



Nutrition In Interstitial Cystitis

INTERSTITIAL
CYSTITIS

► Treatment Of Interstitial Cystitis ◀

No treatment is necessarily useful for everyone with interstitial cystitis. Treatment should be chosen for each patient based on the symptoms. Patients usually perform different treatments (or a combination of treatments) until appropriate relief of symptoms. It is important to know that none of these treatments for interstitial cystitis work immediately. Symptoms usually take weeks to months to heal.

► Suitable Food Without Problems In Interstitial Cystitis ◀

- Fruits including apricots, blueberries, dates, melons (honey and watermelon), prunes, pears, and raisins
- Vegetables including avocado, beet, asparagus, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, mushrooms, eggplant, peas, potatoes (white potatoes, yams, and sweet potatoes), radishes, spinach, squash, and zucchini
 - Cereals and rice
- Protein foods including meat (shrimp, tuna, and salmon), eggs, nuts, peanut butter, chicken and turkey and lamb
- Dairy products including milk (low fat and whole) and cheese
 - Garlic and olive oil

► Foods That Should Be Avoided

- Alcohol, coffee and tea (caffeinated and decaffeinated), carbonated beverages (cola, non-cola, diet, and decaffeinated)



- Corn berry juice, grapefruit and grapefruit juice, lemon, orange and orange juice, pineapple and pineapple juice, strawberry, Red pepper, pickles, sauerkraut, tomatoes, and products containing it
 - Processed meat sandwiches (salami, bologna), soy products
 - yogurt
- Red pepper, horseradish, tomato sauce, salad dressing, soy sauce, vinegar
 - Chocolate
- Indian food, Mexican food, Thai food, pizza, spicy food
- Synthetic sweeteners (such as saccharin), Monosodium glutamate (MSG)

The nutrients in foods help strengthen the immune system, heal wounds, stimulate the nervous system, normal blood flow, and maintain overall health. A balanced diet with a wide range of items from all food groups is the best diet for interstitial cystitis.

Interstitial Cystitis



Interstitial Cystitis

- ▶ Frequent urination, often in small amounts, during the day (up to 60 times a day)
- ▶ Pain or discomfort while the bladder is full and relief after urination
- ▶ **Causes Of Interstitial Cystitis** ◀

The exact cause of interstitial cystitis is not known, but many factors are likely to play a role.

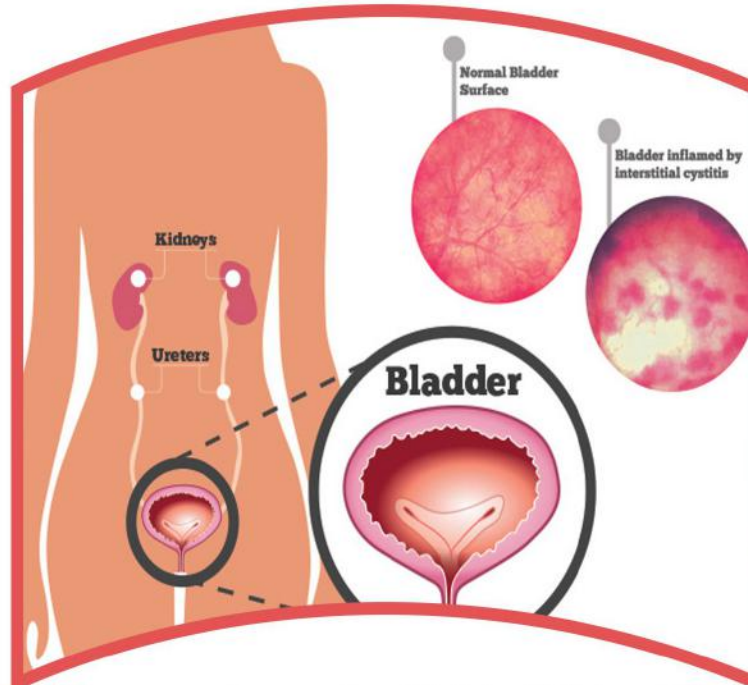


Interstitial cystitis is a chronic disease that causes bladder pressure, bladder pain, and sometimes pelvic pain. Interstitial cystitis affects most women and can have a long-term impact on the quality of life. Although there is no cure, medications and other treatments can be soothing.

▶ Symptoms of Interstitial Cystitis ◀

Signs and symptoms of interstitial cystitis vary from person to person. The most common signs and symptoms of interstitial cystitis are:

- ▶ Pain in the pelvis or between the vagina and anus in women
- ▶ Pain between the scrotum and anus in men (perineum)
 - ▶ Chronic pelvic pain
- ▶ Constant and urgent need to urinate
- ▶ Pain during sex



For example, people with interstitial cystitis may have a defect in the protective covering (epithelium) of the bladder.

Leakage in the epithelium may cause toxins in the urine to irritate your bladder wall.

▶ Risk Factors For Interstitial Cystitis ◀

- ▶ Gender
- ▶ Skin and hair color
- ▶ Age
- ▶ Having a chronic pain disorder

▶ Complications Of Interstitial Cystitis ◀

- ▶ Decreased bladder capacity
- ▶ Low quality of life
- ▶ Sexual intimacy problems
- ▶ Emotional problems