

## ■ About Us ■



The Interstitial Cystitis Association (ICA) is the only U.S. nonprofit dedicated to improving the lives of people affected by interstitial cystitis/bladder pain syndrome (IC/BPS). The ICA connects and supports patients, caregivers, healthcare providers, and researchers through advocacy, education, and community. By amplifying patient voices, the organization helps shape research, awareness campaigns, and policy efforts aimed at advancing care and understanding of IC/BPS.



**Scan this QR code to find out more about the ICA!**

## Get Involved! Looking for Support?

- Visit [ichelp.org](http://ichelp.org) to learn more about the ICA and IC/BPS.
  - While you're there, sign up to receive ICA communications!
- Connect with us on social media!
  - Search "Interstitial Cystitis Association" on Facebook, Instagram, and LinkedIn.
  - Search "Interstitial Cystitis Association IC/BPS Support Group" for our private Facebook support community.
- Check out our YouTube channel (search "Interstitial Cystitis Association") for recorded educational webinars.
- Call or email us for more individualized support.

### **Interstitial Cystitis Association**

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Interstitial Cystitis Association



**Empowering  
Individuals with  
IC/BPS through  
Advocacy, Education,  
& Community**



## What is IC/BPS?

Interstitial cystitis (IC), also known as bladder pain syndrome (BPS), is a chronic condition characterized by pelvic or bladder pain, along with symptoms like urinary urgency and frequency.

Anyone of any age, race, or sex can develop IC/BPS. Yet the condition remains widely misunderstood, frequently misdiagnosed, and lacks a one-size-fits-all treatment.

Because IC/BPS is so complex, organizations like the Interstitial Cystitis Association (ICA) are essential in raising awareness, advocating for research, and supporting patients.

## TYPES OF IC/BPS TREATMENTS



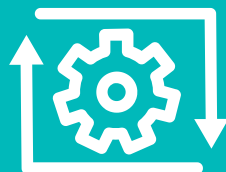
### Patient Education & Physical Therapy

Understanding IC/BPS is the first step to managing it. Education empowers patients to recognize symptom triggers, explore treatment options, and make informed lifestyle choices. Some patients also find pelvic floor physical therapy, designed to address pelvic floor tenderness, helpful in symptom relief.



### Oral & Instilled Medications

Medications may help reduce pain, inflammation, and bladder symptoms. Oral options include antihistamines, antidepressants, and bladder relaxants. Bladder instillations—medications delivered directly into the bladder—can also provide relief by coating the bladder lining or reducing irritation.



### Procedures

Some patients benefit from in-office or surgical procedures. These may include direct treatment of Hunner lesions (if present), nerve stimulation therapies, or Botox injections. Major surgery is considered a last resort in cases when all other treatment strategies have failed.

**For more information about IC/BPS treatments, search online for the American Urological Association (AUA) Guidelines for Interstitial Cystitis.**