



GLOBAL INTERSTITIAL CYSTITIS
BLADDER PAIN SOCIETY

Volume 7 Issue 10 || October 2025

GIBS NEWSLETTER

Unmet Medical Needs In IC/BPS To Bridge Gaps In Therapy

Latest Updates

11th Annual Congress on
IC/BPS - GIBS 2026

Date : 22nd & 23rd August 2026

Venue : Jaipur

Theme: Beyond the Bladder: Decoding
Subtypes, Delivering Solutions”

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Regional differences in terminology of IC/BPS as well as in diagnostic workup and definition of disease still challenge doctors and patients and interfere with assessing a correct and timely diagnosis of disease, which is the base for every effective therapy. The overlap with other irritative and painful conditions like OAB and endometriosis is another challenge that may need expert evaluation for exact discrimination. BPS/IC in men is significantly underdiagnosed (and misdiagnosed as prostatic disease) – medical education should focus on awareness of this condition.

Even if awareness of and knowledge about BPS/IC has increased in the last decades, non-specialist doctors may not recognize the disease primarily, thus, incorrect therapeutic regimens and delay of effective therapies may be the consequence. The broad spectrum of BPS/IC medications lacks high level evidence of efficacy, since prior studies have been mainly uncontrolled and performed on inhomogeneous patient groups. The newly defined categorization of different IC/BPS phenotypes increases the chance to assign effective therapies to the patient group that has the highest responsibility of response. By establishing a global patient registry, treatment data could be analysed by Artificial Intelligence (AI), further optimizing phenotype-based algorithms.

While there is a wide range of existing local therapies that are effective in the bladder-specific phenotype, systemic therapies in wide-spread pain disease are still incomplete and may be optimized by new substances modifying the pain sensitization process. Quality of life of IC/BPS patients is further diminished by typical concomitant diseases, like Sjögren’s syndrome, irritable bowel syndrome, autoimmune diseases,

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fibromyalgia, as well as by other specific symptoms like sexual dysfunction. Recognition of these conditions and targeted therapies are important and improve patients' quality of life.

The main goal of all IC/BPS therapies is to preserve adequate and painless bladder function. Since this is presently not possible in all patients, there is a demand for new therapeutic substances or regimens that directly aim the bladder-centric disease type. A better understanding of pathogenetic mechanisms leading to bladder dysfunction and disablement could help in designing new medicaments, also with AI assistance.

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DRUG SNIPPET FOR TREATMENT OF ICBPS



INTRAVESICAL TREATMENT

(Source: GIBS Guidelines 4.0)

Intravesical drugs are administered due to achieve high drug concentrations at the target site while reducing the systemic side-effects. We present a comprehensive summary of these drugs/cocktail mixtures used for intravesical instillations:

- 1. Heparin :** Intravesical dose ranges from 10,000 IU to 40,000 IU. Given as daily instillations for 3-4 months (Patients are taught self-instillations)
- 2. Lidocaine :** 2% usually 20–30 mL
Alkalinization increases urothelial penetration of lidocaine and therefore is expected to improve efficacy but it also can increase systemic absorption and potential toxicity. No published studies have directly compared lidocaine with and without alkalinization. No studies have directly compared different lidocaine concentrations.
- 3. Sodium Hyaluronate solution:**
 - a. Hyacyst:** available in two doses: 40 mg and 120 mg Weekly administration for 4 weeks
 - b. Cystistat:** 40 mg in 50 ml Weekly administration for 4 to 8 weeks.
- 4. Chondroitin sulfate 0.2%**
Induction: 20 mL of 2% CS once weekly for 6-8 weeks, dwell 30–60 min. **Maintenance:** monthly instillations for 3-6 months.
Can also be used in combination with Hyaluronic acid rather than as monotherapy.
- 5. Pentosan polysulfate intravesical preparation:**
Prepare the following: 5 ml Sodab carb solution in 5 ml syringe. 20 ml 2% xylocaine solution in 20 ml syringe.
30 ml Pentosan polysulfate intravesical preparation
Clean, drape and instil xylocaine jelly to anesthetise the urethra and trigone.
- 6. Cocktail Therapies**
 - a. Anaesthetic cocktail – Robert Moldwin:** 1:1 mixture of 0.5% Bupivacaine and 2% Lidocaine jelly] -about 40 ml total.
 - Heparin sulphate: 10,000- 20,000 IU
 - Triamcinolone 40-80 mg
 - Gentamycin 80 mg
 - b. Hydrocortisone and Heparin cocktail –Rajesh Taneja**
 - Hydrocortisone 200 mg
 - Heparin 25,000 IU
 - In physiological saline to 40 ml volume
 - c. Heparin Cocktail: Kristene Whitmore**
 - Heparin 10,000 units/ml: 2 ml
 - Solu-Cortef (hydrocortisone sodium succinate): 125 mg
 - Gentamicin 80 mg/2ml: 2 ml



