

Calcium Glycerophosphate (Prelief®) Study 1998

Whitmore, K., et al, Graduate Hospital, Philadelphia

- 550 IC Patients identified provocative foods, such as wine, chocolate, pizza, spicy foods, coffee, etc.
- They consumed these foods at home:

without
Prelief

and

with
Prelief



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- These were the foods most identified as "problem" or provocative foods under normal eating conditions (First 200 Patients):

Food Sensitivity in IC Patients			
DIET	EXACERBATION N (%)	WORST Sx. (HOURS)	DIETARY QUANTITY
Pizza	91 (45.5)	0 - 4	1 - 2 Slices
Tomato	125 (62.5)	0 - 2	1 Serving
Spicy Food	111 (55.5)	0 - 2	1 Serving
Coffee	119 (59.5)	0 - 2	1 Cup
Acidic Juice/Fruit	125 (62.5)	0 - 2	1 Serv/Glass
Carbonated Drink	114 (57.0)	0 - 2	1 Glass
Alcohol	106 (53.0)	0 - 2	1 Glass
Chocolate	82 (41.0)	0 - 2	1 Piece

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- Of the patients who had food problems...
The differences are

Effect of Prelief on Exacerbation of IC Sxs (First 200 patients)		
DIET	BEFORE PRELIEF (%)	WITH PRELIEF (%)
Pizza	45.5	14.5
Tomato	62.5	17.0
Spicy Food	55.5	9.0
Coffee	59.5	18.0
Acidic Juice/Fruit	62.5	18.5
Carbonated Drink	57.0	18.0
Alcohol	53.0	5.5
Chocolate	41.0	16.0

Study: 1988-99

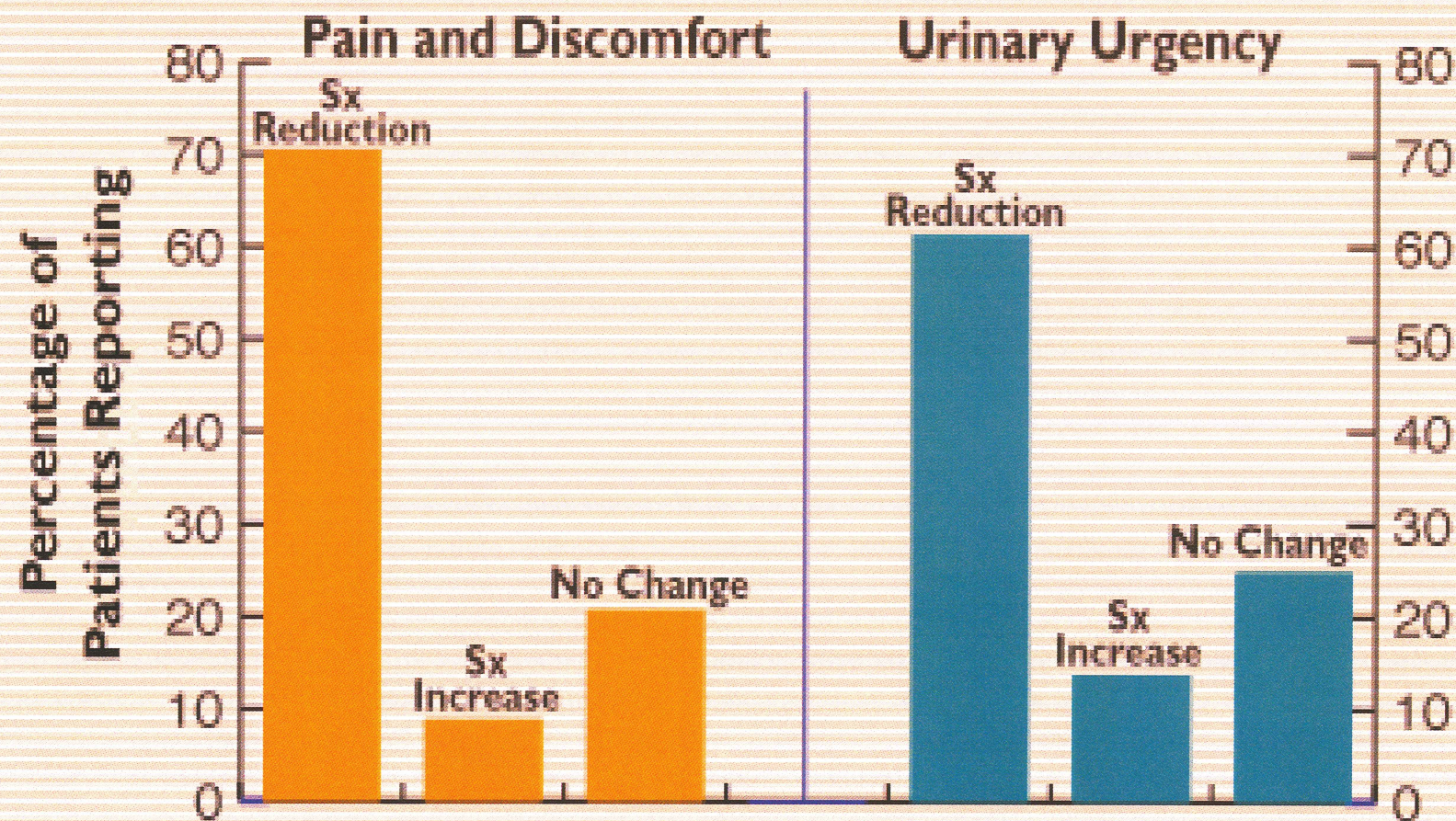
Bologna, Whitmore, et al. unpublished, data on file
Graduate Hospital, Philadelphia

Calcium Glycerophosphate (Prelief[®])

Food-triggered Sx without and with Prelief.



Patients who reported food-triggered symptoms



Calcium Glycerophosphate (Prelief®)

If you decide to use Prelief, here are the facts:

- Prelief is not a drug. It is purchased OTC in the antacid section of your pharmacy.
- Prelief contains calcium (19%) and phosphorus (15%).
Note: Some drugs do not permit milk or calcium to be ingested close to the time the drug is taken; some antibiotics for instance).
- Prelief comes in tablets and granulated form.
- Prelief is not a cure for anything - what it will do is permit most IC patients to eat and drink a lot of common acidic foods comfortably, while proceeding with your regular medical intervention.

Calcium Glycerophosphate (Prelief[®])

Here are the forms in which Prelief is available:



Tablets

- Take with food -

Granulate

- Put in food -

A Retrospective Analysis of Calcium Glycophosphate (Prelief®) in the Treatment of Food-Sensitive Interstitial Cystitis Patients*

Methods:

550 volunteer IC patients - open label - retrospective

Q-I - identified food sensitive patients using visual analog scales for:

- 1) pain severity (VAS-PI)**
- 2) urge intensity (VAS-UI)**
- 3) O'Leary Problem/Symptom Index**

Q-II - measured the change in symptoms severity after using Prelief (2-10 tablets per day) for 4 weeks

Results:

VAS-PI decreased from 76.7% (283) to 41% (84) moderate/severe pain

VAS-UI decreased from 79.5% (294) to 51% (102) moderate/severe pain

Conclusions:

Many IC patients are food sensitive and can identify bladder irritants. Prelief is safe and efficacious, and its use results in a significant decrease in symptom exacerbation and severity when bladder irritants are ingested by the food-sensitive IC patients.

***Tu, et al, McGill University, Quebec, Canada, 1998.**