



GLOBAL INTERSTITIAL CYSTITIS  
BLADDER PAIN SOCIETY

Volume 7 Issue 12 || December 2025

# GIBS NEWSLETTER

## Percutaneous Posterior Tibial Nerve Stimulation (PTNS) - A Useful Tool in Treatment of IC/BPS

### Latest Updates

11th Annual Congress on  
IC/BPS - GIBS 2026

Date : 22<sup>nd</sup> & 23<sup>rd</sup> August 2026  
Venue : Jaipur

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

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PTNS electrical neuromodulation is based on an ancient Chinese acupuncture point<sup>1</sup> on the posterior tibial nerve in the ankle. It was first reported by a team of urologists in USA in 1983<sup>2</sup>. Over the years, various studies<sup>3,4</sup> have confirmed the usefulness of PTNS in IC/BPS. It is now included in the European Association of Urology (EAU) guidelines for chronic primary pelvic pain syndromes<sup>5</sup>.

PTNS has benefit in several phenotypes in IC/BPS. It reduces the urinary frequency as well as abolishing the negative effects of neuronal crosstalk. The phenomenon of neuronal crosstalk often leads to hypertonicity of pelvic floor and functional obstruction of the bladder.

By increasing the bladder volume, not only do patients benefit from reduction in urinary frequency, the larger pre-void volume would also allow for an increase in peak flow, and hence, possibly reducing the risk of urinary tract infection.

In patients who has positional pelvic and urethral pain secondary to hypertonicity of pelvic floor, PTNS seems to be very effective in reducing/abolishing such muscle spasm.

For patients who suffers functional obstruction of the bladder with poor and intermittent flow, and with significant bladder residual volumes, PTNS seems effective in reversing such negative effect of neuronal crosstalk.

Real-life cases will be presented to illustrate the usefulness of PTNS in the above specific phenotypes of IC/BPS.

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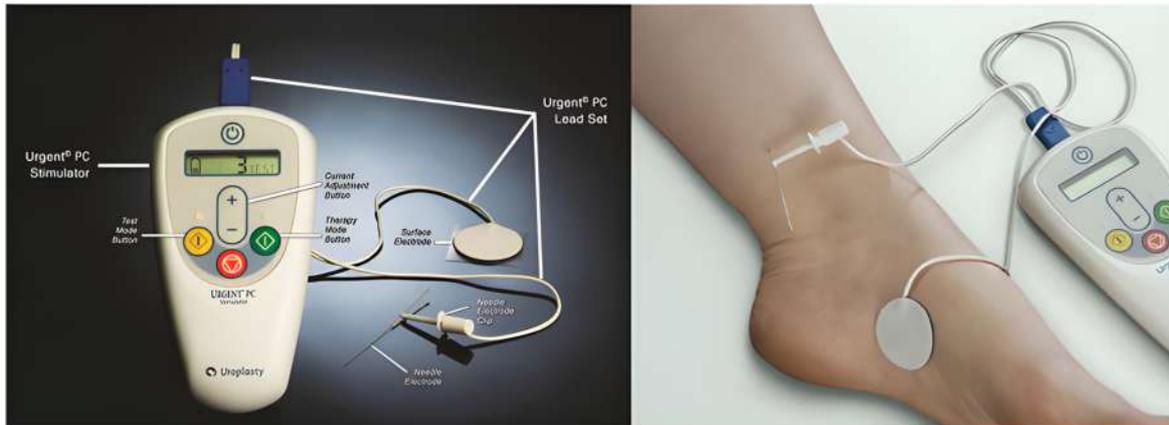