DRUG SNIPPET FOR TREATMENT OF ICBPS

- Sodium Bicarbonate 8.4%: 50 ml
- Marcaine 0.5%: 50 mld

d Pentosan polysulfate cocktail - Jurjen J. Bade

- Pentosan polysulfate sodium 300mg (=3 ampules each 100mg)
- Lidocaine 2%: 10cc
- Sodium bicarbonate 4.2% (but can also be 4.8%): 10cc

e. Heparin cocktail with alkalinized lidocaine – C. Lowell Parsons

- Heparin sulphate 40,000 IU (4ml)
- Lidocaine 2%: 8 mL
- Sodium bicarbonate 8.4%: 3 mL

f. Marcaine with steroid cocktail – Nagendra Mishra

- 0.5% Bupivacaine:40 ml
- Heparin sulphate 10,000 IU
- Dexamethasone 2 cc
- Sodium bicarbonate 20 ml

g. Anaesthetic cocktail: Kristene Whitmore

- 0.5% Bupivacaine: 20 mL
- Heparin 10,000 IU: 10 mL
- Hydrocortisone: 100 mg in 5 mL of normal saline
- Sodium bicarbonate 48 mmol: 40 mL
- Triamcinolone 40-80 mg

h. DMSO cocktail: Philip Hanno

- DMSO 50%: 50 cc
- Sodium bicarbonate 44 meq (one ampule)
- Triamcinolone 40 mg
- Heparin sulphate 20,000 IU
- ± Gentamicin 80 mg.

I Payne Cocktail: Christopher Payne

- DMSO 50%: 50 cc
- Sodium bicarbonate: 5 ml
- Hydrocor



GLOBAL INTERSTITIAL CYSTITIS
BLADDER PAIN SOCIETY

Post-Release Congress Report

GIBS 2025

10th Annual Congress on IC/BPS



23rd & 24th
August 2025



Kokilaben Dhirubhai
Ambani Hospital,
Mumbai, India

Decode

Demystify

Drive IC/BPS

The 10th Annual Congress of the Global Interstitial Cystitis Bladder Pain Society (GIBS) marked a historic milestone in the journey of IC/BPS research, education, and clinical advancement. Hosted at **Kokilaben Dhirubhai Ambani Hospital, Mumbai**, on 23rd and 24th August 2025, this landmark congress celebrated a decade of progress, innovation, and collaboration under the theme “**Decode, Demystify, Drive IC/BPS.**”

The hybrid format enabled participation from across India and the globe, breaking geographical barriers and reinforcing GIBS's vision of fostering a global community committed to IC/BPS awareness and management.



Dr. Rajesh Taneja (Chairman GIBS) and Dr. Sanjay Pandey (Secretary GIBS & Organizing Secretary of GIBS 2025) once again demonstrated their outstanding leadership in organizing the congress. Their dedication in reaching out to and coordinating with prominent speakers was truly commendable. As **the pillars of GIBS**, their vision and efforts have been instrumental not only in the success of this congress but also in the continuous advancement of the society's mission worldwide. The unwavering support of the **Founder Core Committee Members** since the very inception of GIBS has been the backbone of this journey. It was the idea and vision of **Mr. Vishal Jajodia (Founder Patron GIBS)** to create the awareness and open the subject of IC/BPS in India and across the world, which laid the foundation for GIBS and continues to inspire its growth globally.



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The conference commenced with a **Welcome Address by Dr. Rajesh Taneja**, Chairman of GIBS, who warmly greeted the distinguished guests and delegates. In his introductory remarks, he provided an inspiring overview of the journey of GIBS — from its modest beginnings in 2016 as a small group of passionate individuals to its evolution into a thriving global community by 2025. He reflected on the organization's milestones, including the landmark **Global Consensus Meeting held in April 2025**, where the **GIBS definition of IC/BPS was officially accepted**.



