



My name is _____, and I live in _____.

I am an advocate with the Interstitial Cystitis Association (ICA). The ICA provides advocacy, education, and community to ensure early diagnosis and optimal care with dignity for people affected by interstitial cystitis (IC).

IC is a chronic condition consisting of pain and urinary urgency and frequency. IC may also be referred to as bladder pain syndrome (BPS). IC can affect anyone - men, women, and children of any race and ethnicity. The condition affects 3 to 8 million women and 1 to 4 million men in the U.S.

The cause of IC is unknown, there is no cure, and there are no treatments that are effective in the majority of patients. Those living with the condition can suffer for years before receiving a diagnosis or finding treatments that work for them. The symptoms can dramatically affect an IC patient's quality of life, mobility, relationships, sense of isolation, and ability to continue to work.

(Share your interstitial cystitis experience. Be concise but let them know how IC has affected your life.)

I am writing today to ask for (Name of Senator or Representative)'s help.

With so much unknown about IC, awareness and education programs are necessary, and increased IC research is vital to understanding and eventually curing the condition. I request your support for the following:

- Provide \$1,500,000 for the IC Education and Awareness Program at the Centers for Disease Control and Prevention (CDC) in FY 2026.
- Provide the National Institutes of Health (NIH) with at least \$51.3 billion in FY 2026.
- Include "interstitial cystitis" as a condition eligible for study through the Department of Defense Peer-Reviewed Medical Research Program (PRMRP) for FY 2026.

Please consider me a resource for you and your office about any health-related and patient issues. Thank you for your time!