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and their medical care
providers. It WILL
completely change the
way you look at IC and,
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several new ideas to explore especially if you are in pain and/or struggling to find a treatment that works.

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The Interstitial Cystitis Solution is an outstanding educational tool and should be required reading for patients and their medical care providers. It WILL

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completely change the way you look at IC and, I hope, will give you several new ideas to explore especially if you are in pain and/or struggling to find a treatment that works.

Amazon.com: The Interstitial Cystitis Solution eBook ...

Interstitial cystitis (IC), also called painful bladder syndrome, is a complex bladder pain condition that can be

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confusing, frustrating,
and debilitating.

Successful treatment
requires a

multidisciplinary

approach that often

features a combination

of medication, physical

therapy, dietary and

lifestyle changes,

alternative medicine,

and more.

The Interstitial Cystitis Solution: A Holistic Plan for ...

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While the process is a journey, thousands of people with interstitial cystitis live healthy, happy lives - and so can you! Filled with practical, positive information about the complex condition, The Interstitial Cystitis Solution is a guidebook on the healing journey. The book focuses on helping patients create their own holistic treatment plan for lasting relief.

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**PelvicSanity: The IC
Solution - "Best
Book on IC in 20
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The Interstitial Cystitis Solution is one of the best written books on IC, bladder and pelvic pain syndrome in two decades. The authors tackle the very complex relationship between the bladder and pelvic floor muscles, both of which can contribute to the

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development of
interstitial cystitis.

Extremely well written,
it offers a simple action
plan for patients as
they seek relief for
their symptoms using
both bladder and
muscle therapies.

The Interstitial Cystitis Solution - Interstitial Cystitis

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Interstitial Cystitis
Solution, written by ICA
Board member and
board-certified pelvic
health PT Dr. Nicole
Cozean, is now
available! Filled with
practical, positive
information about the
complex condition, The
Interstitial Cystitis
Solution is a guidebook
on the healing journey.

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Association. The
Interstitial Cystitis
Association (ICA) is the
only nonprofit
charitable organization
dedicated solely to
improving the quality
of healthcare and lives
of people living with
interstitial cystitis (IC).
IC is recurring pelvic
pain, pressure, or
discomfort in the

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bladder and pelvic region, often associated with urinary frequency (needing to go often) and urgency (feeling a strong need to go).

Home - Interstitial Cystitis Association

Interstitial cystitis may be associated with other chronic pain disorder, such as irritable bowel syndrome or fibromyalgia.

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Complications.

Interstitial cystitis can result in a number of complications, including: Reduced bladder capacity. Interstitial cystitis can cause stiffening of the bladder wall, which allows your bladder to hold less urine.

Interstitial cystitis - Symptoms and causes - Mayo Clinic

Interstitial cystitis (IC), also called painful

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bladder syndrome, is a complex bladder pain condition that can be confusing, frustrating, and debilitating.

Successful treatment requires a multidisciplinary approach that often features a combination of medication, physical therapy, dietary and lifestyle changes, alternative medicine, and more.

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Oral medications that may improve the signs and symptoms of interstitial cystitis include: Nonsteroidal anti-inflammatory drugs, such as ibuprofen (Advil, Motrin IB, others) or naproxen sodium (Aleve), to relieve pain. Tricyclic antidepressants, such as amitriptyline or imipramine (Tofranil),

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**Interstitial cystitis -
Diagnosis and
treatment - Mayo
Clinic**

The Interstitial Cystitis
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Floor Dysfunction, and
Taking Back Your Life
Paperback - 28
September 2016 by
Nicole Cozean (Author),

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Jesse Cozean (Author)

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The American
Urological Association
(2010) has issued its
first set of Interstitial
Cystitis Treatment
Guidelines

recommending diet
modification and
physiotherapy as the

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first line of defence

when a patient

presents with painful
bladder syndrome.

What is Interstitial Cystitis? - Pelvic Health Solutions

Bladder instillation

involves filling the

bladder with a solution

containing dimethyl

sulfoxide (Rimso-50),

also called DMSO. The

DMSO solution is held

in the bladder for 10 to

15 minutes before...

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**Interstitial Cystitis:
Causes, Symptoms,
and Diagnosis**

Book recommendation:

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Successful treatment requires a multidisciplinary approach that often features a combination of medication, physical

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