



GLOBAL INTERSTITIAL CYSTITIS,  
BLADDER PAIN SOCIETY

# GIBS Newsletter

Volume 5 - Issue 2, March 2023

## Bladder Pain Syndrome/ Interstitial Cystitis in Kurdistan and Iraq - A Report

**I**nterstitial Cystitis / Bladder Pain syndrome is a chronic pathologic condition that could affect the bladder. The commonly accepted definition for it is, discomfort with severe pain or pressure with frequency, urgency and nocturia on filling of the bladder for more than 6 weeks, in the absence of documented infection or other identified causes.

People in Kurdistan specially from the northern Iraq as well as Iraq, suffer massively with this condition due to poor attention by the health care provider i.e. the urologists and the gynaecologists.

Many factors play vital role in the negligence of the patients by the two

speciality; such as the chronicity of the disease, absence of diagnostic tests and tools (lack of information on the exclusion or inclusion criteria and guidelines), patients lack information for understanding the disease, unavailability of medication like Pentosan Polysulfate Sodium (PPS). On dealing personally with patients experiencing the symptoms, we could experience and understand that the condition is not rare in our region. From diagnosis point of view, we depend on patient history, exclusion of general causes like infection, and cystoscopy for few patients. Cystoscopy is performed under general anaesthesia only when the patient



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is in severe conditions of flared up or to rule out malignancy in high risk patients (smoker, family history, occupational exposure as we have large number of works from petrol pump stations).

## After diagnosis we use the following treatment strategies:

- 1 Amitriptyline tablet for all patients (To begin with: 10mg once at night and can be increased to 25mg)
- 2 Alkalinizing agent (Sodium Bicarbonate)
- 3 Antihistamines such as Cimetidine more than Hydroxyzine, as in combination with amitriptyline produce more synergistic sedative effect
- 4 Intravesical cocktail (Heparin 40000IU + 3CC NaHCO<sub>3</sub> + 8CC 2% lidocaine + 8 mg dexamethasone) for 15 minutes weekly for 12 weeks
- 5 Cystoscopy for all severe form with hydro-distension (80cm H<sub>2</sub>O pressure for 2-3 minutes and repeated twice)
- 6 Pentosan polysulfate for patients who can afford (100 mg TID) or can be imported
- 7 Botox injection for patients where all the previous treatments failed
- 8 Cystectomy and urinary diversion as extreme last choice of treatment

## Future plan of Action:

It is crucial to bring about increased awareness amongst urologists and gynaecologists on the existence of this condition, through their participation in conferences and meetings. Highlighting the seriousness of the condition. Explaining the tips and tricks to deal with it and improve quality of life of people by saving and serving their bladder. Enhancement in engagement with pharmaceutical companies to make medication available in our region at affordable price. By creating a multi-disciplinary team including urologist, gynaecologists and physio-therapist for the patients when in need.



*Author*

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GIBS Core Member & Global Stalwart!

# Latest Announcement



GLOBAL INTERSTITIAL CYSTITIS,  
BLADDER PAIN SOCIETY



SOCIEDAD PARAGUAYA  
DE UROLOGÍA



SWATI SPENTOSE

## Global Interstitial Cystitis, Bladder Pain Society

Invites you to the **LIVE WEBINAR**

In association with

### Urological Society of Paraguay



#### THEME

### Fighting the Fire in Bladder

An Education Initiative supported by  
**Swati Spentose Pvt. Ltd.**

#### Registration Link for Delegates

[https://us06web.zoom.us/webinar/register/WN\\_Vw2B\\_HnvRZqMyGcnV7N-SA](https://us06web.zoom.us/webinar/register/WN_Vw2B_HnvRZqMyGcnV7N-SA)

Kindly send us your query in advance :

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BLADDER PAIN SOCIETY  
EDUCATE, IDENTIFY, TREAT  
Fighting the Fire in Bladder



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Announcing

## GIBS 2023

8<sup>th</sup> Annual Congress  
on IC/BPS

SAVE THE DATE

26<sup>th</sup> & 27<sup>th</sup>  
August 2023

Pride Plaza Hotel Aerocity,  
New Delhi



**Compassion & Care For  
Bladder Flare**

**SCIENTIFIC BONANZA**  
from GLOBAL HORIZON

Registration Started

Click here to register yourself!!!

