



I'm Peeing As Fast As I Can: A Support Group's True Stories Of Bladder Pain Syndrome/Interstitial Cystitis

Edward L. Davis M.D.

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A Support Group's True Stories Of Bladder Pain Syndrome/Interstitial Cystitis A urologist, a nurse, and twenty Citrus Valley IC Support Group partners share more than a decade of combined experience dealing with Bladder Pain Syndrome/Interstitial Cystitis (BPS/IC). This book is the output of learning exchanges with the members of the Citrus Valley Interstitial Cystitis Support Group that began meeting in 2000. The medical label of "Interstitial Cystitis" has been expanded to include the explanatory label "Bladder Pain Syndrome" (BPS/IC), meaning it includes pelvic pain of bladder origin; this description strengthens the understanding and the reality of the impact of BPS/IC has on the human body. This BPS/IC recovery guide shares the thoughts and course of actions that are time tested by our support group's experience through trials, errors, and successes. Over these years through our meetings, phone calls, and email contacts we have shared information, solved dilemmas, been perplexed, gained insights, stumbled on to answers or found comfort in person to person support and advocacy for BPS/IC. Our purpose in writing this recovery guide is to make it your resource that recognizes your ability to work with the challenge of BPS/IC and learn the techniques to bring balance back into our life. This guide is our best effort to address what we have recognized as the reoccurring themes in our individual IC discovery and recovery trail. We need your help to ask and answer more questions about BPS/IC. We, of the Citrus Valley IC Support Group, would appreciate a continued conversation with you and invite you to please contact us at www.icaction.com with your thoughts, insights, and your voice in the partnership for support.

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