

Managing Your Health

How to Talk With Your Doctor About IC

Interstitial cystitis (IC) is defined as pelvic pain, pressure, or discomfort related to the bladder, typically associated with a persistent urge to urinate or urinary frequency.

More than one million Americans—of all ages, genders, races, and ethnicities—have IC. For every one person with Parkinson's disease, two people suffer from IC. Many experience severe, chronic pain. Some feel like their insides are being cut apart with razor blades. Others compare the pain to red hot poker stabbings at their pelvic area.

To find out if you have IC, talk with your doctor about your symptoms. The first step in finding relief for the pain and discomfort of IC is getting a proper diagnosis.

Before your appointment, answer the following questions. Bring this page with you to the doctor. Discuss your answers with your doctor.

- Do you have pain and/or pressure in your lower abdomen?
- Do you urinate frequently?
- Do you have an urgent need to urinate day and night?
- Do some foods and/or beverages make your symptoms worse? If yes, which foods and/or beverages?
- Do you find that certain types of exercise make your symptoms worse? If yes, which types of exercise?
- Do you have pain during and/or following sexual intercourse?
- If you are a man, do you have discomfort or pain in the penis or scrotum?
- Do tests of your urine fail to show any signs of bacterial infection?

If you answered yes to any of these questions, talk with your doctor about these symptoms. Ask if you might have IC.

The Interstitial Cystitis Association (ICA, www.ichelp.org) is committed to finding more effective treatments and a cure for interstitial cystitis (IC), a painful, chronic bladder condition. The ICA promotes and funds research; educates the medical community and public; advocates for IC patients, healthcare providers, and researchers; and offers support for IC patients and their families.

For more information, visit www.ichelp.org or call 800-HELP-ICA (800-435-7422).

Copyright © 2008. The Interstitial Cystitis Association. All rights reserved. The ICA does not engage in the practice of medicine. It is not a medical authority nor does it claim to have medical knowledge. In all cases, the ICA recommends that you consult your own physician regarding any course of treatment or medication.

Publication Number: TCTALK

9/5/2008

Putting the pieces together

110 North Washington Street • Suite 340 • Rockville, MD 20850
Website: www.ichelp.org • Toll-Free: 1-800-HELP-ICA