

## DIAGNOSIS AND TREATMENT OF INTERSTITIAL CYSTITIS

### WHAT IS INTERSTITIAL CYSTITIS (PAINFUL BLADDER SYNDROME)?

Interstitial cystitis (IC), also known as painful bladder syndrome, is a chronic inflammatory condition of the bladder lining that causes pain and pressure in the pelvic area around the bladder.

*IC affects approximately eight million young and middle-aged women in the U.S.*

#### Symptoms of IC can include:

- Pain in the bladder and the pelvic region surrounding the bladder
- Urgent and frequent need to urinate, even if the bladder is not full
- Pain that worsens during menstruation
- Pain during sexual intercourse

Women with interstitial cystitis (IC) often feel the need to urinate frequently in addition to experiencing painful urination even though bladder infection is not the cause. For many women IC interrupts their normal daily activities because of the need to stay close to a bathroom and a constant feeling of discomfort.

### DIAGNOSING INTERSTITIAL CYSTITIS

Chesapeake Urology's pelvic health specialists will run a series of diagnostic tests for other conditions that cause the same symptoms as IC and come to a diagnosis once all other causes are ruled out. Our experienced physicians perform a comprehensive physical exam and may order additional tests including:

- Urine analysis and urine culture
- Cystoscopy with bladder distention
- Biopsy of the bladder
- CT scan of the bladder
- Urodynamic testing

### HOW IS IC TREATED?

While there is no cure for IC, treatments can provide relief from painful symptoms. Our physicians provide several different therapies that have been shown to alleviate and/or diminish many of the symptoms of IC including:

- **Physical therapy** – As a treatment for underlying pelvic floor dysfunction, physical therapy has been shown to greatly improve painful symptoms associated with IC
- **Bladder instillation** – Medication designed to provide relief from pain and help relieve inflammation is instilled into the bladder
- **Bladder distention** – Under general anesthesia, the bladder is filled with a liquid or gas for a short period of time, providing short-term pain relief
- **Oral medication** – Elmiron® has been shown to improve IC symptoms including frequency, urgency, burning and pain
- **Neuromodulation and Botox** – Implanted neuromodulation devices stimulate blood flow and produce chemicals that block pain and may also decrease urinary urgency in some patients. Botox injections can help with frequency and urgency symptoms
- **Surgery** – Typically reserved for the most severe cases, if at all

Speak with one of Chesapeake Urology's specialists today about diagnosis and treatment for interstitial cystitis. Call 877-771-9508, or visit us on the web at [www.chesapeakeurology.com](http://www.chesapeakeurology.com).

## MEET OUR SPECIALISTS:

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### **Conrad Duncan, M.D., F.A.C.O.G., F.A.C.S.**

Certified by the American Board of Obstetrics and Gynecology  
Board-certified in Urogynecology  
Fellow of the American Congress of Obstetricians and Gynecologists  
Fellow of the American College of Surgeons

**Areas of specialty:** Urogynecology including minimally invasive GYN surgery including robotic surgery, pelvic reconstructive surgery, female urinary incontinence, pelvic organ prolapse, fecal incontinence, interstitial cystitis, chronic pelvic pain, and vaginal birth injuries.

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### **Lisa Hawes, M.D.**

Certified by the American Board of Urology

**Areas of specialty:** Female urologic conditions including incontinence, pelvic prolapse, urinary tract infections and interstitial cystitis; kidney stone disease and conditions

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### **Kelly Johnson, M.D.**

Fellowship trained in female urology, neurourology and urinary tract reconstruction  
American Board of Urology Board Eligible

**Areas of specialty:** Female urology, neurourology, pelvic reconstructive surgery, urinary incontinence, pelvic prolapse, chronic pelvic pain, interstitial cystitis and complex neurogenic bladder cases