



Volume 8 Issue 3 || April 2026

GIBS NEWSLETTER

Over a Decade of Learning: Why Nutrition Needs a Place in Prescriptions

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”**

REGISTER NOW!!



**BECOME GIBS LIFETIME
MEMBER**

**BECOME
A LIFETIME MEMBER**

GRAB THE BENEFITS



SCAN HERE!

The Gap in Clinical Nutrition Education

Interstitial Cystitis/Bladder Pain Syndrome (IC/BPS) is conspicuously absent from most clinical nutrition textbooks. As it is not covered in standard clinical or therapeutic nutrition curricula, I initially had no formal theoretical grounding in this condition.

My first encounter with IC/BPS was in 2007, under the guidance of my mentor, Dr. Rajesh Taneja. That year, I met a patient who shared her long and arduous journey towards diagnosis and treatment. What struck me most was her extremely restricted diet and the intense anxiety she felt around food. It was clear that nutrition played a significant—but poorly understood—role in her experience of the disease.

Early Days: The 'Foods to Avoid' Approach

In those early years, my best effort was to compile a list of foods that were likely to trigger symptoms. This “not-to-eat” list grew steadily, informed by patient feedback and available research surveys. Despite my discomfort in handing out such a restrictive list, I lacked a better framework at the time.

Over the years, however, with increased exposure, deeper learning, and the experience of managing a larger cohort of patients, my approach to dietary management in IC/BPS has evolved substantially.

Key Learnings Over the Years

1. Individual variability in food triggers

Initially, I believed that all IC/BPS patients had food sensitivities. While around 80 per cent of patients report dietary triggers, not everyone is affected. Even among those who are, reactions vary widely-across the type of food, the quantity consumed, the severity of symptoms, and the time taken for symptoms to appear. This has made me far more cautious about drawing direct cause-and-effect conclusions.

+91 80972 53466

info@gibsociety.com

www.gibsociety.com



2. The importance of phenotyping

A major shift in understanding came with the phenotyping of IC/BPS into bladder-centric and non-bladder-centric subtypes. Dietary strategies need to be tailored accordingly. In bladder-centric cases, inflammation is central, and nutritional interventions must prioritise anti-inflammatory approaches.

3. Direct and indirect effects of food

Food can affect bladder symptoms both directly and indirectly. Direct effects may relate to acidity or inflammatory potential, while indirect effects may arise from organ cross-talk, allergic responses, or food sensitivities.

4. Moving from symptom control to system optimisation

My early focus was largely on symptom relief. Today, the emphasis is on optimising body systems to address root causes. Of all systems, the digestive and nervous systems have the strongest links to bladder health.

The Role of Digestive and Nervous Systems

Digestive system

For IC/BPS patients, how food is digested can be as important as what is eaten. This includes thorough chewing, appropriate hydration (without excessive fluid intake during meals), and addressing constipation. Constipation can exacerbate bladder irritation due to the close anatomical relationship between the gut and bladder, in addition to other physiological connections between the two.

Nervous system

Neurotransmitters such as serotonin and GABA play a critical role in pain modulation. Adequate serotonin helps calm pain signalling, while low GABA levels can lead to physical tension, particularly in the pelvic floor, worsening symptoms. These neurotransmitters are synthesised from amino acids derived from dietary protein, highlighting the importance of adequate protein intake, digestion, and absorption.

Evolving Dietary Counselling

My counselling approach has shifted from focusing on food exclusions to identifying foods that support healing. Comprehensive dietary assessments remain essential, but the emphasis is now on inclusion rather than restriction.

With growing evidence on the role of the gut microbiota in chronic conditions, a diverse diet with minimal exclusions is increasingly recognised as beneficial. Healing requires the availability of essential nutrients. That said, certain foods—such as alcohol, carbonated beverages, excess sugar, and artificial sweeteners—are best reduced or eliminated early on, as they consistently aggravate symptoms. Starting with these exclusions is often a practical first step.