## Registration FEE

Grab the Early Bird Discount!!!

Categories	National Delegates		
	Early Bird [Till 15th July]	16th July - 15th August	Onspot [16th August -26th August]
GIBS Lifetime Members	INR 2000	INR 3000	INR 4000
Non Members	INR 4000	INR 5000	INR 6000
PG	INR 1500	INR 2000	INR 3000
Categories	Foreign Delegates		
	Early Bird [Till 15th July]	16th July - 15th August	Onspot [16th August -26th August]
GIBS Lifetime Members	USD 35	USD 45	USD 60
Non Members	USD 65	USD 75	USD 90

- All PG's should enclose a certificate from the Head of the Department along with the completed registration form.
- Duly & completely filled registration form is mandatory.
- Registration amount includes : Delegate Kit, Lunch / Dinner Coupons, Access to scientific hall.

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# GIBS ON THE GO

GIBS has successfully conducted **WEBINAR** on **IC/BPS** with

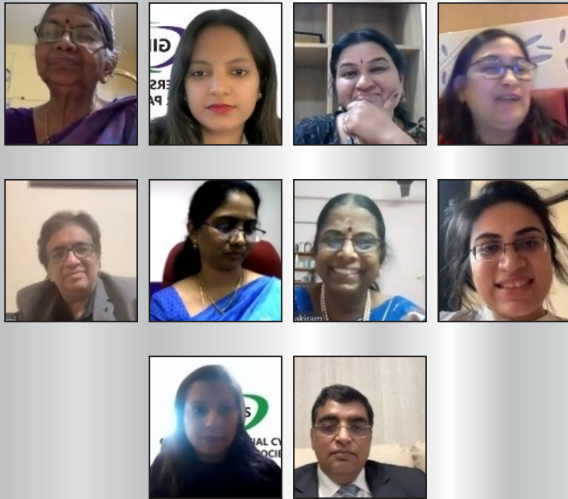
Female Pelvic Pain Association  
&  
Tamilnadu Federation of Obstetricians & Gynecologists

**JANUARY**  
**2<sup>nd</sup>**  
**2023**

**Theme**

**Bladder Care at all Ages**

Participant : 150 Plus



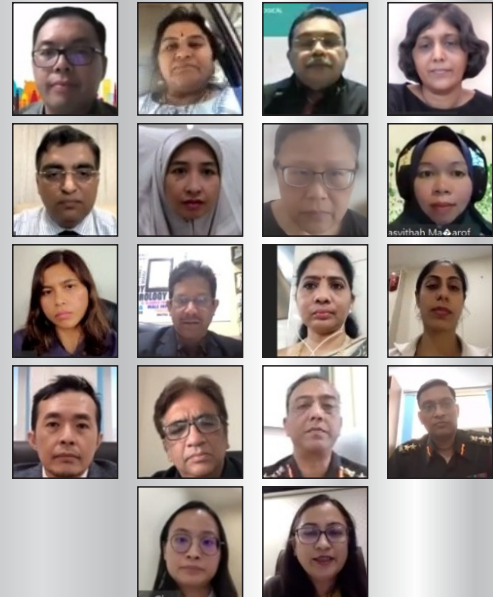
Malaysian Urological Association [MUA]

**THEME**

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

**MARCH**  
**25<sup>th</sup>**  
**2023**

Participant : 200 Plus



## GIBS *Celebrated its* **3<sup>rd</sup>** International IC/BPS Patient Day

**THEME**

**Compassion & Care for Bladder Flare**

**DATE :**

**5th of March 2023**

