

# INTERSTITIAL CYSTITIS

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.

**90%**  
OF PATIENTS WITH IC ARE WOMEN



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

**1 - 4**

MILLION MEN  
have symptoms of IC/BPS.

**3 - 8**

MILLION WOMEN  
have symptoms of IC/BPS.

## September is Interstitial Cystitis Awareness Month

There is no cure for IC, but there are **5 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