Lifestyle Modifications: Beyond Diet

Dietary changes alone are not sufficient. Several lifestyle factors—often overlooked—play an important role in bladder health. Three foundational elements underpin all other interventions:

Eating mindfully

Digestion begins in the mouth. Thorough chewing improves digestion and nutrient absorption, supporting bladder lining repair and neurotransmitter production. While chewing each bite 40 times is ideal, a practical target of 10–15 chews is achievable and beneficial. Poor mindfulness during meals compromises digestion and healing.

Stress management

Chronic stress exacerbates symptoms and fuels inflammation. Techniques such as breathwork and relaxation practices complement dietary changes and help regulate the stress response.

Sleep support

Quality sleep is vital for recovery. Strategies such as managing evening fluid intake, using music therapy, magnesium supplementation, and breathing exercises can significantly improve sleep quality and mental calmness.



GLOBAL INTERSTITIAL CYSTITIS
BLADDER PAIN SOCIETY

Volume 8 Issue 3 || March 2026

GIBS NEWSLETTER

The Need for Individualised Care

IC/BPS management is most effective when treatment plans are individualised—whether it involves food choices, spices, fluid intake, portion sizes, exercise routines, or sleep schedules. A tailored approach remains the cornerstone of effective care.

Patience in Healing

While lifestyle and dietary modifications can offer lasting relief, healing chronic pain requires patience. Even today, the time to diagnosis for IC/BPS ranges from 8 to 12 years, though this is an improvement from earlier averages of nearly 15 years.

Dietary interventions are not medications; they do not work overnight. Meaningful improvement may take anywhere from 4 to 24 months. Setting realistic expectations and cultivating patience are therefore essential components of the healing journey.

AUTHOR



Dr. NILANJANA SINGH
Nutrition Therapist &
Health Consultant.

**BE THE NEXT
NEWSLETTER AUTHOR**

Please send your contributions to
INFO@GISBOCIETY.COM

GIBS Marks a MILESTONE 6th International IC/BPS Patient Day

1st March 2026



The Global Interstitial Cystitis Bladder Pain Society proudly commemorated its 6th International IC/BPS Patient Day on 1st March 2026, bringing together a global community united by awareness, empathy, and action.

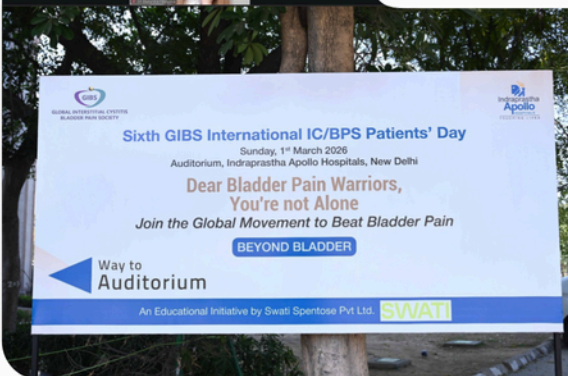
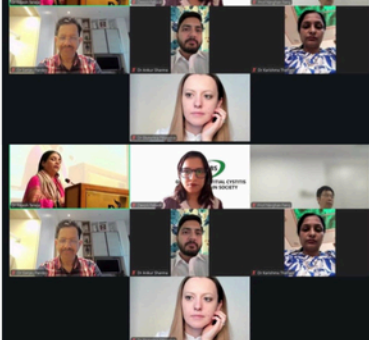
The event was graced by the inspiring presence of Dr. Rajesh Taneja, Founder Chairman of GIBS, Dr Sanjay Pandey Founder Secretary of GIBS, alongside Justice Swarna Kanta Sharma, whose support added immense value to the cause. We were also honoured to have Dr. Sanjiv Jasuja as our Guest of Honour, and Dr. Gaurav Katyal, Chief Operating Officer of Indraprastha Apollo Hospitals, whose presence reinforced the importance of institutional commitment in addressing IC/BPS.

With this year's powerful theme, **"Beyond the Bladder: Decoding Subtypes, Delivering Solutions"** the event served as a meaningful platform to deepen understanding of IC/BPS, highlight evolving diagnostic approaches, and emphasize patient-centric care.

