



Newsletter: Meeting Date: 24 January 2017, Edition 8

Speaker: Edward L. Davis, M.D. - Open Discussion

Topic: "Share Questions, Challenges, and What Changes Have You Made in your Life to Improve Your Health"

Meeting Notes

Tuesday evening was a dark and wet night.
Five hardy souls braved the cold to share information.

Topic:

Stress as the cause of a flare and/or increasing pelvic pain.
Dr. Davis stated his increased awareness the impact stress has on health and quality of life.

What is stress? In medical terms stress shows up as a physical, mental, and emotional influence that leads to bodily and mental tension. Hormones such as adrenaline or noradrenaline speed an immediate physical reaction. These include the general effect on sphincters of the body such as the urinary bladder, dilation of blood vessels for muscles, and relaxation of bladder muscle a means involuntary void.

Those in healthcare, who acknowledge the problem, label it as part of an overall evaluation and often prescribe medication without addressing how to reduce stress. A frustration voiced by the group.

Discussion:

Super Bowl LI (51) had the Patriots well represented by support member. To relieve her stress she takes to the art of coloring adult coloring books. Focusing on the activity of having the color going neatly between the lines frees her mind from pelvic issues. Another direction is taken by increasing activity. There is the 180 degree swing from quiet focus to the active pursuit to deal with stress. In our group of 5, walking was most appreciated as having a calming influence.

Conclusion:

Helpful is meeting to hear and discuss the opinions, insights, and knowing you are not alone in the management of IC/BPS.

Next Meeting



Tuesday March 28, 2017

Speakers:
Edward L. Davis, M.D.
– Lisa Regan

Topic:
"Percutaneous Tibial Nerve Stimulation (PTNS)" - Dr. Davis

**IC/BPS Diet Basics" –
Lisa Regan**

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