

Interstitial Cystitis/ Bladder Pain Syndrome

Interstitial cystitis/bladder pain syndrome (IC/BPS) is a condition with symptoms including burning, pressure, and pain in the bladder along with urgency and frequency.

IC/BPS occurs in three to seven percent of women, and can affect men as well. Though usually diagnosed among women in their 40s, younger and older women have IC/BPS, too.

It can feel like a constant bladder infection. Symptoms may become severe (called a "flare") for hours, days or weeks, and then disappear. Or, they may linger at a very low level during other times.

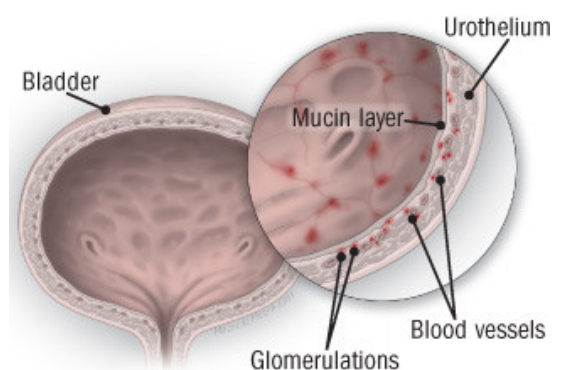
Individuals with IC/BPS may also have following health issues also common among women with this condition.

- * irritable bowel syndrome
- * fibromyalgia,
- * chronic headaches
- * vulvodynia
- * Depression and anxiety

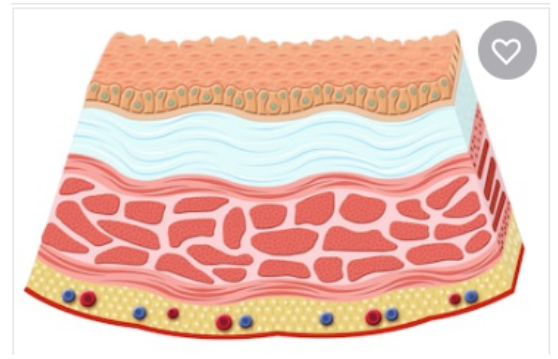


Causes

The cause of IC/PS is unknown. It is likely due to a combination of factors. IC/BPS runs in families and so may have a **genetic factor**. On cystoscopy the doctor may see damage to the wall of the bladder. This may allow **toxins** from the urine to seep into the delicate layers of the bladder lining, causing the pain of IC/BPS. Other research found that nerves in and around the bladder of



people with IC/ BPS are **hypersensitive**. This may also contribute to IC/BPS pain. There may also be an **allergic** component.



Symptoms

Urinary urgency ("gotta go right now") and urinary frequency ("gotta go often") are common-both during the day and at night. Many women feel a constant need to empty their bladders to relieve the intensity of the pain. **Women with IC/BPS rarely leak urine but go often to decrease pain.** Some women note symptoms specifically in their urethra . For them, urinating can feel like pushing sharp pieces of glass into the tissue

IC/BPS flares are common during the menstrual period.

Flares also occur during times of emotional or physical stress..

