

Interstitial Cystitis At-a-Glance

Experts estimate that interstitial cystitis (IC), also known as painful bladder syndrome (PBS), affects about 1.2 million women and 82,000 men in the US, although these figures may significantly underestimate the true prevalence of the condition.

- In the US, the mean yearly costs for treating IC are more than double those of other patients (\$7,100 versus \$2,994), and the median yearly costs are close to four-times greater (\$5,000 versus \$1,304).
- On average, it may take up to five years to receive a correct diagnosis of IC.
- Pelvic pain resulting from IC can be so severe that many people with IC abstain from all sexual activity.
- Research has shown that IC patients' quality of life can be worse than that of patients undergoing renal dialysis for end-stage kidney disease.
- Some people with IC have a greater risk of developing certain related disorders, such as fibromyalgia, vulvodynia, migraines, allergic reactions, and irritable bowel syndrome (IBS).
- While today there is no cure or uniformly effective treatment for IC, there *are* treatments that alleviate IC symptoms.
- More than 500,000 people each year find help at www.ichelp.org—the website of the Interstitial Cystitis Association (ICA).

The Interstitial Cystitis Association (ICA) is the authoritative source of IC information in the United States. For more information about IC and the ICA, please visit www.ichelp.org.

References:

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Putting the pieces together

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