



GLOBAL INTERSTITIAL CYSTITIS
BLADDER PAIN SOCIETY

Volume 8 Issue 4 || May 2026

GIBS NEWSLETTER

Platelet-Rich Plasma: A Promising Regenerative Approach for IC/BPS

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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A newly published systematic review and meta-analysis in the *Advanced Pharmaceutical Bulletin* (2025) evaluated the efficacy and safety of platelet-rich plasma (PRP) therapy in patients with interstitial cystitis/bladder pain syndrome (IC/BPS), a chronic condition with limited effective treatment options. Analyzing data from 13 clinical studies involving 426 patients, the authors found that PRP therapy was associated with significant improvements in pain intensity (VAS), IC symptom scores (OSS, ICSI, ICPI), urinary frequency, nocturia, and functional bladder capacity. Importantly, most studies reported no serious adverse events, supporting the favorable safety profile of autologous PRP.

Despite these encouraging findings, the review highlights important limitations in the current evidence base, including the lack of control groups in most studies, high or unclear risk of bias, and substantial heterogeneity in PRP preparation and administration protocols. GRADE assessment rated the certainty of evidence as low to very low for most outcomes, underscoring the need for well-designed randomized controlled trials with standardized PRP protocols and robust patient-reported outcomes. Overall, PRP emerges as a promising but still preliminary therapeutic option that may offer symptomatic relief and potential disease-modifying effects in IC/BPS, warranting further high-quality research.

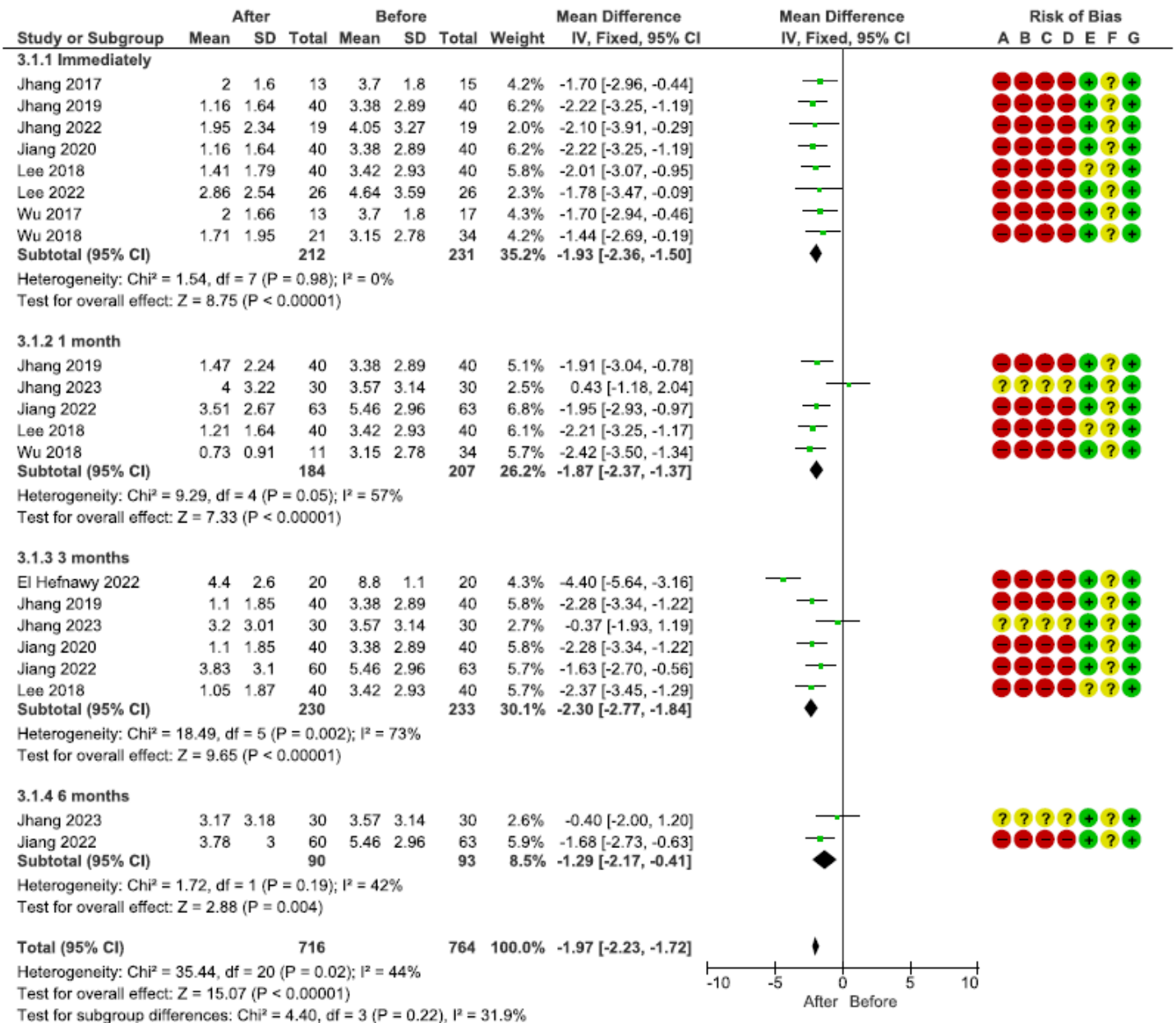
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Figure 1. Effect of PRP on Pain Severity (VAS)

