

Do you have interstitial cystitis (bladder pain syndrome)?

To find out if you have interstitial cystitis (IC), talk with your doctor about your symptoms. An urogynecologist or a gynecologist who specializes in pelvic pain may be more familiar with the symptoms of IC than a primary care provider. The first step in finding relief for the pain and discomfort of IC is getting a proper diagnosis.

Before your appointment, answer the following questions. Discuss your answers with your primary care doctor or call Legacy Medical Group–Urogynecology and schedule an appointment with Audrey Curtis, M.D., who specializes in bladder problems in women.

- Do you have pain and/or pressure in your lower abdomen?
- Do you urinate frequently?
- Do you have an urgent need to urinate day and night?
- Do some foods and/or beverages make your symptoms worse? If yes, which foods and/or beverages?
- Do you find that certain types of exercise make your symptoms worse? If yes, which types of exercise?
- Do you have pain during and/or following sexual intercourse?
- Do tests of your urine fail to show any signs of bacterial infection?

If you answered yes to any of these questions, talk with your doctor about these symptoms. Ask if you might have interstitial cystitis (bladder pain syndrome).

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