Following this, **Dr. Sanjay Pandey, Organizing Secretary of GIBS 2025**, carried the narrative forward by reflecting on the **decade-long journey of GIBS**. He emphasized the society's unwavering commitment to advancing awareness, research, and clinical practice in IC/BPS, underscoring how sustained efforts over the years have transformed GIBS into a respected global platform. Acknowledging the contributions of faculty, members, and collaborators, Dr. Pandey's address paid tribute to the teamwork and vision that continue to drive GIBS's mission of making a meaningful difference in patient care.

The **GIBS 2025 Congress** witnessed a remarkable international presence, with **18 international faculty members** from countries like Austria, Russia, UK, Hungary, Nepal, USA, Malaysia, Iran and Japan contributing both onsite and online. Their expertise and insights enriched the scientific program, offering a truly **global perspective on**

IC/BPS management. In addition, **5 international delegates** participated in the congress in hybrid mode, further enhancing the exchange of ideas, experiences, and clinical practices.

The congress attracted a total of **150 registrations (onsite and online combined)**, reflecting the strong and growing interest in IC/BPS. The diverse participation of healthcare professionals, researchers, and industry representatives created a **dynamic and collaborative environment** that fostered innovation and learning across specialties.

The strong presence of international faculty and delegates, coupled with the impressive number of registrations, underscored the **global significance of the GIBS 2025 Congress on IC/BPS**. This landmark 10th Anniversary event played a crucial role in **advancing knowledge, strengthening international collaborations, and promoting best practices** in the care of patients with IC/BPS.

DAY 1

The scientific deliberations of **Day 1 at GIBS 2025** began with **Session 1: Paradigm Shifts in Practice Patterns in IC/BPS**.

Dr. Manish Pradhan opened the session by highlighting how evolving **guidelines** have reshaped clinical practice in IC/BPS, bringing much-needed structure and standardization to patient care. Dr. Ankur Sharma then elaborated on the role of **phenotyping**, emphasizing its impact on tailoring individualized treatment strategies. Dr. Ng Poh Yin spoke on how the **patient community** has been instrumental in influencing practice patterns, stressing the importance of patient advocacy and shared decision-making. This was followed by Dr. Shivam Priyadarshi, who discussed the advances in **cystoscopy and procedures**, offering insights into newer diagnostic and therapeutic modalities. Dr. Shailesh Shah delivered an engaging talk on **definitive reconstructive surgery**, underlining its role in refractory cases. Concluding the session, Dr. Meera Ragavan explored the growing role of **online consultations**, reflecting on how telemedicine has opened new avenues in IC/BPS management. The session ended with an interactive discussion, allowing participants to exchange views and experiences.

Session 2: Clinical Domains of IC/BPS in Practice provided deeper clinical insights. Dr. Amita Jain began with an analysis of **female bladder-centric disease**, highlighting diagnostic nuances and treatment approaches. Dr. Amit Shah followed with a comprehensive overview of **female non-bladder centric disease**, pointing out the challenges of overlap with other chronic pelvic pain disorders. Dr. Tamilselvi addressed **advanced and refractory disease in**

females, stressing the need for multidisciplinary care in such complex cases. Dr. Bhojraj Luitel concluded the session with an illuminating talk on **male bladder-centric disease**, a relatively under-explored area, emphasizing the importance of recognizing gender-specific differences in presentation and management. The session wrapped up with a lively discussion, fostering exchange of knowledge among experts and delegates.

Following the conclusion of Session 2, the congress proceeded to the **Inauguration & Lamp Lighting Ceremony**, marking the formal opening of the **10th Annual GIBS Congress on IC/BPS**.



The ceremony was graced by **Chief Guest Ms. Sonali Bendre**, acclaimed actress and author, who also launched her much-anticipated book, *“A Book of Books.”* Her presence added a touch of elegance and inspiration to the milestone celebration.

The occasion was further honored by the distinguished presence of **Guests of Honour – Dr. Rajeev Sood, Dr. Sunil Shroff, Dr. Rajesh Taneja, Dr. Sanjay Pandey, Dr. Uttam Mete, Dr. Sujata Patwardhan, Mr. Vishal Jajodia (CMD Swati Spentose Pvt. Ltd.) and Dr. Santosh Shetty (CEO, Kokilaben Dhirubhai Ambani Hospital)**. Together, the dignitaries lit the ceremonial lamp, symbolizing the pursuit of knowledge, innovation, and collaborative growth.



