

CHAPTER 20: IC / PROSTATITIS / CPPS

| INTERSTITIAL CYSTITIS (IC) |

- Diagnosis of exclusion in patients that present with **urinary frequency, urgency, and pelvic pain**
 - **Allodynia** = non-painful stimuli perceived as painful
 - **Hyperalgesia** = abnormal heightened sensitivity to painful stimuli
 - May have a decreased bladder capacity (determined under anesthesia)

Interstitial cystitis: patients void to avoid/limit pain

Overactive bladder: patients void to avoid/limit incontinence

- Histology: non-specific findings (i.e. clinical diagnosis), such as mast cell infiltration due to inflammation
 - **Glycosaminoglycan layer** disruption
- Originally thought to be exclusively a bladder disorder; however, recent data suggests majority of patients with “interstitial cystitis” actually have a multisystem disorder called **chronic pelvic pain syndrome (CPPS)**
- Considered to have two types:
 - **Ulcerative type** (~ 10-15%): urothelial **Hunner’s** ulcerations