sense of frequency or urgency; some experience pain while others do not.

01 | Symptoms

- Mild to severe bladder pressure or discomfort
- Frequent urge to urinate
- Frequent urination, often in small amounts
- Chronic pelvic pain
- Pain during intercourse

02 | Dietary Changes

Many have found that making certain changes in diet and lifestyle can reduce symptoms. Some foods that have been linked to bladder irritation are:

- Aged cheeses
- Alcohol
- Artificial sweeteners
- Caffeine
- Chocolate
- Carbonated & citrus drinks
- Fava & lima beans
- Cured, processed, smoked, or aged meats
- Most fruits except blueberries, honeydew & pears
- Nuts except almonds, cashews & pine nuts
- Onions
- MSG
- Sour cream
- Soy
- Tomatoes
- Yogurt

03 | Treatment Options

In addition to dietary changes, your medical provider may recommend one or more of the following options to improve your condition:

- **Medication:** OTC pain relievers in combination with tricyclic antidepressants and antihistamines; help to relax the bladder, block pain, and reduce urinary urgency and frequency.
- **Physical Therapy:** Working with a physical therapist may relieve pelvic pain associated with muscle tenderness, restrictive connective tissue or muscle abnormalities in the pelvic floor.
- **Surgical Procedures:** Bladder distention may be recommended to provide temporary improvement in symptoms. In rare cases, fulguration, resection or bladder augmentation surgery may be recommended.

04 | Coping and Support

Interstitial Cystitis can have a profound effect on your quality of life. Do not hold back from discussing any concerns or symptoms with your medical provider. In addition, accept help from others, whether it be family, friends, or from a support group.

To learn more, please visit: <http://www.painful-bladder.org/>

*Did You Know?
9 out of 10 sufferers are
women*

References

- <https://www.nlm.nih.gov/medlineplus/ency/article/000477.htm>
<http://www.myvmc.com/diseases/interstitial-cystitis/>