Interstitial Cystitis (IC)/bladder pain syndrome (BPS) is a feeling of pain and pressure in the bladder area. Along with this pain are lower urinary tract symptoms which have lasted for more than 6 weeks, without having an infection or other clear causes. The true cause of IC/BPS is not known.

The actual percentage for men may be higher as IC in men may be misdiagnosed as prostate problems such as BPH or chronic prostatitis. Most people with IC are diagnosed during their 30’s but symptoms may start in childhood or as a teen, and may be mislabeled as urinary tract infections.

Individuals can try to stop the return of symptoms by doing 3 things:
1. Stay on their medical treatments even after they feel better
2. Avoid foods that may irritate the bladder
3. Avoid certain activities or stresses that may make IC/BPS worse

September is Interstitial Cystitis Awareness Month

There is no cure for IC, but there are possible treatments to control the symptoms of IC (you may need a combination of two or more):
- LIFESTYLE CHANGES
- BLADDER TRAINING
- PHYSICAL THERAPY
- MEDICATIONS
- BLADDER PROCEDURES

In severe cases of IC, some may need to urinate up to 60 times a day.
The average person urinates no more than 7 times a day.

IC/BPS is often 2-3 times more common in women than in men.

Up to 12% of women may have early symptoms of IC.

Most people with IC/BPS find that certain foods make their symptoms worse.

4 foods/drinks that individuals most often find irritating to their bladder:
- CHOCOLATE
- CITRUS FRUITS
- TOMATOES
- COFFEE

1 - 4 MILLION MEN have symptoms of IC/BPS.

3 - 8 MILLION WOMEN have symptoms of IC/BPS.