COMPARISONS OF MEN WITH CHRONIC PROSTATITIS/CHRONIC PELVIC PAIN SYNDROME (CP/CPPS) AND INTERSTITIAL CYSTITIS/BLADDER PAIN SYNDROME (IC/BPS)

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INTRODUCTION / AIM

Chronic Prostatitis/Chronic Pelvic Pain Syndrome (CP/CPPS) and Interstitial Cystitis/Bladder Pain Syndrome (IC/BPS) are pelvic pain conditions characterized by pain in the pelvic area, and urinary urgency and frequency. While CP/CPPS occurs only in males, and IC/BPS is diagnosed primarily in females, a small percentage of men also suffer from IC/BPS. It has been suggested that CP/CPPS and IC/BPS are not organ-specific syndromes, but urogenital manifestations of regional or systemic abnormalities. The present study aimed to provide a better understanding of similarities and differences of men with CP/CPPS and IC/BPS.

METHODS

57 men with CP/CPPS were recruited from tertiary care urology clinics, and age- and education-matched with 57 community-recruited men with IC/BPS. CP/CPPS men completed questions on demographics, as well as measures of pain (0-10 scale), depression (Centre for Epidemiologic Studies Depression Scale), catastrophizing (Pain Catastrophizing Scale), and Quality of Life (QoL; Short Form Health Survey). IC/BPS men completed demographics, and the same measures of pain, catastrophizing and QoL, as well as a different measure of depression (Patient Health Questionnaire-9). Patients were compared on all variables.

RESULTS

Men with IC/BPS and CP/CPPS are similar in their rates of depression (mild to moderate), and mental QoL. However, men with IC/BPS report higher pain levels and greater catastrophizing, as well as lower physical QoL.

DISCUSSION / CONCLUSIONS

Men with IC/BPS and CP/CPPS have similarities and differences that are important to recognize as they inform treatment considerations. Understanding differences in these two similar conditions is critical for patient management.

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