A highlight of the event was the release of two landmark academic contributions – the **first-of-its-kind Educational Video Atlas on IC/BPS** and the **GIBS Year Book 1**, compiled by *Dr. Sanjay Pandey, Secretary GIBS*. The Atlas presents 50 clinical cases with videos via QR codes, while the Year Book compiles 50 key papers, including GIBS publications from 2023–2025. Both resources will soon be available in print and e-book formats, further strengthening GIBS's mission to advance IC/BPS education and clinical practice. At the conclusion of the inauguration, the much-awaited **GIBS Clinical Guidelines 4.0** were also officially released.

Immediately following the release, **Dr. Amit Agrawal** conducted **Session 3** dedicated to the new guidelines. In his talk, he presented the updated **GIBS Guidelines 4.0**, outlining evidence-based recommendations and practical approaches for the diagnosis and management of IC/BPS. His session emphasized how these revised guidelines will serve as an essential reference for clinicians worldwide, ensuring standardized and patient-centric care.

To strengthen their utility, the **GIBS Guidelines 4.0 have been made easily accessible online and mobile-friendly**, allowing clinicians to refer to them conveniently anytime, anywhere.

The congress then moved into a thought-provoking session, **“Past–Present–Future,”** convened by **Dr. Sanjay Pandey**. This unique session offered delegates an opportunity to reflect on the evolution of IC/BPS management, examine the present advances, and look ahead to the future of care.

The session began with **Dr. Lowell Parsons**, who addressed the controversial topic of **Pigmentary Maculopathy with PPS**, carefully busting myths and presenting real-world data to clarify prevailing concerns. Following this, **Dr. Rajesh Taneja** shared insights on “**What's New in BPS/IC,**” providing an update on recent breakthroughs, clinical practices, and ongoing research shaping current standards of care.

Concluding the presentations, **Ms. Tanisha Sheth** highlighted the **application of technology in the care of IC patients**, demonstrating how digital health and innovation can enhance patient engagement and outcomes.

The talks were followed by an engaging discussion, where panelists and delegates exchanged perspectives, further enriching the session with both clinical wisdom and forward-looking ideas.

With this stimulating session, the **morning proceedings concluded**, and delegates proceeded for a networking **lunch break** before the afternoon sessions.

The post-lunch session featured an exciting **Quickfire Round with Experts**, convened by **Dr. Sanjay Pandey**. A distinguished panel – **Dr. Apul Goel, Dr. Shivam Priyadarshi, Dr. Meera Rgavan, Dr. Claus Riedl, Dr. Warren Lo, and Dr. Rajesh Taneja** – answered focused questions ranging from the **basics to the latest advances** in IC/BPS. Their rapid insights and diverse perspectives created an interactive and high-yield learning experience for the delegates.

Following this engaging exchange, the congress moved into **Session 5 – Recent Advances in IC/BPS (Part 1)**, convened by **Dr. Latika Chawla**. This session provided delegates with a cutting-edge perspective on emerging mechanisms, therapies, and multidisciplinary approaches in IC/BPS care.

Dr. Warren Lo Hwa Loon opened the session with a forward-looking talk on moving “**Beyond the urothelium**” by focusing on the interplay of multiple factors as the future of IC/BPS research. Building on this, **Dr. William Ong** presented the role of **oxidative stress mechanisms**, underlining their contribution to disease pathology and therapeutic implications. **Dr. Pawan Chalise** explored the **gut–bladder axis**, highlighting how gut microbiota may influence IC/BPS progression and treatment avenues.

Shifting focus to therapies, **Dr. Shailesh Raina** discussed **current strategies in neuromodulation**, offering insights into its evolving role in symptom management. **Dr. Sarita Narang Naik** emphasized the importance of **multidisciplinary, multimodal care**, framing it as the “**completion of the cycle**” in IC/BPS management. Finally, **Dr. Claus Riedl** shed light on **unmet medical needs** and the need to bridge existing therapeutic gaps.

The session concluded with an engaging discussion, providing delegates with practical perspectives and a glimpse into the **future of IC/BPS care**.

Following Recent Advances, the focus shifted to **Session 6 – Approach to Therapy in IC/BPS**. Convened by **Dr. Atul Shah**, this session brought together both **urological and gynecological perspectives** to highlight practical approaches in IC/BPS therapy.

