

Las Colinas Obstetrics-Gynecology-Infertility Association, P.A.

Las Colinas Center for Women's Continence & Vaginal Reconstruction and
Rehabilitation Center of Texas
3501 N. MacArthur Blvd., Suite 350, Irving, Texas 75062
Phone: (972) 257-5300 Fax: (972) 257-5322

The first of the 2 events was a survey (Unmasking the Many Faces of interstitial cystitis(IC) online survey, September 14-28, 2007) that documents the frustration and despair of IC patients. Nearly 600 respondents, overwhelmingly female, shared these disturbing details:

- Nearly all (95%) felt frustrated by having to cope with IC and its symptoms
- Most (85%) were annoyed or angered by their condition
- Three quarters of the respondents experienced feelings of depression due to IC
- More than two thirds felt isolated and embarrassed by their condition
- Nearly 60% suffered for a year or more before receiving a correct diagnosis
- More than half saw at least 3 healthcare professionals prior to being diagnosed
- A third of the respondents had been told the condition might be psychological
- Twenty percent had been directed to seek psychological help

While the survey results are indeed disturbing, they have resulted in a positive outcome. Specifically, they've led to the creation of National Interstitial Cystitis Awareness Day (Nurse Practitioners in Women's Health Press Advisory, October 29, 2007). Inaugurated on October 31, it is designed to heighten awareness of IC and its symptoms. An educational campaign (Unmasking the Many Faces if IC) will complement the event.

As a result, patients with undiagnosed pelvic pain may ask about IC and how it is treated. Indeed, they may ask you to clarify the following points conveyed through the campaign.

- IC is a painful and often debilitating chronic condition that affects the bladder
- IC may irritate and inflame the bladder lining, which can result in pain in the pelvis, bladder, back or thighs, pain during or after intercourse, and frequent urination
- It is estimated that more than 2 million Americans have IC; research suggests the number is higher
- IC is difficult to diagnose because its symptoms mimic other gynecologic and urologic disorders, such as endometriosis, recurrent UTIs, and overactive bladder\

As for treatment of IC:

John J. Zavaleta, R.Ph, MD, FACOG
John R. Hanson, M.D.

Diplomate American Board of
Obstetrics & Gynecology
Board Certified

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- The oral medication ELMIRON (pentosan polysulfate sodium) is the only FDA-approved oral agent indicated for relief of IC-related bladder pain or discomfort
- Although the mechanism of action of ELMIRON is not fully understood, it is believed to address the root cause of IC symptoms by helping the replenish the glycosaminoglycan (GAG) layer of the bladder
- ELEMIRON is generally well tolerated and the safety and tolerability allow for early intervention and long-term use (Hanno PM. Analysis of long-term Elmiron therapy for interstitial cystitis. *Urology*. 1997;49(suppl 5A):93-99.)

For more information about IC, National Interstitial Cystitis Awareness Day, and/or ELMIRON, please visit AllAboutIC.com.

Please see the indicated statement and safety information below:

ELMIRON is indicated for the relief of bladder pain or discomfort associated with interstitial cystitis.

Important Safety Information

Pentosan polysulfate sodium is a weak anticoagulant which may increase bleeding. Patients undergoing surgery or who have an increased risk of bleeding should be evaluated for the risk of hemorrhage.

In an 8-year retrospective study, adverse events tended to be infrequent, mild and transient. Diarrhea, nausea, alopecia (reversible upon discontinuation), headache, rash, dyspepsia, abdominal pain, liver function abnormalities, and dizziness occurred at a frequency of 1% to 4%.

In a 32-week study, 6.3% of 128 patients reported rectal hemorrhage. The severity was described as "mild" in most patients.

ELMIRON is contraindicated in patients with known hypersensitivity to the drug, structurally related compounds, or excipients.

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