



Conquering IC.  
Changing Lives.

Interstitial Cystitis Association

### **Email Sample to Send**

My name is \_\_\_\_\_ and I live in \_\_\_\_\_.

I am an advocate with the Interstitial Cystitis Association (ICA). The ICA advocates for research funding, raises interstitial cystitis (IC) awareness, and provides education to ensure early diagnosis and optimal care with dignity for people affected by IC, a disease that has had an enormous effect on me and my family. IC is a chronic condition consisting of recurring pain, urinary frequency, and urinary urgency. IC may also be referred to as bladder pain syndrome (BPS). IC can affect anyone - men, women, and children of any race and ethnicity. The condition affects 3 to 8 million women and 1 to 4 million men in the U.S. That is 1 out of 77 citizens living with IC in the United States. 88% of every dollar received by ICA goes into direct services, benefiting IC/BPS patients and working towards fulfilling the organization's mission.

The cause of IC is unknown, there are no diagnostic tools, and there is no cure. Patients suffer for years before receiving a diagnosis or finding treatments to relieve symptoms. The symptoms can dramatically affect an IC patient's quality of life, mobility, relationships, sense of isolation, and often the inability to continue to work.

**{Share your IC/BPS experience. Be concise but let them know how IC has affected your life.}**

I am writing today to ask for your help. I realize the country is dealing with the COVID-19 outbreak and we appreciate your efforts with this critical issue. However, we also realize that your work on other important issues continues and we need your help.

With so much unknown about IC, awareness and education programs are needed and increased IC research is vital to the understanding and eventual cure. I request your support for the following:

- Provide \$1,100,000 for the IC Education and Awareness Program at the Centers for Disease Control and Prevention's (CDC).
- Provide the National Institutes of Health (NIH) with at least \$44.7 billion in FY 2021.
- Continue to include "interstitial cystitis" as a condition eligible for study through the Department of Defense Peer-Reviewed Medical Research Program (PRMRP) for FY 2021.
- Maintain access to chronic pain care medication and protect the patient/doctor relationship with regards to prescriptions. Chronic pain patients depend on important medications to cope with their pain.

Please consider me a resource for you and your office about any IC/BPS health related and patient issues.

Sincerely,