From the **urology side** (led by Dr. Apul Goel), **Dr. Omar Akhtar** discussed a **therapy-oriented diagnostic approach** to primary bladder pain syndrome, while **Dr. Pankaj Maheshwari** outlined current **medical management strategies**. **Dr. Mohsin Quadri** addressed **chronic primary pelvic pain syndromes in men**, and **Dr. Mayank Agrawal** shared therapeutic approaches for **non-bladder-centric cases**. The segment concluded with an **interactive open-house discussion**.

From the **gynecology perspective** (led by Dr. Anuradha), **Dr. Ranjana Sharma** spoke on **symptoms pointing to IC/BPS**, followed by **Dr. Monika Gupta**, who presented **objective examination findings**. **Dr. Vidya Bandukwalla** highlighted the challenge of differentiating **recurrent UTIs from IC/BPS**, while **Dr. Latika Chawla** discussed the overlapping relationship between **endometriosis and IC/BPS**. Finally, **Dr. Anuradha Koduri** explored whether **IC/BPS and vestibulitis** should be considered co-travelers.

This session emphasized the value of a **multidisciplinary approach** in ensuring accurate diagnosis and effective management of IC/BPS.

After the therapeutic insights of **Session 6**, the day progressed into **Session 7 – State of Art Lectures 1**, convened by **Dr. Apeksha Raheja**.

This session featured high-impact talks from global experts. **Dr. Tanvir Singh** opened with the **newer advances in the pathophysiology of pain in IC/BPS**, followed by **Dr. Sandor Lovasz**, who emphasized the role of a **tailored bladder diary in resolving diagnostic challenges**. **Dr. Tomohiro Ueda** explored the role of **AI-driven pathways in protocol-based management**, while **Dr. Uttam Mete** highlighted how **Pentosan Polysulfate continues to stand the test of time with expanding indications**. The session concluded with a lively **discussion**.

After the **State of Art Lectures**, the focus shifted to one of the most vital aspects of IC/BPS care – **pain management**. **Session 8 – Road to Pain Recovery in IC/BPS**, convened by **Dr. Latika Chawla**, brought forward a

structured overview of therapeutic strategies and multidisciplinary approaches for tackling pain, a hallmark of this condition.

The session opened with **Dr. Abhinav Singh**, who highlighted the **progression in pain therapy**, showcasing how approaches have evolved with growing clinical understanding. **Dr. Navita Purohit** followed with a talk on **algorithms in pain domains**, emphasizing systematic and individualized care pathways. The complexity of **refractory pain** was addressed by **Dr. Mahesh Menon**, who shared strategies for cases resistant to conventional therapy. Concluding the session, **Dr. Uma Venkatesa** shed light on the importance of **pelvic physical therapy**, underlining its role as a cornerstone of holistic pain management.

The talks collectively reinforced that **successful pain recovery in IC/BPS requires an integrative, multimodal approach**, combining medical, procedural, and rehabilitative strategies. A lively **discussion session** encouraged interaction and further enriched the dialogue.

The scientific proceedings of **Day 1** concluded on a high note with **Dr. Sanjay Pandey**, Secretary of GIBS, delivering the **day's thank-you note**. He expressed heartfelt gratitude to the distinguished faculty, international and national delegates, industry partners, and the organizing team for their active participation and contributions. Dr. Pandey reflected on the day's sessions, emphasizing how the **collective expertise and shared experiences** helped decode, demystify, and drive forward the understanding of IC/BPS. He acknowledged the efforts of the entire GIBS community in making the **10th Annual Congress** a landmark event and set the tone for an equally enriching **Day 2**.



DAY 2

The second day of the congress began with great enthusiasm as delegates witnessed a **Live Operative Session**, bringing surgical expertise directly into the auditorium. Chaired by **Dr. Sanjay Sinha, Dr. George Kasyan, Dr. Jayesh Dhabalia, and Dr. Yakov Mirkin**, this session provided practical insights into real-world decision-making and operative skills.



