

SEE YOUR DOCTOR

Don't Suffer In Silence Treatments Available For Painful Condition

(NAPSA)—There's hopeful news for the estimated one million people who are afflicted with a bladder condition that can cause debilitating pain and even prevent some from working full time and living a full life.

Experts say treatment can make a big difference when it comes to managing the discomfort and improving the quality of life for people with the condition known as interstitial cystitis (IC).

Since information about this chronic inflammation of the bladder is still sparse, doctors sometimes report difficulty in diagnosing and treating the condition.

The American Urological Association Foundation, Inc. is encouraging people to become more aware of the disease and its symptoms and to seek the advice of a urologist in order to live a healthier life.

The experts at the foundation encourage people to seek the advice of a urologist if they experience the need for frequent urination—or even just the urge to urinate—and pain between the navel and the inside of the thighs.

According to Kristene Whitmore, M.D., “these symptoms can be further aggravated by the consumption of certain foods, drinks and even stress.”

Speaking to a urologist can help you figure out if you are in fact suffering from IC and what treatment methods are available and most effective for your condi-



See your doctor for early diagnosis and prompt treatment.

tion. Because there is not a certain cause or unique symptoms associated with IC, the method of diagnosis varies.

Said Whitmore, “It is important to realize that treating IC takes time. Fortunately for most, these treatments can improve quality of life.”

When you see your urologist, several tests will be run, including a basic medical history, physical and urine test; an office cystoscopy to look into the bladder and rule out cancer and bleeding and a urodynamics test and a potassium sensitivity test to show bladder capacity and to compare pain and urgency, respectively.

For more information about IC and other bladder conditions, to join the fight for more research and to locate a urologist, visit www.UrologyHealth.org.

For additional information and to identify IC support groups, visit the Interstitial Cystitis Association of America at www.ichelp.org.