

## POST CONFERENCE REPORT: August 27th - 28th, 2022

### CONFERENCE OVERVIEW

On August 27th and 28th 2022, the GIBS Society brought together practitioners and specialists for an educational and knowledge driven 7<sup>th</sup> Annual Congress on IC/BPS with the theme “Save a Bladder... Save a Family”. The objective of the conference was to make a difference to the lives of IC/BPS patients. It is built up with the intent of active and interactive learning, to share ideas and views shared during scientific sessions for a fruitful result, successful diagnosis, latest and improvement in treatment modality.

The day started with the divine lamp lighting ceremony along with the Sanskrit shlokas to empower the beginning of the 7th Annual Congress. **Dr Sanjay Pandey (Secretary GIBS)** invited **Dr. Santosh Shetty** (Executive Director and CEO Kokilaben Dhirubhai Ambani Hospital) on stage to address the gathering and inaugurate the meeting.



**Dr. Rajesh Taneja (Chairman GIBS)** was invited to express his views. He quoted beautifully how dreams are important to make things happen in reality, so, “Who dreams the most, do the most”. His emphasis was more onto the diagnosis and finally the successful treatment. He also mentioned how evolutionary changes have taken place as IC/BPS doesn’t exist to a two-day core program on IC/BPS.

**Mr. Vishal Jajodia (CMD Swati Spentose Pvt. Ltd.)** was invited on stage for his opening comments before commencement of the program. Mr. Vishal Jajodia was indeed delighted to announce his achievement as an innovator and expressed his feelings for winning the award for being the most innovative company in India for the year 2022.

**Dr. Ravindra Sabnis** was invited to speak a few words on IC/BPS. Dr. Sabnis who had been a part of the journey of GIBS from the day 1, delightfully attributed Dr. Rajesh Taneja, Dr. Sanjay Pandey and Mr. Vishal Jajodia and many other senior doctors in the forefront for their pathbreaking work and starting a platform like GIBS for spreading knowledge together.

**Dr. Sunil Shroff** who was the Guest of Honour of this congress began his talk by applauding Mr. Vishal Jajodia, for having faith in his belief. He exclaimed his love for the subject IC/BPS and heartily is looking forward to some solution for this condition to move patients from darkness to light. He emphasized and extended his hands on focused meetings in general conferences of urology and gynecology to bring about increased awareness about IC/BPS.

With all above encouraging words the program began with the journey of GIBS by Dr Sanjay Pandey followed by the first presentation of the scientific session of day 1.

The first day scientific session included talks on sacro-neuromodulation in IC/BPS by Dr Shailesh Raina, a latest update on IC/BPS was a focus of the session (Dr Roger R Dmochowski), technique of BOTOX administration in IC/BPS (Dr Sajjad Rahnama’i), differential diagnosis- navigation through the various aetiologies of bladder pain and bladder symptoms (Dr David Kauffman) and the journey in IC/BPS-to the present state of art therapy by Dr Lowell Parsons . The talks focused on basic history taking, urine analysis reports, how stimulation of nerves help in IC/BPS and focus on the pain part is crucial. The session also spoke on how movement of urea plays a major role and differentiates a normal bladder from an IC/BPS bladder. The session focussed on the marked role of urinary potassium in an IC patient, the different causes of mucus injury. The chairpersons have gracefully chaired the session with lots of

