

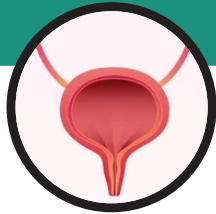


GLOBAL INTERSTITIAL CYSTITIS,  
BLADDER PAIN SOCIETY

# GIBS Newsletter

Volume 5 - Issue 2, March 2023

## Managing Bladder Flares



Literal meaning of “flares” in medical world is symptom exacerbations and for patients of Bladder Pain Syndrome (BPS), it applies to “Urologic or pelvic pain symptoms that are much worse than usual.” These may vary widely in presentation e.g. from mild to severe in intensity, from minutes to months induration and frequency may vary from less than once per year to multiple times per day [1]. Women especially elderly ones are prone to get these and presence of non-urological pain disorders and worse non-flare symptoms are other risk factors[2]. Apart from this following are the common “Triggers” which could be responsible for these flares [1].

- **Diet**- 95% BPS patients with flares will show some association with certain foods high in acid, caffeine and/or alcohol.

- **Vitamins & Supplements** - Multivitamins containing Vitamins C and B6.
- **Driving** - pain and discomfort with jerks and long distances has been seen in around 50% of these patients.
- **Stress & Anxiety** - High periods of physical or emotional stress and change in weather could be responsible in around 25.5% patients.
- **Sex & Intimacy** - Flares are seen in men at the moment of orgasm, while in women often 24-48 hours after intercourse (39.2%)
- **Exercise** - Exercise that jars or puts pressure on the pelvic floor (i.e. riding a bicycle or motorcycle, spinning, running or stairs) and even wearing shoes/boots with high heels can induce flare in around 28.6% of patients.
- **Hormones** - short term flares can be seen during ovulation (21.4%), high progesterone levels (28.6%)/ high estrogen levels on one side and also in post-



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menopausal ladies on other side indicates different pathophysiology involved.

- **Chemical Exposure-** Inhalation of certain products e.g. active and passive smoking, vaping, scented candles, room fresheners, wearing perfume or being near someone wearing perfume, cleansers, paints, solvents and pest control products; or exposure to irritants e.g. scented laundry detergent, fabric softeners and/or dryer sheets, hair coloring or dyeing products and even use of a new toothpaste have shown association with flare.
- **Urinary Tract Infections** (58.8%)- evidences indicate contributions of the microbiome both bacterial (*Burkholderia-cenocepacia* in men/ *Lactobacillus gasseri* in women) and fungal (*Candida/Saccharomyces* spp in women)[3].

### Assessment

Brief Flare Risk Factor Questionnaire has been especially designed to assess and follow-up these flares [4]. Apart from this “Empirical induction period (the length of time it takes for an exposure to trigger a flare)” and Diurnal timing of flares should also be noticed.

### Prevention Strategies

Flare triggers are specific to certain patients and, therefore, that adoption of global flare

prevention strategies would be too restrictive for many patients. Therefore strategies addressing individual needs should be followed. Few Self-management Strategies adopted by patients are drinking additional water or fluid, stopping and resting; placing a cold pack, heating pad, or hot water bottle on abdomen/pelvis, or taking a sitz bath and going back to a “strict diet”. Certain Neutralisers like “Calcium glycerophosphate” (FDA approved) and Sodium based Urine Alkalisers may be of special help. Changing the dose or started a new prescription medication with or without approval from their healthcare provider is also prevalent in these individuals seeking symptomatic relief for their acute flare symptoms [3].

### Conclusions

Future research should focus on approaches to preventing flares (e.g. by trigger identification and therapy); to reducing their frequency, severity, and/or duration and to reducing flare-related anxiety (e.g. by on-hand medications, same-day medical appointments, mindfulness meditation/stress reduction). Patients' quality of life might also be improved by engaging them socially and therefore formulation of social groups should be promoted.

### References

1. Lai HH, Vetter J, Song J et al. Management of Symptom Flares and Patient-reported Flare Triggers in Interstitial Cystitis/Bladder Pain Syndrome (IC/BPS)- Findings From One Site of the MAPP Research Network. *Urology*. 2019 Apr;126:24-33. doi: 10.1016/j.urology.2019.01.012. Epub 2019 Jan 22. PMID: 30682464; PMCID: PMC6874838.
2. Sutcliffe S, Gallop R, Henry Lai HH et al. A longitudinal analysis of urological chronic pelvic pain syndrome flares in the Multidisciplinary Approach to the Study of Chronic Pelvic Pain (MAPP) Research Network. *BJU Int*. 2019 Sep;124(3):522-531. doi: 10.1111/bju.14783. Epub 2019 May 29. PMID: 31012513; PMCID: PMC6706296.
3. Clemens JQ, Mullins C, Ackerman AL et al. MAPP Research Network Study Group. Urologic chronic pelvic pain syndrome: insights from the MAPP Research Network. *Nat Rev Urol*. 2019 Mar;16(3):187-200. doi: 10.1038/s41585-018-0135-5. PMID: 30560936; PMCID: PMC6800057.
4. Sutcliffe S et al. Urological CPP syndrome symptom flares: characterisation of the full range of flares at two sites in the Multidisciplinary Approach to the



