

WHAT IS THIS CONDITION?

Interstitial cystitis (IC), also known as bladder pain syndrome (BPS), is a condition of the bladder which is not very well known, and as a result, it is **underdiagnosed**.

Although the **cause of the condition is unknown**, one underlying explanation for the symptoms is a deficiency in the protective layer of the bladder lining, known as the GAG layer, enabling toxins in urine to damage nerve endings in the bladder wall.

In Hungary, IC/BPS affects approx. 20,000 people, but only about 1 or 2 per cent have been diagnosed with the condition.



At most, only **1 in 50** sufferers receive treatment for the condition.



Why is it so difficult to reach a diagnosis?

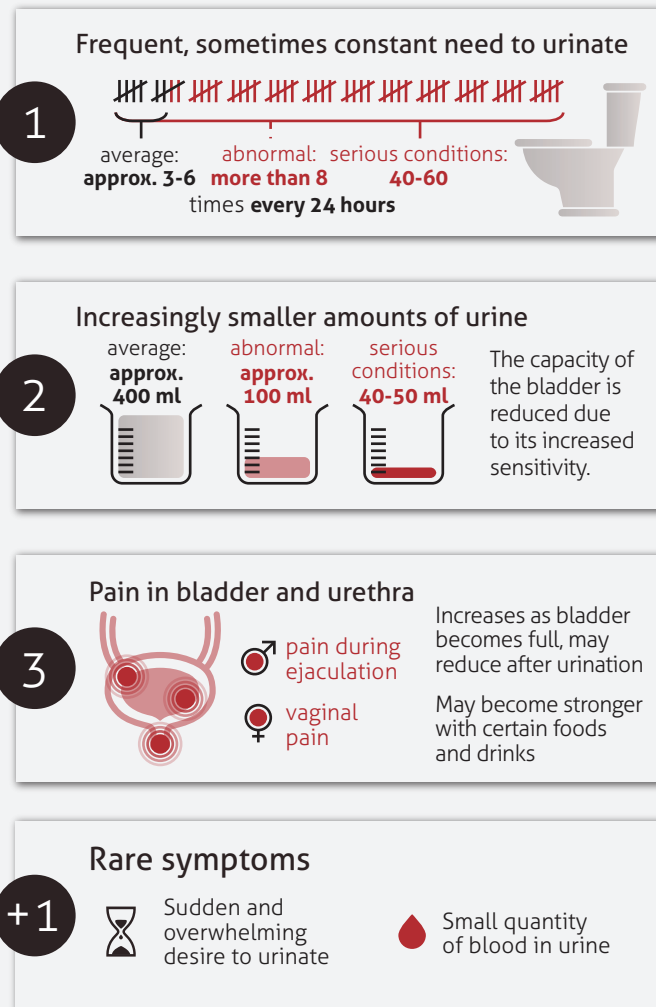
Diagnosing the condition is not easy. **There is no single symptom or test which clearly demonstrates the presence of IC/BPS.** It **does not develop as a result of bacterial infection**, but the deficiency in the GAG layer can often lead to recurring urethritis and bladder infections, so these can serve as indications of the presence of IC/BPS.



It is difficult to diagnose the condition as the **symptoms can also indicate a number of other, more common illnesses.**

WHAT ARE THE SYMPTOMS?

Symptoms generally occur in the following order:



It is important to note that alongside these symptoms, **in most cases there is no detectable infection of the urinary tract** (pus or bacteria in the urine) to make it easily distinguishable from acute or chronic bladder inflammation.

WHY IS IT IMPORTANT TO DIAGNOSE IC?

The pain experienced during urination is discomforting in itself, but IC/BPS can cause difficulties in the lives of its sufferers for additional reasons as well.



Because of these issues sufferers sometimes see **suicide** as the only solution.

Sufferers of IC/BPS are **70 per cent** more likely to commit suicide.

The best solution is to recognize the symptoms in time, provide individualized treatment tailored to the patient's state of health and long-term aftercare for years or even decades.

HOW CAN IT BE TREATED?

In the initial phase, if the lesions are still minimal the condition may be treated by injecting a mix of substances into the bladder transurethrally (known as bladder cocktails) which contain agents **regenerating the GAG layer**, local anesthetic and adrenocortical hormones which reduce inflammation and scarring.



If there are already larger, more marked lesions in the bladder membrane (bleeding or ulceration), then localized medicinal treatment is no longer possible.



In more serious cases, the area can be treated under local anesthetic or general anesthetic by burning away the affected area and destroying the damaged parts of the bladder. Concurrently, the pain-detecting nerves in the area are also destroyed, and the pain may cease as early as on the following day.

The regeneration of the bladder membrane in the affected area then begins, with the patient able to enjoy a significant amount of time, often years, without complaints. The regeneration of the protective layer can be supported and accelerated with localized treatment.

Alongside treatment, symptoms may be alleviated by oral medicines, dietary supplements and a diet developed specifically for IC patients.

WE NEED TO TALK ABOUT IT

Unfortunately, doctors are often unable to identify IC/BPS, so misdiagnosis and inappropriate treatment are common. There are no other conditions causing such serious symptoms and affecting such a large number of people which have such a low rate of detection.



If either the attending doctor (urologist, general practitioner or gynecologist) or the patient is unable to identify the possible cause of the symptoms, then clearly the condition will not be successfully diagnosed.

If you recognize your own condition in the description outlined above, you can make an appointment at our special IC department at the address below:

RMC

RÓZSAKERT
MEDICAL
CENTER

Center for the diagnostics, therapy, and research of IC/BPS

Address: 1026 Budapest, Gábor Áron u. 74-78.

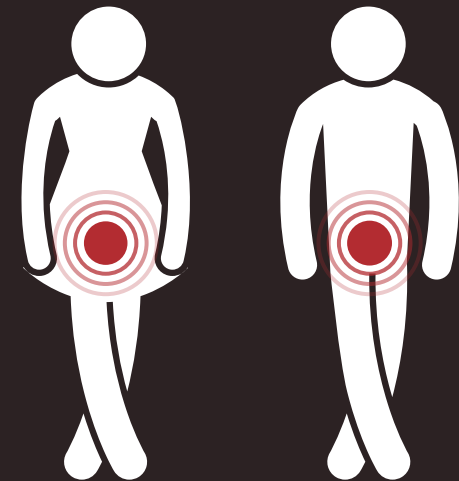
Phone number: +36 1392 0505

Email: info@rmc.hu

Website: <http://rmc.hu>

Our special treatment package is available for 2.300 € (see details at <http://rmc.hu/en>)

BLADDER PAIN SYNDROME IC-BPS



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