Dr. Ismail Attar opened the session with a live demonstration on Hunner's lesion management, highlighting key aspects of decision-making in ablation and fulguration. This was followed by Dr. Shyam Varma, who presented a high-scoring phenotype case, performing cystoscopy and hydrodistension to demonstrate its diagnostic and therapeutic significance. Dr. Sanjay Pandey showcased intravesical instillation therapy, sharing nuances of technique and patient selection. The session concluded with a surgical video by Dr. Nagendra Mishra, illustrating substitution cystoplasty in bladder-centric disease, an advanced surgical intervention for complex cases.

The session was highly appreciated by delegates as it combined technical demonstration with clinical reasoning, bridging the gap between theory and practice.

After the insightful Live Operative Session, the congress moved into Session 9 – Acute Managements in IC/BPS, convened by Dr. Syed Sajjad Nazir.

The session began with Dr. Deepa Gopinath, who outlined the risk factors and triggers that often precipitate IC/BPS flares, setting the stage for targeted preventive strategies. Dr. Karishma Thariani followed with practical insights on the medical management of acute flares, emphasizing timely intervention. Dr. Aparna Hegde addressed the role of hyperfunctioning pelvic floor disorders in bladder pain syndrome, underlining the importance of pelvic floor evaluation.

Dr. Mohan Chandra Regmi then spoke on stress management strategies, linking psychological well-being to flare control. The final talk by Ms. Nilanjana Singh highlighted the role of diet modifications and nutritional care in improving patient outcomes.

The session concluded with an engaging discussion, where speakers and delegates exchanged views on holistic, acute-phase management of IC/BPS.

The scientific momentum continued with Session 10 – Recent Advances in IC/BPS (Part 2), convened by Dr. Mohsin Quadri.

Dr. Sanjay Sinha opened with a thought-provoking lecture on **merging phenotypes of OAB and BPS**, proposing integrated therapeutic strategies. **Dr. George Kasyan** followed by discussing the promise of **urinary biomarkers** as differentiators in diagnosis, which could pave the way for precision medicine. **Dr. Vidhur Bhalla** then presented on **newer investigative platforms** designed to address evolving clinical needs in IC/BPS, offering practical pathways for early and accurate detection.

Shifting to pathophysiological insights, **Dr. Poongkodi Nagappan** elaborated on **advances in understanding disease mechanisms**, while **Dr. Rajesh Taneja** shared initial observations on the **safety and efficacy of intravesical pentosan polysulfate sodium solution** in bladder-centric IC/BPS patients. Closing the session, **Dr. Sunil Shroff** spoke on **digital innovations in BPS care**, highlighting how technology is reshaping patient management and engagement.

The session concluded with a stimulating **discussion**, emphasizing the importance of integrating new science, technology, and clinical practice for the future of IC/BPS care.

Building on the scientific depth of the previous session, the congress advanced to **Session 11 – Newer Therapies in IC/BPS**, convened by **Dr. Ankur Sharma**.

Dr. Vikky Ajwani opened with insights into **oral agents of promise**, presenting evolving pharmacological options that may redefine treatment approaches. **Dr. Siti Nur Masyithah Ma'arof** highlighted the potential of **stem cell therapy**, reflecting its emerging role as a frontier in regenerative medicine for IC/BPS. **Dr. Sakineh Hajebrahimi** followed with promising data on **intravesical platelet-rich plasma (PRP) therapy**, emphasizing its efficacy and safety in clinical practice. **Dr. Keng NG** concluded the lecture series by presenting the use of **Botulinum Toxin therapy**, detailing mechanisms, techniques, and clinical outcomes.

The talks collectively underscored the growing hope for **innovative and effective therapies**, offering renewed optimism for patients with limited treatment options. The session concluded with an engaging **discussion** that tied together the diverse modalities presented.

Before breaking for lunch, delegates enjoyed a lively and interactive **Quiz Session** conducted by Dr. Apul Goel, assisted by Dr. Vidya Bandukwalla. The session was fun, competitive, and highly enjoyable, keeping participants on their toes with rapid-fire questions on IC/BPS.

Adding to the excitement, each fastest and correct response was rewarded with chocolates, and the participant who collected the maximum was crowned the final winner of the quiz. This light-hearted session blended learning with enjoyment and was a refreshing highlight of the congress.

The post-lunch session began with the much-awaited Best Abstract Competition, convened by Dr. Shivam Priyadarshi and judged by a distinguished panel – **Dr. Gevorge Kasyan, Dr. Keng NG, Dr. Apul Goel and Dr. Mayank Agrawal**.