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GLOBAL INTERSTITIAL CYSTITIS,  
BLADDER PAIN SOCIETY

# UPCOMING GIBS EVENTS



**SWATI SPENTOSE**

For Bladder Pain Warriors

## 3<sup>rd</sup> GIBS International IC/BPS PATIENT DAY (HYBRID)



**It's Time to Talk About IC/BPS!**

**Compassion and Care for Bladder Flare**

An Initiative by

**Swati Spentose**

**4PM to 5PM | 05 March, 2023**



**'Patients Speak'**

Patients open their heart out to tell their journey of this miserable disease  
Talk by experts.

### Program Schedule

|                    |                               |
|--------------------|-------------------------------|
| 3PM-4PM            | Informal consultation         |
| 4PM-5PM            | Trouble shooting with experts |
| Followed By Hi-tea |                               |

### THE OFFLINE CENTRES ARE

**Indraprastha Apollo Hospital**

Delhi Ph. : 91-9811081823

**Urogynecology Clinic**

DLF Capital Greens, Karanpura, New Delhi  
Ph. : +91-9871106150

**The Chennai Speciality Klinik**

Vannanthurai, Chennai Ph. +91-9840014468)

**Please Note :** Patients who are interested in joining offline can connect with the respective contact details and share their names by 2nd march 2023.

### For Online Participation

Register Now on the below link

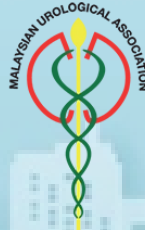
[https://us06web.zoom.us/webinar/register/WN\\_mS6IN4mET1SMdhubZJ6KMA](https://us06web.zoom.us/webinar/register/WN_mS6IN4mET1SMdhubZJ6KMA)

Kindly send us your query in advance :

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GLOBAL INTERSTITIAL CYSTITIS,  
BLADDER PAIN SOCIETY



MALAYSIAN UROLOGICAL  
ASSOCIATION



SWATI SPENTOSE



# Global Interstitial Cystitis Bladder Pain Society [GIBS]

Invites you to the **LIVE WEBINAR**



In association with

Malaysian Urological Association [MUA]  
GIBS - MUA

## THEME

**Understanding Bladder Pain Syndrome To Provide Effective Treatment**

**03:00PM-5:30PM MYT// 12:30PM-03:00PM IST**

## SCIENTIFIC PROGRAM

| Timings           | Topics  | Speakers  | Chairpersons   |
|-------------------|---|---|--|
| 03:00PM - 03:05PM | Introduction and Problem Overview                     | Dr Siti Nur Masyithah Ma'arof (Malaysian Perspective)   | Dr. Amit Agrawal<br>Dr Rohana Zainal<br>Dr Noor Ashani Md Yusoff |
| 03:05PM - 03:10PM |   | Dr Rajesh Taneja (Global Perspective)   |  |
| 03:10PM - 03:20PM | Current Scenario of IC/BPS Management in Malaysia     | Dr Ng Poh Yin   |  |
| 03:20PM - 03:30PM | Pathophysiology of IC/BPS                             | Dr Poongkodi Nagappan   |  |
| 03:30PM - 03:45PM | Clinical Approach to IC/BPS                           | Dr. Vikky Ajwani  |  |
| 03:45PM - 03:55PM | Discussion  |   |  |
| 03:55PM - 04:10PM | Role of Botox & Sacral Neuromodulation for IC/BPS     | Dr Warren Lo Hwa Loon   | Dr. Tanvir<br>Dr Siti Nur Masyithah Ma'arof<br>Dr Ngoo Kay Seong |
| 04:10PM - 04:25PM | Treatment Options in Patients with IC/BPS             | Dr. Amita Jain  |  |
| 04:25PM - 04:35PM | Discussion  |   |  |
| 04:35PM - 05:15PM | Case based Panel Discussion                           | <b>Moderator : Dr Sanjay Pandey</b><br><b>Panelist :</b> Dr. Amit Shah<br>Dr. Meera Ragavan<br>Dr. Ng Poh Yin<br>Dr. Poongkodi Nagappan<br>Dr. Warren Lo Hwa Loon | Dr. A. Tamilselvi<br>Dr Ch'ng Ling Sing<br>Dr Suzliza Shukor     |
| 05:15PM - 05:25PM | How Do We Move Forward In Improving Care For Patients | <b>Dr Rajesh Taneja</b>   |  |
| 05:25PM - 05:30PM | Closing Remarks                                       | Dr Warren Lo Hwa Loon   |  |

## Registration Link for Delegate

[https://us06web.zoom.us/webinar/register/WN\\_XhJY8M1uQ\\_68an0bolkv8w](https://us06web.zoom.us/webinar/register/WN_XhJY8M1uQ_68an0bolkv8w)

For More Information

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