

# Differences in Food Sensitivities Between Female Interstitial Cystitis/Painful Bladder Syndrome (IC/PBS) and Male Chronic Prostatitis/Chronic Pelvic Pain Syndrome (CP/CPPS)

Amin S. Herati<sup>1</sup>, Barbara Shorter<sup>2</sup>, Julia Tai<sup>3</sup>, Martin Lesser<sup>3</sup>, Robert M. Moldwin<sup>1</sup>

<sup>1</sup>Smith Institute for Urology, North Shore-Long Island Jewish Health System, New Hyde Park, NY, USA

<sup>2</sup>C.W. Post/ Long Island University, Brookville, NY, USA

<sup>3</sup>Feinstein Institute of Medical Research, Manhasset, NY, USA

## INTRODUCTION

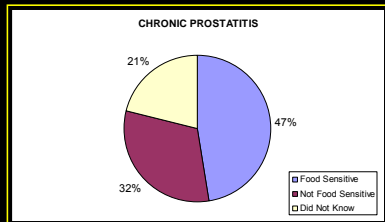
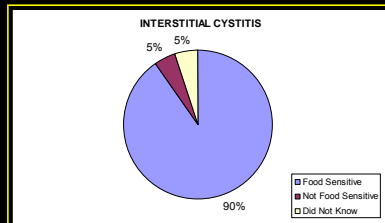
- IC/PBS and CP/CPPS have overlapping pathophysiology.
- Both IC/PBS and CP/CPPS patients are thought to be food sensitive.
- However, very little is known about the prevalence and characteristics of food sensitivity in these two disorders

## AIM

- To determine the prevalence and characteristics of food sensitivity among patients with IC/PBS and CP/CPPS.

## METHODS

- 325 female patients who met NIDDK criteria for IC/PBS and 286 male patients who met NIH criteria for CP/CPPS were mailed a validated questionnaire.
- Questionnaires contained a list of 175 individual comestible items (including foods, juices, and supplements).
- Subjects were asked to indicate if the individual comestible items worsened symptoms, slightly worsened symptoms, had no effect, slightly improved symptoms, or improved symptoms by assigning a score of -2, -1, 0, 1 or 2 respectively.
- Mean scores and standard deviation were calculated for each food.



## CONCLUSIONS

- Patients with IC/PBS and CP/CPPS have similar food sensitivity profiles.
- Overlap between GI laxatives (i.e. Colace) and GI irritants (i.e. capsaicin in peppers) and pelvic pain symptoms suggests “cross talk” between pelvic organs.
- Dietary interventions should be considered as one of the cornerstones of IC/PBS and CP/CPPS treatment.

## RESULTS

- 102 IC/PBS patients and 95 CP/CPPS patients responded.
- Ninety-two of the 102 (90.2%) IC/PBS patients 45 of the 95 (47.4%) CP/CPPS patients reported having food sensitivity.
- IC/PBS patients were more likely to be food sensitive ( $p < 0.05$ )
- Patients with IC/PBS reported the most symptom exacerbation with acidic fruit juices, spicy foods, and caffeinated beverages.
- IC/PBS and CP/CPPS patients reported the most symptom relief with Calcium Glycerophosphate (Prelief®), which is an antacid.

## COMESTIBLE SENSITIVITY

IC/PBS		CP/CPPS	
Comestible Item	Mean Score	Comestible Item	Mean Score
Grapefruit Juice	-1.67 ± 0.60	Coffee (caffeinated)	-0.69 ± 0.94
Spicy Foods	-1.64 ± 0.69	Spicy Foods	-0.59 ± 0.86
Caffeinated Coffee	-1.60 ± 0.74	Other Alcoholic beverage	-0.48 ± 0.83
Grapefruit	-1.53 ± 0.66	Hot Peppers	-0.48 ± 0.81
Chili	-1.51 ± 0.72	Grapefruit Juice	-0.43 ± 0.80
Spirulina	0.34 ± 0.28	Water	0.03 ± 0.18
Tums	0.35 ± 0.21	Oats	0.03 ± 0.26
Aloe Vera	0.43 ± 0.96	Fiber Con	0.03 ± 0.4
Water	0.52 ± 0.77	Metamucil	0.06 ± 0.29
Baking Soda	0.67 ± 0.87	Colace	0.08 ± 0.38
Ca+2 Glycerophosphate	0.67 ± 0.80	Ca+2 Glycerophosphate	0.11 ± 0.50

## ABBREVIATIONS

PUF= Pelvic Pain and Urgency/Frequency Patient Symptom Scale  
 CPSI= Chronic Prostatitis Symptom Index  
 OSPI= O'Leary Sant Interstitial Cystitis Symptom Index and Problem Index