This session provided a platform for **young scientists and emerging researchers** to present their innovative work, chosen through a competitive selection process. The presentations showcased a wide spectrum of novel research and clinical insights:

- **Dr. Apeksha Raheja** presented a pilot study on the **follow-up of patients treated with Tacrolimus for Hunner's lesion type IC.**
- **Dr. Kanishak Mehta** evaluated the **Apollo multimodality treatment strategies** for non-Hunner's lesion bladder-centric IC/BPS.
- **Dr. Malinina Olga** shared two impactful studies – one on the **prevalence of small fiber neuropathy in chronic pelvic pain patients** and another on the **use of PRP therapy as a non-surgical treatment for pudendal neuralgia.**
- **Dr. Ojas Potdar** shed light on the often underrecognized subgroup of **men with IC/BPS**, presenting a comparative analysis of their unique clinical features.
- **Dr. Yakov Mirkin** discussed the **treatment of nocturia in IC patients** using a slow-release hydrogel with melatonin.
- **Dr. Yashraj Shah** introduced **novel diagnostic biomarkers** in IC/BPS, highlighting future directions in diagnostics.
- **Dr. Hadi Mostafaei** presented two works: the **validation and translation of the O'Leary/Sant Voiding and Pain Indices**, and the **validation and translation of the APOLLO Questionnaire** for IC/BPS syndrome.

The competition highlighted the **global collaboration and fresh perspectives** driving IC/BPS research. Each presentation reflected innovation, scientific rigor, and the enthusiasm of young investigators committed to advancing the field.

Following the abstract presentations, the congress moved into the highly anticipated **Best Video Competition**, convened by **Dr. Shivam Priyadarshi** and judged by an expert panel comprising **Dr. William Ong, Dr. Syed Sajjad Nazir, Dr. Nagendra Mishra, and Dr. Sakineh Hajebrahimi.**



This was a landmark session at **GIBS 2025**, being the **first-ever video competition in the 10-year history of the congress**. It provided a unique platform for consultants and young scientists to showcase **real-world clinical experiences and surgical innovations** through engaging video presentations.

The selected contributions included:

- **Dr. Kanishak Mehta** presented two insightful videos – one on a **rare cause of bladder pain** and another on **trigonitis presenting as bladder pain** through a short case series.
- **Dr. Udhaya Parivalla** shared a **cystoscopy video** demonstrating findings in patients with bladder pain syndrome and voiding dysfunction.
- **Dr. Shaunak Desai** highlighted the often overlooked challenge of **IC/BPS in men**, emphasizing its frequent misdiagnosis.
- **Dr. Abhinav Voona** presented his team's experience with **iAluRil** in managing **intractable IC/BPS**, offering practical therapeutic insights.

This novel competition format brought **clinical cases to life in a visual and practical way**, adding tremendous value to the scientific proceedings and enriching the learning experience for all delegates.

The scientific excitement of **GIBS 2025** culminated with the **Prize Distribution and Felicitation Ceremony**, led by **Dr. Nagendra Mishra** and **Dr. Tomohiro Ueda**. Winners across the quiz, abstract, and video competitions were honored for their outstanding contributions:

- **Quiz Competition**

Runner-up: **Dr. Navita Purohit** (India)

Winner: **Dr. Shivam Priyadarshi** (India)



- **Best Abstract Competition**

Runner-up: **Dr. Apeksha Raheja**(India)

Winner: **Dr. Malinina Olga** (Russia)



- **Best Video Competition**
Runner-up: **Dr. Kanishak Mehta (India)**
Winner: **Dr. Abhinav Voona (India)**



The felicitation recognized the spirit of **innovation, research, and clinical excellence** that continues to drive the GIBS community forward.

The congress concluded with a heartfelt **summary and closing note** by **Dr. Sanjay Pandey**. He extended his gratitude to all speakers, faculty, and delegates for making the **10th Annual Congress** a landmark success. Special thanks were offered to the sponsors, with particular acknowledgment to **Team Swati Spentose** for their **unwavering support from year one to year ten**.



As the curtains came down on **GIBS 2025**, the atmosphere was one of pride, achievement, and renewed commitment to advancing the science and care of **IC/BPS** globally. Looking ahead, **Dr. Pandey warmly invited all delegates to join GIBS 2026 in Jaipur**, which will be organized under the leadership of **Organizing Secretary – Dr. Shivam Priyadarshi**.

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