



GLOBAL INTERSTITIAL CYSTITIS  
BLADDER PAIN SOCIETY

Volume 8 Issue 1 || February 2026

# GIBS NEWSLETTER

## Sacral Neuromodulation for Interstitial Cystitis/Bladder Pain Syndrome

### 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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MEMBER**

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### Introduction

Interstitial Cystitis/Bladder Pain Syndrome (IC/BPS) is a chronic bladder dysfunction characterized by persistent pain, pressure, and lower urinary tract symptoms lasting more than six weeks without identifiable infection. Affecting up to 6.5% of adult women in the United States, this condition severely impairs quality of life and often precipitates psychological and social complications. The pathophysiology involves epithelial barrier damage, immune-neural dysfunction with elevated pro-inflammatory cytokines (TNF- $\alpha$ , IL-6, IL-1 $\beta$ ), and microbiota dysbiosis. This multifactorial aetiology renders traditional single-modality treatments largely ineffective, creating demand for novel therapeutic approaches.

Sacral Neuromodulation (SNM) offers a minimally invasive, reversible solution by implanting microelectrodes near the sacral foramina to deliver adjustable electrical pulses. The technology achieves therapeutic effects through three mechanisms: inhibiting abnormal afferent sensory signals to reduce pain and urgency, regulating efferent motor signals to improve bladder function, and activating descending inhibitory pathways to produce analgesia. Although SNM lacks formal FDA approval for IC/BPS, both the European Association of Urology and American Urological Association include it as a treatment option for patients who have failed initial therapies.

### Technological Advances (2020-2025)

#### Device Innovations

Wireless power technology has fundamentally addressed traditional battery limitations. Neusperra's mid-field inductive power supply achieves energy transmission at depths exceeding 4cm through dynamic focusing technology, with Phase I/II trials showing 88% of patients reporting greater than 50% symptom improvement. The Blue Wind Revi system became the first FDA-approved wirelessly powered neuromodulation device for overactive bladder, with 78% of patients in the Oasis trial achieving 50% or greater reduction in urgency incontinence episodes at 12-month follow-up.

The market now offers both rechargeable and recharge-free options. The Axonics r-SNM system provides 5.5cm<sup>3</sup> volume, full-body 1.5T MRI compatibility, and 15-year lifespan, while

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(average lifespan 8.5 years). Approximately 30-40% of patients require device-related reoperation within 5 years. Compared to pharmacotherapy (where over 50% discontinue within 12 months due to side effects) and irreversible surgical options, SNM offers localized side effects without systemic reactions and complete reversibility upon device removal.

### Guidelines and Recommendations

The AUA classifies neuromodulation as fourth-line therapy for patients who have failed behavioural therapy, oral pharmacotherapy, intravesical therapy, and bladder hydrodistension. The EAU emphasizes that SNM may be more effective in non-Hunner's lesion patients, with sustained efficacy in mid- to long-term follow-up. The International Continence Society recommends a minimum 2-week trial phase with 50% or greater symptom

improvement threshold, accurate electrode placement at S3 or S4 under image guidance, and standardized follow-up protocols including visits every 3 months for the first year.

### Conclusion

Between 2020 and 2025, SNM technology for IC/BPS has advanced substantially through wireless power systems, MRI-compatible devices, ultrasound-guided implantation, and adaptive stimulation modes. Clinical evidence demonstrates significant improvements in pain, urinary symptoms, and quality of life, with acceptable safety profiles and the advantage of reversibility. While challenges remain in patient selection optimization and long-term efficacy maintenance, SNM represents a valuable therapeutic option for refractory IC/BPS patients who have exhausted conventional treatments.

## AUTHOR



### Dr. Warren Lo Hwa Loon

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GIBS International Stalwart

# “GIBS Expands Its Global Footprint: Inauguration of the GIBS–China Chapter”

It is with immense pride that GIBS announces the inauguration of a new international chapter “GIBS–China” - marking a significant milestone in our global journey.

This historic development was culminated through the official visit of GIBS Chairman, Dr. Rajesh Taneja, and GIBS Secretary, Dr. Sanjay Pandey, to Jiangnan University Medical Centre, Wuxi, on 15th & 16th January 2026.