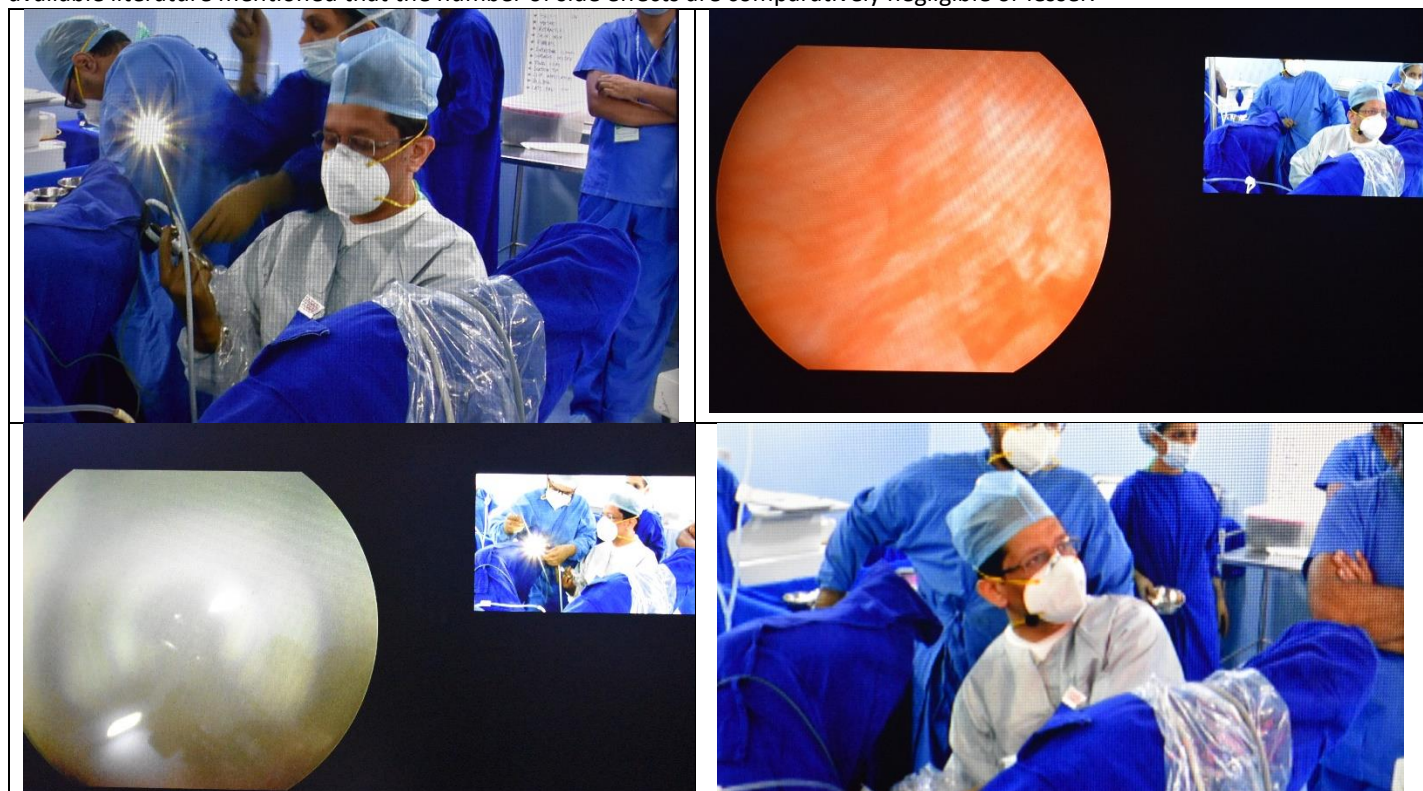
insights, enhanced and added information to each and every session. The entire session had varied questions which were answered by the speakers. The active interaction significantly marked the raised interest in the topic IC/BPS.

The second session of the Invited lectures Day 1 focused on pathophysiology of IC/BPS (Dr Manish Pradhan), the role of urinary microbiome in IC/BPS (Dr Anuradha Kodori), impact of microbiome on nervous system, external stimuli and effect on gut microbiome, the different factors that affect the urobiome, new methods of culturing and identifying bacteria, discussion on several studies that have been already published in support of role of microbiome in IC/BPS.

In addition to this, IC single centre treatment experience, IC profile and practise in Specialized urology centre and IC in modern urology Clinical practise talks were also presented and discussed. Dr Shailesh Shah, Dr Nagendra Mishra and Dr Shyamala Gopi have beautifully presented their talks on the above topics.

Day 1 Session concluded with the wonderful debate to encourage the understanding between oral vs Intravesical Therapy presented by Dr Shivam Priyadarshi and Dr. L. Dorairajan.

**DAY 2:** The second day of the event began with live operative workshop sessions on pelvic pain management (Myofascial Band Injection), understanding the trigger points from the supra pubic area, live visuality of Hunner's Ulcer, Past scar marks of Hunner's lesion and impact of Comfora, how the lesions were recovered and the patient progressed towards recovery over time, the method of fulguration was shown and finally intravesical PPS instillation through an adapter was performed on different patients (Dr Sandor Iovasz). After the live sessions, the event was back to presentations on other different interesting topics. The other topics focused on the current role and expanded indications of Pentosan Polysulfate Sodium (Dr Uttam Mete), Building Multi-speciality IC/BPS team by Dr Sanjay Pandey , pathophysiology of chronic pelvic pain, pain therapy, pelvic floor therapy, and diet therapy by Dr Cindy Zietsman, Dr Ajay Rane, Dr Sanjay Sinha, Dr Bhavti Soni, Dr Navita purohit , Neelanjana Singh, and Dr Uma Venketesa. . This session precisely had a presentation by Dr. George Kasyan, who very clearly mentioned PPS to be the safest therapy and based on the available literature mentioned that the number of side effects are comparatively negligible or lesser.