Forest plot showing pooled mean difference in VAS scores before and after PRP treatment



Risk of bias legend

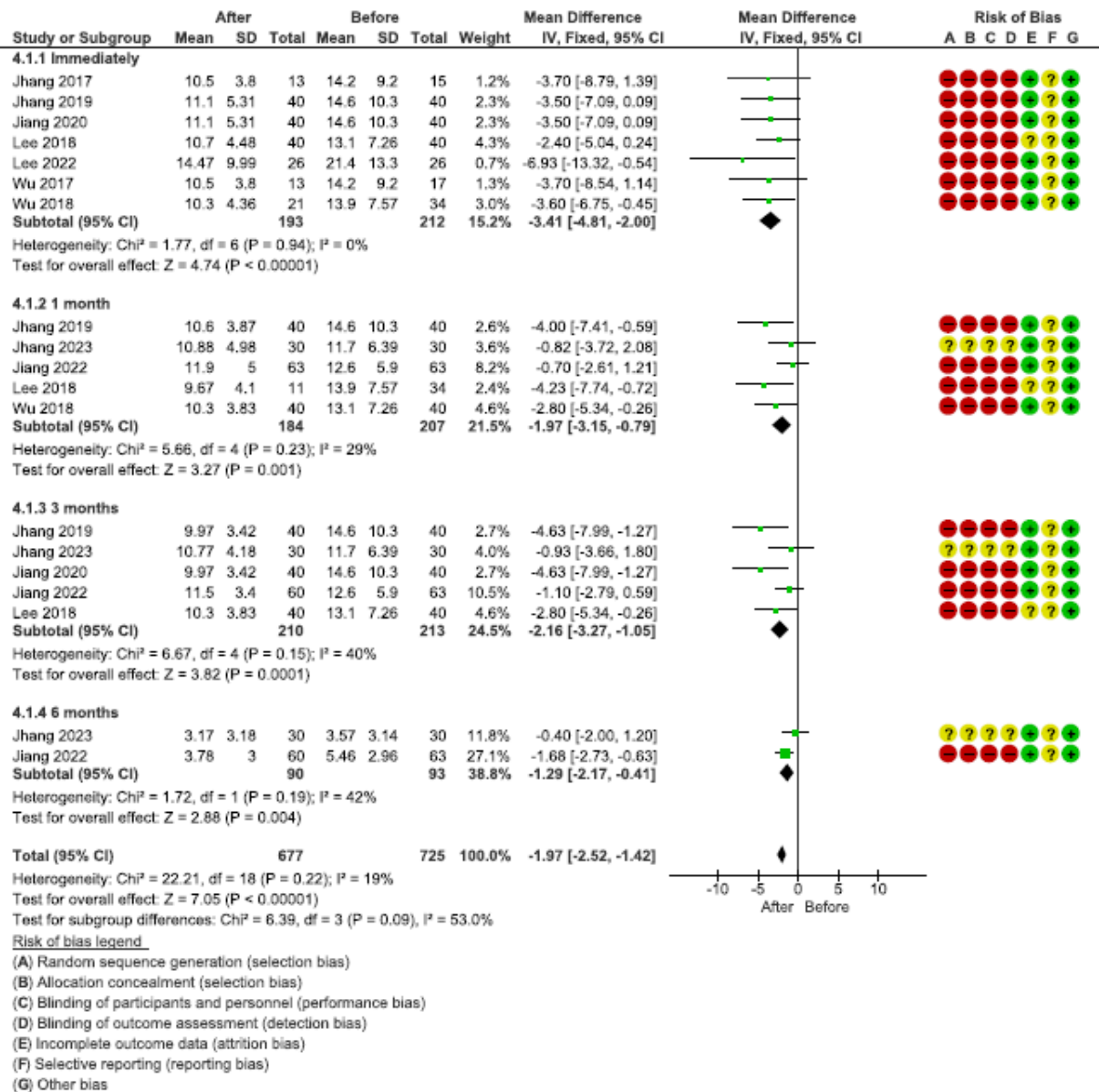
- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

