



Newsletter: Meeting Date:
26 January 2016, Edition 4
Speaker: Matthew H. Clark.
M.D., Urogynecology,
Newport Beach, CA
Topic: "Report on IC/BPS
Treatments – Introduction of
Bladder Friendly Supplement
Choices"

Meeting Notes
"Never give up"

Twenty one people were in attendance at our first support meeting of 2016 when Dr. Davis said these words. He related the success reported in the control of IC/BPS symptoms and the joy that was shared in today's office visit. This led to the introduction of Dr. Clark and his use of the term "phenotypes" as it describes the varying degrees of symptom characteristics in IC/BPS. The overlap of OAB to IC symptoms when mixed with the possibility of a bladder infection; the need to lab check urine and if positive then follow with correct treatment.

Chronic inflammation of the bladder wall that leads to pelvic floor dysfunction often is confirmed when there is pain during a pelvic exam. This mix of pelvic pain and pelvic floor muscle involvement can often benefit from physical therapy of internal massage.

Use of topical estrogen, can help prevent bladder infections. Addressed also was the use of vaginal estrogen ring. If cannot use estrogen for any reason now have the Mona Lisa Touch® laser – which tightens up the dermis, FDA approved, for vaginal health and also improves ph.

Use of Botox®/botulinum toxin Injections are FDA approved for OAB, and also used with IC when symptoms overlap with voiding beyond 10 x /day. Use of Botox is an outpatient procedure under anesthesia, using a cystoscope. Minimum repeat of 90 days by clinical trial shown to be beneficial up to 5 to 6 months in 60-80% patients. There may be significant reduction in urgency, frequency symptoms.

Over the counter medication that have had reported success of control of IC/BPS symptoms: CYSTA-Q®, Cysta Protect®, Cysta Renew®, containing aloe vera. Quercetin with bromelain is a natural anti-inflammatory. The bromelain helps the quercetin have greater absorption. Desert Harvest®, an aloe vera product, had mixed positive results, in a hand count. Use of Prelief® appeared to be worthwhile.

Alternation of the diet by removing items from daily consumption can and have reduced IC symptoms. The suggestion that allergy testing may help give guidelines to what food to remove or lower in a diet. This leads to diet restrictions that may limit needed nutrition. Vitamin supplements developed by Dr. Clark have reduced the dosage so that effects are health positive and not IC/BPS negative.

Next Meeting

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March 22, 2016
Topic: "Why Take a Probiotic?
Why Use One of These
Suggestions"
Speaker:
John Cassara, Pharm D.
Director FPH Hospital Pharmacy

Location:
Foothill Presbyterian Hospital
(In Doctor's Dining Room)
6:30 – 8:30 P.M.

Suggestions from January 26,
2016 Meeting

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ICA web site check

AUA 2014 treatment guidelines:

Addition of two items

- 1. Physical therapy for pelvic floor dysfunction**
- 2. Possible use of Botox moved from #5 to #4.**

Vitamin resource

www.Icvitaminsource.com

Contact:
infoicaction@gmail.com
www.icaction.com
Citrus Valley Interstitial Cystitis
Support Group
IC Action
P.O. Box 1711
Glendora, Ca 91741

Final thought:
"Never Give UP"