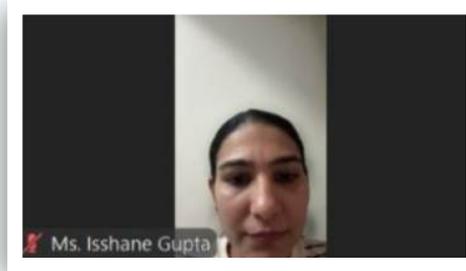
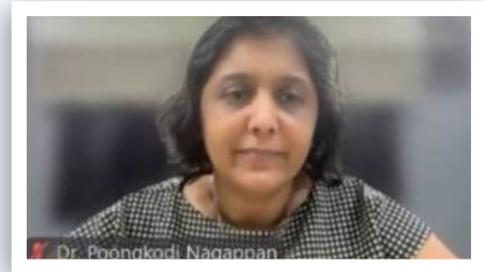
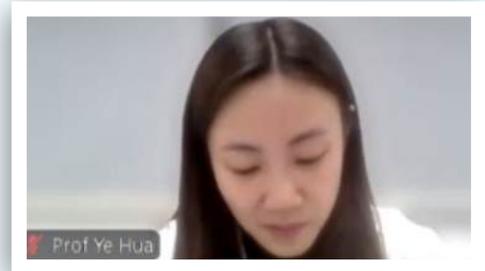
The visit reflected strong enthusiasm for collaboration in clinical and basic science research, laying the foundation for long-term academic partnerships and joint scientific initiatives. The launch of GIBS–China strengthens GIBS' global presence and opens new avenues for future. The establishment of GIBS–China not only strengthens our global presence but also opens new horizons for future GIBS activities, collaboration, and growth in advancing bladder health and IC/BPS research by our Chinese colleagues.



**Prof. Ninghan Feng, MD** is a Chief Physician and Professor at Jiangnan University, China, and Director of the Jiangnan University Urology Research Institute. A senior clinician–scientist in urology, he specializes in IC/BPS, focusing on disease mechanisms, diagnostics, and evidence-based therapies. He is a leading advocate of multi disciplinary care and international collaboration to advance outcomes in chronic pelvic pain and bladder disorders.

# Insights from the First GIBS Case-Based Discussion Webinar of the New Year 2026!

The Global Interstitial Cystitis Bladder Pain Society (GIBS), in collaboration with the Orphan Diseases Foundation (ODF), successfully organized its first periodic Case-Based Discussion Webinar on 9th January 2026, from 5:30 PM to 6:30 PM IST. The session began with a warm Welcome Address, followed by an insightful lecture by Dr. Ninghan Feng on “Exploring the Pathogenesis and Novel Targeted Repair Strategies of Interstitial Cystitis.” This was followed by an engaging Case-Based Discussion and Q&A session with expert insights from Prof. Mengu Li, Prof. Ye Hua, Dr. Poongkodi Nagappan, Dr. Rajesh Taneja, and Dr. Sanjay Panday.

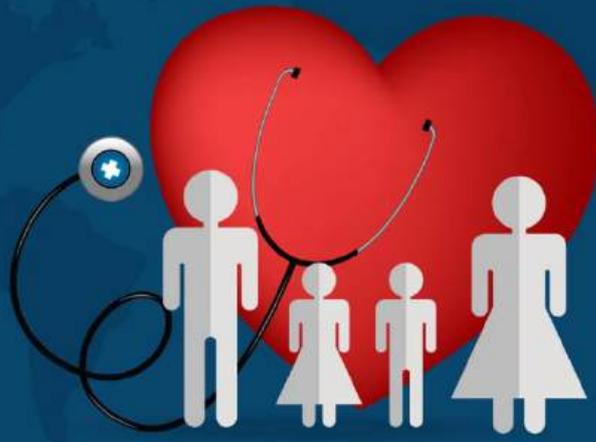




# SAVE THE BLADDER RUN FOR IC/BPS

GIBS proudly participated in the Tata Mumbai Marathon for a noble cause-creating awareness for IC/BPS on 18th January 2026, Mumbai. A dedicated team of doctors, including urologists and gynecologists, along with the GIBS Chairman and GIBS Secretary, participated in the run together with the supporters and promoters of the cause, Mr. Vishal Jajodia and Mrs. Swati Jajodia, and the GIBS Support Team, to support patients suffering silently with IC/BPS and to amplify awareness about this neglected condition.





**6<sup>th</sup> GIBS**

**International**

***Patient Day***

**1st March 2026**

Join us as we celebrate the 6th GIBS International Patient Day, a Global Day of Unity, awareness, and compassion for patients living with IC/BPS.

We invite doctors, institutions, healthcare professionals, and patients to be part of this meaningful initiative and help us amplify the voice of those who suffer in silence.

**TOGETHER,** we stand for awareness !  
we stand for patients !  
we create change !



To participate or collaborate, write to us at : [info@gibsociety.com](mailto:info@gibsociety.com)

# REST IN PEACE



IN MEMORY OF  
**DR. YAKOV  
MIRKIN**

Dr. Yakov Mirkin was a true stalwart in the field and a brilliant scientist a cherished member of GIBS. His contributions were marked not only by his immense knowledge and experience but also by the warmth, dedication, and sincerity he brought to all his endeavors. GIBS humbly honors his memory and remains forever grateful for his invaluable contributions.

December 24, 1960 - JANUARY 12, 2026

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**

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## BEYOND THE BLADDER

**Decoding Subtypes, Delivering Solution**

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