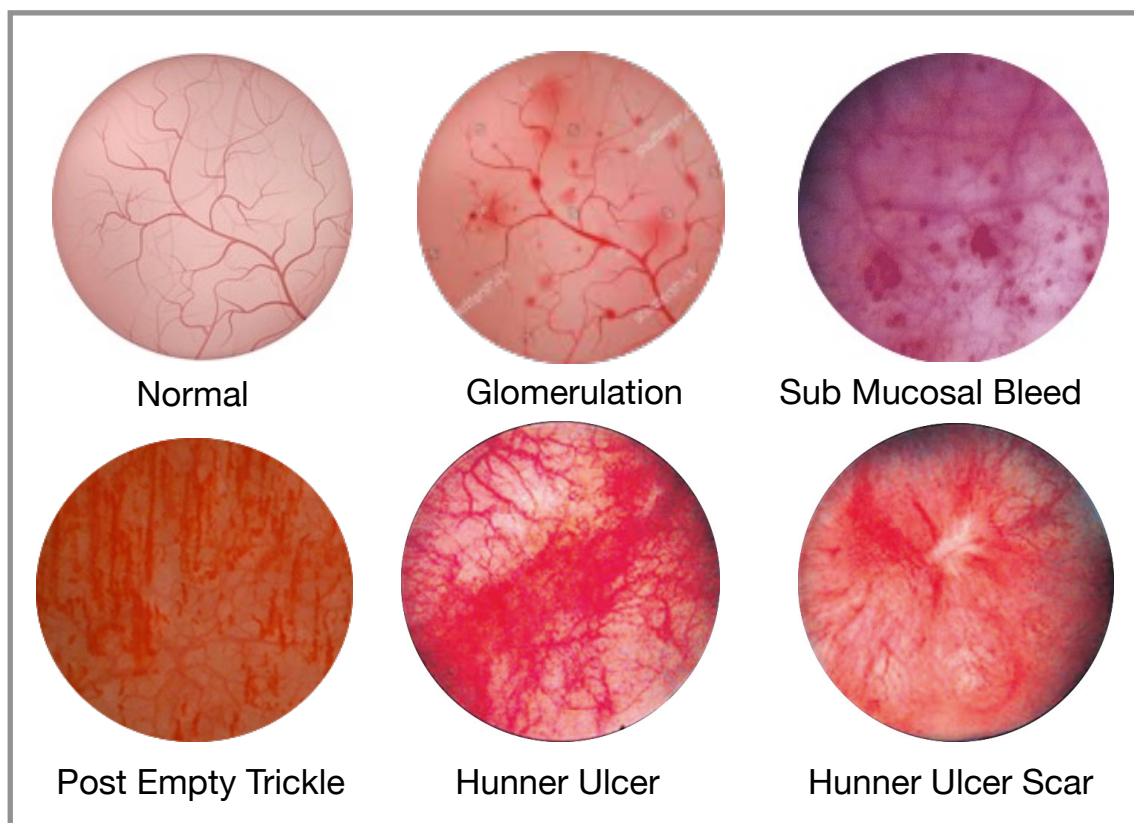
The IC /B PS Bladder Symptoms of IC/BPS vary from woman to woman. However, most experience pain, pressure and discomfort as the bladder fills. In addition, chronic pain or pressure in the pelvis and perineum are common, including discomfort and pain during sexual intercourse. The severity of symptoms is variable.

Diagnosis

To diagnose IC/BPS, your urologist or urogynecologist will review your medical history and symptoms. Your doctor will ask about your pattern and level of pain, as well as urinary symptoms.

To help rule out other conditions, you may need some lab tests.

Cystoscopy and urodynamics may be done depending on your symptoms. When cystoscopy is performed on women with IC/BPS, the bladder appears inflamed and irritated. Pinpoint sites of bleeding (glomerulations) can be seen on the bladder wall. A small number of women have a specific type of lesion, known as Hunner's lesion. Cracks in the lining of the bladder are also often visible.



Often you will be asked to keep a diary of your bladder symptoms, urinations, and fluid intake.

Women who are diagnosed with IC/BPS typically experience pain, burning, pressure, and discomfort in the bladder for more than six weeks with no other apparent cause. Some women go years with these symptoms before diagnosis.

Treatments

Treatments depend on the severity of symptoms. Most women require more than one type of therapy to manage their pain and urinary symptoms. Right now, there is no cure for IC/BPS, but the symptoms can be treated and controlled.

MEDICINES : Your provider may prescribe one or a combination of medicines.

Pentosan polysulfate sodium (Cystopen, For IC) is the only FDA-approved oral medicine for IC/BPS. It helps about one-third of women control their symptoms. Other drugs that help IC/BPS symptoms are: phenazopyridine, amitriptyline.

BLADDER INSTILLATIONS: Some find it helpful to get medicine inserted directly into their bladders. A series of these instillations is

usually done in the office. Treatments can be 1 to 2 times a week for 6 to 8 weeks.

DIET : Women with IC/BPS often find that certain foods and drinks irritate their symptoms. Identifying which items are bothersome to you and restricting or limiting them can help control symptoms. Food sensitivities can vary. However, there are foods and beverages that appear to trigger a flare among many women. Often women eliminate these foods and slowly add them back individually to determine which ones they can still eat safely. It's helpful to meet with a Registered Dietitian Nutritionist to identify individual trigger foods.

CYSTOSCOPY UNDER ANESTHESIA: Stretching the bladder wall, called hydrodistension, can also be helpful. Because this can be painful, it is often performed as an Inpatient surgery with general anesthesia.

This procedure provides relief for some women. But, it often needs repeat procedure. It may cause a flare immediately occasionally.

NEUROSTIMULATION (Not Available) :

Electrical stimulation devices can be placed outside of your body (TENS unit) or surgically implanted inside the body (called InterStim®). They send mild electrical pulses through the pelvic area. This can help relieve IC/BPS symptoms, especially the urinary symptoms.

