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

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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.

RESULTS
• 102 IC/PBS patients and 95 CP/CPPS patients responded.
• Ninety-two of the 102 (90.2%) IC/PBS patients and 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.

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.

ABBREVIATIONS
PLF = Pelvic Pain and Urgency/Frequency Patient Symptom Scale
CPSS = Chronic Prostatitis Symptom Index
OCSI = O’Leary Sant Interstitial Cystitis Symptom Index and Problem Index