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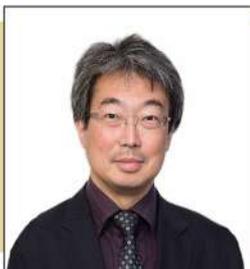
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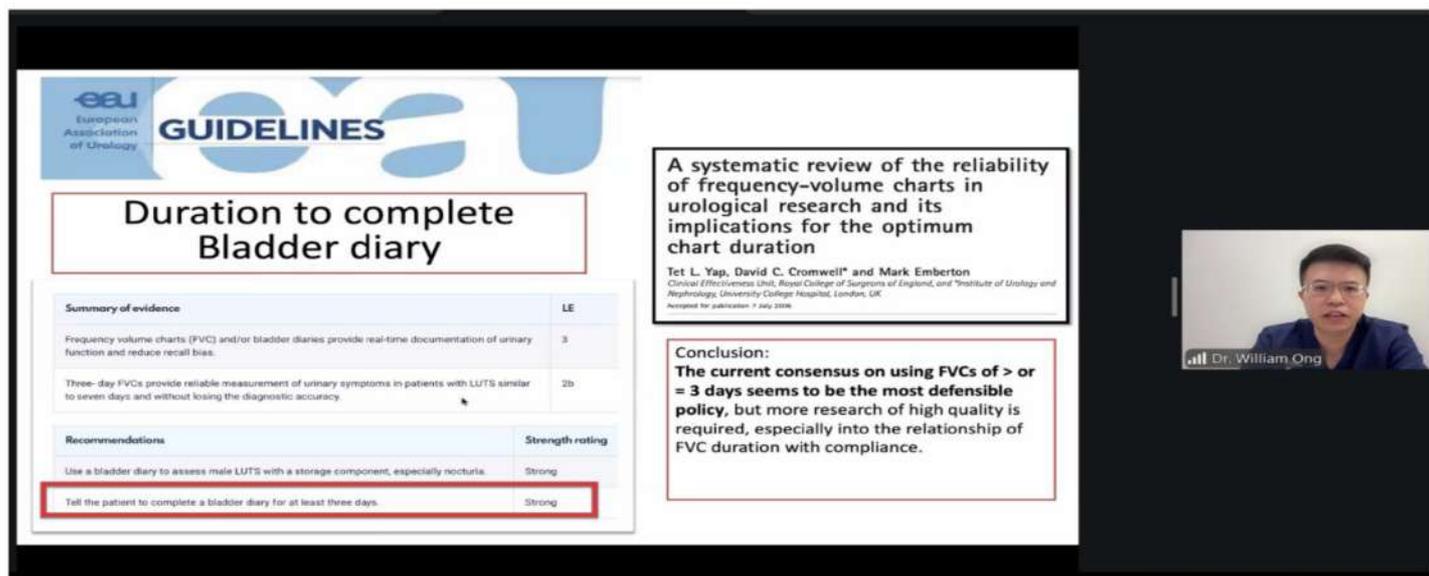
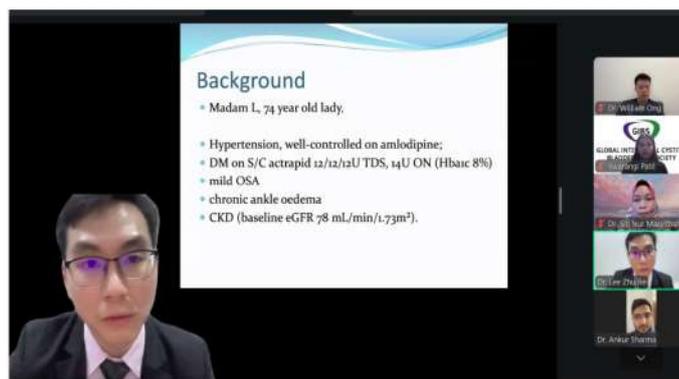
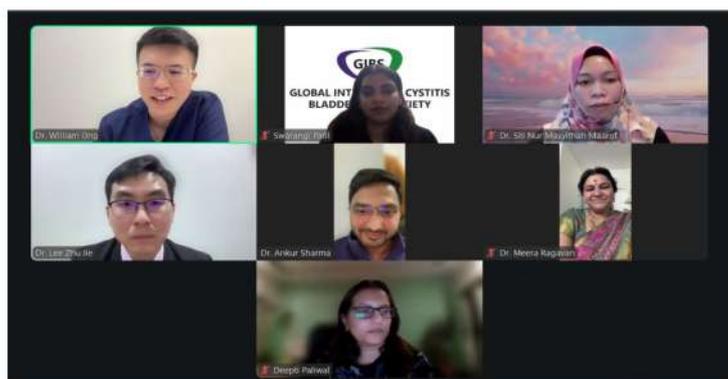
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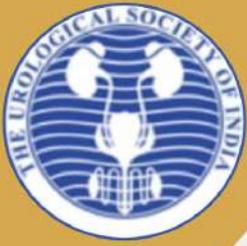


## Moments & Insights from Our Recent Webinar Mastering the Voiding Diary- From Basics to Clinical Application - 5th December 2025



The Global Interstitial Cystitis Bladder Pain Society (GIBS), in collaboration with the Orphan Diseases Foundation (ODF), organized its Periodic Case-Based Discussion on 5th December 2025 from 7:30 PM to 8:30 PM IST. It began with a Welcome Address, followed by a lecture by Dr. William Ong on “The Voiding Diary – A Practical Guide.”

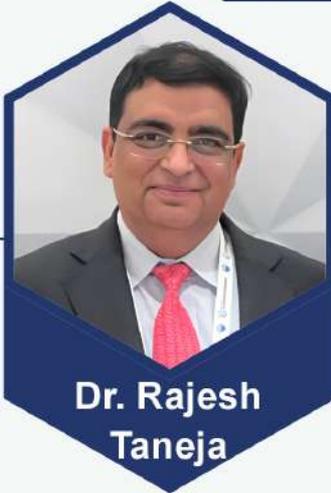
A Case-Based Discussion and Q&A session was then led by Dr. Lee Zhu Jie, with expert insights from Dr. Siti Nur Masyithah Ma’arof, Dr. Meera Ragavan, and Dr. Ankur Sharma.



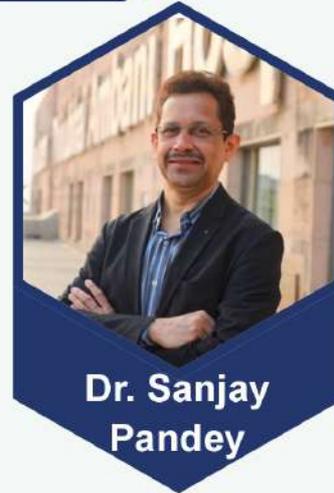
# IC/BPS SESSION AT USICON 2026

**“Beyond the Bladder :  
Decoding Subtypes, Delivering Solutions”**

## CONVENORS



**Dr. Rajesh  
Taneja**



**Dr. Sanjay  
Pandey**

**29th January 2026**

**DAY 1 - HALL - B**

**03:00 PM - 05:00 PM IST**

**Venue - Brilliant Convention Centre,  
Indore, Madhya Pradesh, India**

*We  
Invite You To  
Participate*

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ANNOUNCING



GLOBAL INTERSTITIAL CYSTITIS  
BLADDER PAIN SOCIETY

# GIBS 2026

**11<sup>TH</sup> ANNUAL CONGRESS ON IC/BPS**  
**22<sup>ND</sup> - 23<sup>RD</sup> AUGUST 2026**

 **JAIPUR**

**GRAB THE EARLY  
BENEFITS!  
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## BEYOND THE BLADDER

**Decoding Subtypes, Delivering Solution**

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ORPHAN DISEASE FOUNDATION

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