

GIBS NEWSLETTER

Interstitial Cystitis: From Bladder-Centric to Systemic Pain Phenotypes

Latest Announcement

12th Annual Congress on IC/BPS - GIBS 2027

Lock the Date :
28th-29th August 2027

Venue :
Soon to be Announced

Theme: Phenotype, Pathways
and Precision in IC/BPS

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SCAN HERE!

Some diagnoses do not fail because medicine has misunderstood the disease. They fail because the disease was never singular to begin with. Interstitial cystitis/bladder pain syndrome (IC/BPS) has carried one name for over a century yet beneath that name sit at least three conditions, each with its own biology, its own natural history, and its own cure already in hand. The work now before urology is not to find better treatments for IC/BPS. It is to recognise that we have, in truth, been treating at least three diseases all along, and to finally call each by its own name.

Place three patients side by side and the distinction announces itself. One carries a discrete Hunner lesion, an unambiguous inflammatory disease of the bladder wall, defined histologically by a B-cell dominant lymphoplasmacytic infiltrate, and one that yields decisively to direct ablation. A second shows no lesion at all, yet under anaesthesia the bladder's capacity is strikingly reduced, a functional phenotype with its own internal logic, in which hydrodistension is simultaneously the test that names the disease and the treatment that resolves it. A third patient's bladder, on inspection, is unremarkable; her pain is composed centrally, by a sensitised nervous system for which the bladder is only one voice among several. Three patients. One diagnosis, as written today. Three diseases, as biology has always known them.

The 2025 international consensus on IC/BPS phenotyping gave this observation its formal grammar — resolving these presentations into reproducible clusters, each with a distinct histology, a distinct biomarker signature, and a distinct, predictable answer to treatment [1,2]. Within GIBS, this



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framework has already left the seminar room for the clinic: classifying patients by phenotype — allergy, dysfunctional voiding, neuropathic pain, Hunner's lesion — and directing therapy accordingly produced a 76% response at six months across a 78-patient cohort in 2020, and an 84% good-or-better response in an independent 25-patient cohort in 2024 [3,4]. Numbers of this order are rare in a field long defined by modest, inconsistent results. They are what a disease yields once it is finally asked the right question.

Phenotype-stratified trial design follows directly from this evidence base. Aggregating IC/BPS patients without accounting for underlying phenotype introduces treatment-response heterogeneity that a pooled statistical analysis cannot resolve, regardless of sample size; stratification by phenotype at enrolment addresses this at its source rather than through post hoc subgroup analysis. On the same logic, phenotyping at first presentation, rather than after sequential treatment failure, should be regarded as a diagnostic standard and not an optional adjunct. IC/BPS, considered this way, is not one disease with a variable response to treatment, but at least three diseases, each with a defined, reproducible response to the correct one.

References

1. Wolff DT et al. *Neurourol Urodyn*. 2026;45(1)
2. Fall M et al. *Scand J Urol*. 2020;54(2):91–98
3. Taneja R, Chugh DK. *Urol Nephrol Open Access J*. 2020;8(4):93–97
4. Sharma A, Taneja R, et al. *Bladder*. 2024;11(1):e21200004

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BE THE NEXT NEWSLETTER AUTHOR

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GIBS Periodic Case-Based Discussion Webinar, India

Topic Theme: "Why is He / She Flaring?"

The webinar ran from 7:30 PM to 8:30 PM IST and brought together experts from urology, gynaecology and gastroenterology to discuss a real patient case of IC/BPS flares.

Date:
18th September 2026

Time:
7:30PM to 8:30PM IST

Webinar Leadership

Dr. Latika Chawla

Scientific Presentation

Dr. Kartik Natarjan

Presented "Constipation and IC Flares: Pathophysiology & Management", covering the gut-bladder link and practical management points for clinicians.

Case Presenter

Dr. Latika Chawla

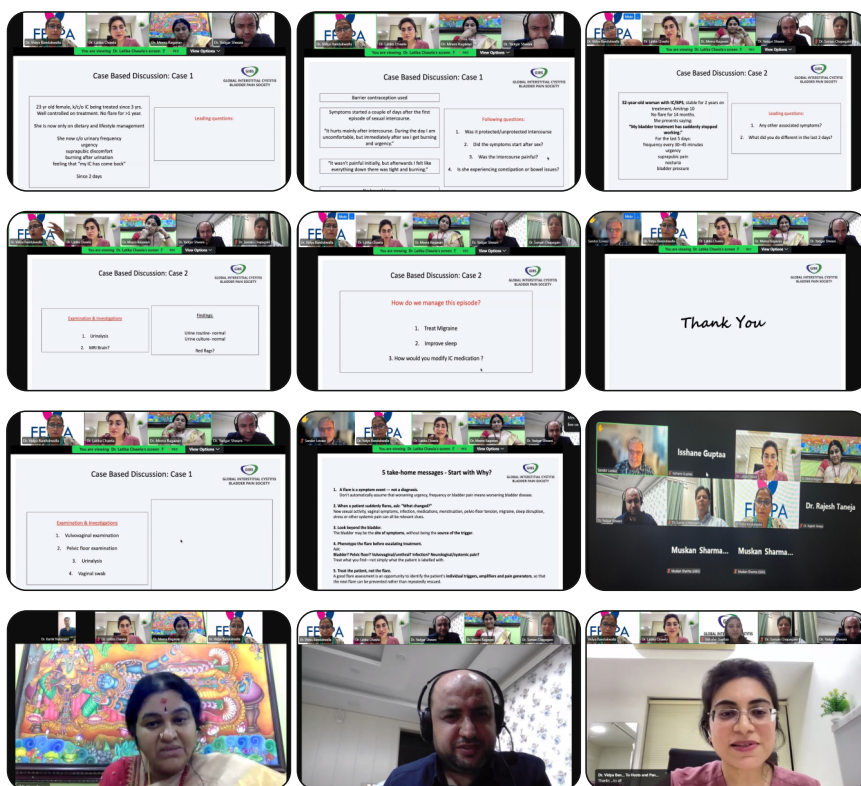
A clinical case around "Why is He/She Flaring?" sparked an engaging discussion, bringing together practical insights and shared learning on understanding and managing IC/BPS flares.

Expert Panel Discussion

Dr. Suman Chapagain, Dr. Yadgar Shwani, Dr. Meera V. V. Ragavan, Dr. Vidya Bandukwalla, and Dr. Plekhanova Olga shared valuable practical insights and experiences, making the session engaging and enriching.

Key Learning Message

The webinar explored the factors beyond the bladder that can trigger IC/BPS flares, highlighting constipation and the importance of a broader, multidisciplinary approach to effective flare management.



Acknowledgement

GIBS thanks all faculty, panelists, and participants for making this session a meaningful global learning experience.

DON'T MISS OUT

Take part in shaping the future through knowledge, collaboration and shared expertise.

Latest Webinar Updates

The Evolving Paradigm of a Pain Syndrome

Organizing Chair - Dr. Syed Sajjad Nazir, J&K



16th October, 2026



7:30 PM - 8:30 PM IST

PLATFORM
ZOOM 

REGISTER NOW!!

https://us06web.zoom.us/webinar/register/WN_LZw9r0UaQC2jhr4KMZYXWg



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GIBS 2027

ANNOUNCING



28th-29th AUGUST 2027

Theme:

Phenotypes, Pathways to Precision in IC/BPS



VENUE : MUMBAI, INDIA

(Location To Be Announced)



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