BOTULINUM TOXIN (BOTOX):

Botox can increase bladder capacity , which can help a patient with IC/BPS urinate less often. Under local anesthetic or sedation, your doctor uses a small camera and needle to inject Botox into the bladder wall. Typically, the injection needs to be repeated 1 to 2 times per year. A small number of women experience side effects, such as difficulty emptying the bladder or urinary tract infection.

SURGERY: This is reserved for extreme cases. Most women never need surgery. For women with Hunner's lesions, the area can be surgically treated with a laser. Very rarely, the bladder may be removed or enlarged surgically.

STRESS MANAGEMENT:

For most women, stress can worsen IC/BPS symptoms. Find an activity that relaxes you. It might be meditation, yoga, hypnosis, acupuncture, or taking a walk. Whatever it is, schedule time so you can help manage stress.

PHYSICAL THERAPY :

A specially trained physical therapist (PT) can manually manoeuvre your pelvic area to help relieve pelvic pain. This therapy may loosen tight pelvic floor muscles and tissues. **Women with IC/BPS should NOT do pelvic floor strengthening exercises (called "Kegel exercises")** unless under the care of a PT. These exercises can worsen symptoms.

Three Takeaways

Interstitial cystitis/bladder pain syndrome (IC/BPS)

1. Urinary urgency and frequency, without leak, without any sign of infection or other cause
2. Treatments often include
 - diet changes
 - stress management,
 - physical therapy
 - medicines
 - bladder instillations
 - cystoscopy under anesthesia
 - nerve stimulation
 - Botox injections.
3. A bladder diary can help provide more information about the link between diet and your bladder symptoms.

AVOID Food for Interstitial cystitis

English	मराठी	हिंदी	गुजराती
Tea	चहा	चाय	था
Coffee	काँफी	काँफ़ी	कोड़ी
Alcohol	अल्कोहोल, दारु	दारु	आल्कोहोल, आल्कोहोल
Tomato	टोमॅटो	टमाटर	टामेटां
Citrus Fruits orange sweet lime	लिंबूवर्गीय फळे संत्रा मोसंबी अननस	नींबू वंश - संत्रा , निम्बू, अंगूर अनन्नास मोसंबि	साईट्रस फल नारंगी अनेनास
Chocolates	चाँकलेट्स	चाँकलेट्स	थोकलेट्स
Sweets and Sugar	मिठाई आणि साखर	मिठाइयाँ और शक्कर	डेअर्ट अने पांस
Onions	कांदे	प्याज़	डुंगणी पर
Processed Food	प्रक्रिया केलेले अन्न	संसाधित खाद्य प्रोसेस्सड खाद्य	प्रक्रिया करो थई गथुं पोराक
Hotel Food	बाहेरचे अन्न	होटेल का खाना	बहारनो पोराक
Capsicum	शिमला मिरची	शिमला मिर्च	सिमला भरथां
Chillies	मिरची	हरीं , लाल मिर्च	भरथुं
Spicy Food	मसालेदार फूड	तिखे भारतीय मसाले	अथाएजुं पाद्य
Sauces	सॉस चायनिज / थाई	सॉस चायनिज / थाई	यटणी थाईनीज / थाई
Pickles	लोणचे	आचार	अथाएां

Food allowed in Interstitial cystitis

पदार्थ	पदार्थ सहज साथ देतात	खाना आसान होता है	
भाजी	बटाटे, सोयाबीनचे, गाजर, फुलकोबी, कोबी, वाटाणे, मुळा	आलू, सोयाबीन, गाजर, फूलगोभी, पत्तागोभी, मटर, मूली	
फळे	केळी, खरबूज, नाशपाती, सफरचंद	केला, खरबूजा, नाशपाती, सेब	
डेअरी	स्किमड दूध, दही, पनीर, साधे आईस्क्रीम	स्किमड दूध पनीर, साधा आइसक्रीम	
धान्य	तांदूळ, बाजरी (बाजरी, ज्वारी, नाचणी) ओट, मसूर	चावल, बाजरा (बाजरा, ज्वार, रागी) जई, दाल, काली दाल	
मांस / मासे	चिकन, मासे	चिकन, मछली,	
नट / ड्रायफ्रूट्स	बदाम, काजू, शेंगदाणे, अक्रोड, मनुका	बादाम। फलियों, मूंगफली, अखरोट, किशमिश,	
पेय	हर्बल टी, आले चहा	हर्बल चाय, अदरक की चाय,	
मसाले	आले, लसूण, धणे, जिरे	अदरक लहसुन, धनिया, जीरा,	

Support Group

Interstitial Cystitis India

Reach for Help