Key message: PRP significantly reduced pain compared with baseline across all time points, supporting its potential role in symptom control for IC/BPS.

In addition to pain relief, PRP showed favorable effects on lower urinary tract symptoms, particularly storage symptoms that most strongly impair quality of life in IC/BPS.

Figure 2. Effect of PRP on Urinary Frequency

Forest plot illustrating reductions in daily urinary frequency immediately and up to three months after PRP injection.



Key message: PRP was associated with a consistent and statistically significant reduction in urinary frequency, with low heterogeneity across studies.

AUTHOR



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Please send your contributions to INFO@GIBSOCIETY.COM



**GLOBAL INTERSTITIAL CYSTITIS,
BLADDER PAIN SOCIETY**

17th April, 2026

9:30 PM to 10:30 PM

Malaysian Time

7:00 PM to 8:00 PM IST

GIBS Global Periodic Case Based Discussion with Kuala Lumpur Hospital, Malaysia

Topic : Honeymoon Cystitis That Wasn't

Webinar Led by

Dr. Warren Lo Hwa Loon

Rethinking clinical pathways in IC/BPS through real-world insight

GIBS Kuala Lumpur recently conducted a highly engaging international webinar that united experts from across the globe to explore practical approaches to clinical decision-making in IC/BPS.

Webinar Lead & Case Presenter

Dr. Gabriel Kong Boon Han

For guiding the session with remarkable clarity and for presenting compelling clinical cases that sparked meaningful discussion.

Scientific Presentation

Dr. Meera Ragavan

For presenting a well-structured, evidence-informed talk that highlighted key clinical considerations.

Expert Panel

We thank our distinguished panelists for sharing actionable insights, pragmatic viewpoints, and fostering an interactive learning environment.

Sincere Thanks

to every faculty member and participant whose contribution made this webinar a valuable learning experience.

**Methanamine Hippurate :
A New Drug for UTI**

Dr. Meera V V Ragavan

- Sr. Consultant Urogynaecologist & Robotic Surgeon, Apollo Hospitals, Chennai
- GIBS Core Committee Member

Speaker Insights

Methanamine hippurate helps prevent recurrent UTIs without long-term antibiotics by creating an antiseptic effect in the bladder. Evidence from the ALTAR trial shows it works about as well as daily low-dose antibiotics for prevention.

GIBS PERIODIC GLOBAL CASE BASED DISCUSSION : Honeymoon Cystitis That Wasn't

In Association with Kuala Lumpur Hospital, Malaysia

17th April 2026 07:00 PM IST 9:30 PM MYT

Not every "honeymoon cystitis" is a UTI sometimes the diagnosis lies beyond the obvious.

FURTHER HISTORY REVEALS SHE HAS DYSURIA AND SUPRAPUBIC DISCOMFORT EVEN OUTSIDE OF INTERCOURSE.

Webinar Lead & Case Presenter

Dr. Gabriel Kong Boon Han

- Medical Officer, Department of Urology, Hospital Kuala Lumpur, Malaysian Urological Association

Honeymoon Cystitis that wasn't

Expert Panelists

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GIBS 2026

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

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

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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/2024/08/gibs-2025-call-for-abstract-submission/>

For more information kindly visit :

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