

Empowering Patients through Advocacy, Education, & Community

What is interstitial cystitis/bladder pain syndrome?

Interstitial cystitis (IC), also known as bladder pain syndrome (BPS), is a chronic condition that causes pelvic pain, pressure, and frequent or urgent urination. Affecting people of all ages and genders, IC/BPS is often mistaken for a urinary tract infection but does not respond to antibiotics. The condition can severely impact daily life, emotional well-being, and overall quality of life.



Who We Are

The Interstitial Cystitis Association (ICA) is the only U.S. 501(c)(3) nonprofit dedicated to improving the lives of those affected by IC/BPS. The ICA serves as a central hub for patients, providers, researchers, and caregivers, connecting the IC/BPS community through advocacy, education, and peer support. The ICA is committed to being the voice for patients, amplifying their stories, and ensuring their lived experiences shape research, awareness campaigns, and legislative efforts.

What We Do



Advocacy

Engage the legislative community to promote IC/BPS research to find better treatments and a cure.



Education

Provide resources, including a comprehensive website, monthly webinars hosted by expert speakers, and a monthly research newsletter.



Community

Create safe spaces for patients and caregivers to support and learn from one another.

Connect With Us!



Donate

Help us ensure that the resources we provide to the IC/BPS community are free and easily accessible.



Fundraise & Raise Awareness

Support the ICA by raising awareness of IC/BPS and encouraging others to support the organization's mission.



Participate!

There are many ways those we serve, including patients, caregivers, providers, and researchers, can engage with the ICA. Contact us today to find out how!

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