Also, a separate column on positive patient advocacy, the modes to run a patient group, tips and tricks in IC/BPS moderated by Dr Meera raghvan and her team of eminent Gynaecologists and Urologists, were highlights. Different case studies were discussed, which gives insights to deal with new cases most of the times, or at times of similar case representation. During this session one point that was highlighted is presence of dermatographia /erythema in conditions of IC/BPS which was recently noticed by Dr. Vik Khullar.

The session had a dedicated section for discussions and a quiz session by Dr Apul Goel. A talk by Mathilde Scholtes from ICA was delivered highlighting the immediate need of treatment, scientific studies that would support cure of IC/BPS. She tagged such study as Getsbi Study. She also highlighted the importance of refreshers courses for medical professionals which is already started by GIBS. Balaka Basu, a patient advocate delivered her talk on IC awareness programmes. She focused on importance on scientific research for better understanding and clarity of the condition and most precisely a great medical team to deliver better treatment is the immediate need of the condition. Jill Osborne (ICN Founder) delivered talk on how to manage and run a patient group. She emphasized collaboration for a smooth management and activity of patient group and the benefits that patients from different

geography would gain due to such collaboration. The IC awareness programme was a talk on importance of collaboration for bringing about awareness amongst the masses, the patients and their families, and the doctors.

The others talks presented by Dr Vikky Ajwani, Dr Ming Huei Lee, Dr Fidel Manalaysay , Dr Ismail Attar has cleared the many concepts on Spectrum of changes in Bladder health, Therapeutic efficacy of current modalities in IC, Tips and tricks in IC/BPS in Office therapy and clinic phenotyping.

The event came to an end with final highlights on what is new in the horizon for IC/BPS by Dr. Sanjay Pandey. He highlighted the importance of Cystoscopy in IC/BPS and Intravesical PPS could be considered for patients with end stage bladder condition and refractory condition of IC/BPS where surgery is the only option available. With these few words, he presented a video on intravesical PPS. He highlighted the importance of intravesical PPS and have exhibited evidence of a recovery of a patient who was on oral PPS for 1 year.

A way forward notes by Dr. Rajesh Taneja were very effectively delivered. He thanked all, for their active presence and participation. Focusing his start of journey with GIBS he whole heartedly focused on the different aspects of this condition and highlighted the need of different changes for a better tomorrow for patients suffering with this condition. The different guidelines to be followed were emphasized by him for patient betterment and an improved quality of life. The different major steps that would be followed for an excellent quality of life while suffering with the condition. His total focus was for the benefit of all the patients suffering with the condition. He very openly mentioned that it is very important to dream the most to do the most. He has dreamt for a life without IC for all his patients suffering with the condition, and he strongly believes there will definitely a day that would arrive sooner with his dream coming true. He also mentioned how he has dreamt of a card test similar to the operating principle of pregnancy detection “just a drop of urine and IC/BPS is diagnosed successfully and efficiently”. He also mentioned how dissection of IC/BPS in different groups will be of great help for easy diagnosis and focused how the understanding of the disease has evolved. He also mentioned how PPS has played a major role over the last decade, and how from oral Comfora to Comfora Instill the treatment and management has evolved with better efficacy and better quality of life. He mentioned how it is very important to own up the responsibility to lead. He mentioned urine routine to be a vital characteristic and must not be missed at all in patients with IC/BPS. He focused on continuous education and how education is the key to this. Dr. Sanjay Pandey with his closing remarks focused on how the subject must reach every household and every family which is rightly possible by collaboration and GIBS is collaborating.

This year’s meeting received over 350 zoom registrations from all over the globe, making it as 281 participants on Day and 286 participants on Day 2.

And we had 120 plus participants for physical conference, involving our Foreign Delegates from Bangladesh, Russia, Hungary, & Nepal.

The journey has taken a tremendous peak! GIBS is determined to disseminate the evolving science of IC/BPS in all the seven continents, hopefully by the end of next year, in order to reach out to all those patients suffering from this disease and their physicians.

The planning for the further GIBS events & the 8th GIBS (2023) Annual Congress has already started coining the Theme: Compassion and Care for Bladder Flare which will be held on 26th & 27th August 2023.

Information about the other details would follow through emails, as the program evolves through the various planning stages.

Stay tuned with GIBS on [www.gibsociety.com](http://www.gibsociety.com)