From insightful discussions to heartfelt patient stories, the day reflected the collective strength of a community determined to bring this often-overlooked condition into the spotlight.

We extend our deepest gratitude to our patients, advocates, GIBS CORE TEAM Members, and global Stalwarts from China, Malaysia, IRAN and Russia who continue to stand with us in this journey. Your support fuels our mission to create awareness, foster innovation, and improve lives across borders.

Together, we move beyond the bladder—towards clarity, compassion, and cure.





**GLOBAL INTERSTITIAL CYSTITIS,
BLADDER PAIN SOCIETY**



**Date
20th March
2026**

GIBS Global Periodic Case Based Discussion with Botkin Hospital, Moscow

TOPIC

The Role of Physical Examination Algorithms in Finding the Right Treatment for IC/BPS

We recently concluded an engaging and insightful GIBS Periodic Case-Based Discussion that brought together global experts to decode clinical decision-making in IC/BPS.

Webinar Lead

Prof. George Kasyan

For expertly steering the session with clarity and depth.

Scientific Presentation:

Dr. Olga Plekhanova

For delivering an outstanding talk on the key topic !

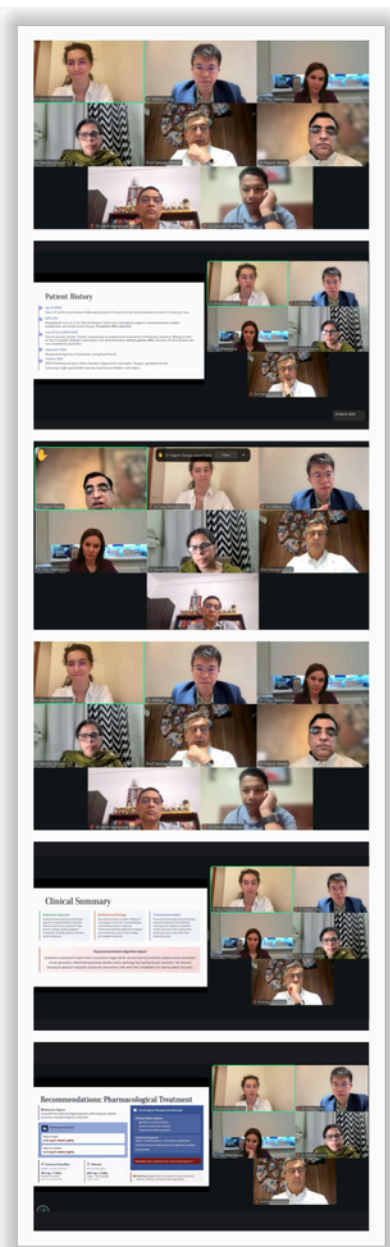
Case Presenter:

Dr. Dina Mansherova

For sharing thought-provoking real-world cases that enriched the discussion.

Expert Panel:

Our esteemed panelists for their valuable insights, practical perspectives, and highly interactive participation.



A big

Thank You

to all our faculty and participants for making this session truly impactful.

GIBS 2026

11TH ANNUAL CONGRESS ON IC/BPS
22ND - 23RD AUGUST 2026

Step into the royal charm of the Pink City, where heritage meets innovation, and science goes

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

BE there.
inspired.
part of the change.

Register Now



Jaipur awaits you with open arms - come, be a part of a journey that goes beyond science, beyond boundaries.

Visit: www.gibsociety.com



GIBS 2026

Call for Abstracts

Under the compelling theme

“Beyond the Bladder : Decoding Subtypes, Delivering Solutions”

We invite clinicians, researchers, and students from across the globe to present their scientific work and contribute to advancing the understanding of IC/BPS.

This is your opportunity to:

- Showcase your research on a global platform
- Share innovative insights and clinical experiences
- Engage with leading experts in the field
- Be a part of shaping the future of IC/BPS management

**Abstract
Submission
Deadline**

**31st May 2026
Venue: Jaipur, India**

For more details **CLICK ON** the below link

<https://gibsociety.com/gibs-2026-abstract-submission/>

For more information kindly visit :

www.gibsociety.com or email your abstract to : info@gibsociety.com

