

INTERSTITIAL CYSTITIS INFORMATION CENTER  
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**WHAT TO SAY TO YOUR DOCTOR WHEN HE/SHE SAYS LONGTERM ANTIBIOTICS FOR IC WILL GIVE YOU YEAST INFECTIONS AND RUIN YOUR IMMUNE SYSTEM ( SIX "COMEBACKS"): (c: 2002)**

1. The correct antibiotic in the right dosages for your particular bacteria as shown on a broth culture will help heal your bladder over time; there is no "magic bullet" in overcoming IC nor is there a certain timeframe you can follow in getting well. Each person is different from another and therefore even antibiotic therapy for you may be different than for another person. IC was first thought to be bacterial when it was discovered by Dr. Hunner in 1914, thus the name "Hunner's Ulcers" so called for the 10 percent of IC patients who have ulcers in their bladders. Antibiotic therapy is not invasive and therefore will not introduce further bacteria in your bladder because you won't be using a catheter for instilling whatever is thought to be the "latest best drug" in your bladder nor will you have to undergo any further hydrodistentions, dilatations or cystoscopies. And it is important to note that there are other diseases such as rheumatic fever which require continuous prophylactic doses of antibiotics for life.

2. Yeast infections can occur on longterm antibiotic treatment (more IC patients quit antibiotic therapy because of yeast problems than for any other reason), but can be kept under control or even eliminated by following an anti-yeast diet which restricts the intake of sugar and refined carbohydrates. Also by taking the antifungal prescription drug Nystatin in 500,000 units, 4-6 tablets a day (also comes in powder form which must be refrigerated), as long as you are on the antibiotic. Nystatin is an unusually safe RX because only a small amount is absorbed from the intestinal tract and thus kills the candida in the digestive tract. Be prepared for the first few days on Nystatin to possibly feel worse as the yeast germs are being killed off. You may want to start, as always when trying a new medication (because we are so chemically sensitive) with a small dose and work your way up gradually to a larger dose. Nystatin may also work better if you have followed the anti-yeast diet for a week to 10 days before beginning the Nystatin. (Several good books to read about yeast are The Yeast Connection by Wm. G. Crook, M.D., his newer version The Yeast Connection and the Woman, and The Yeast Syndrome by John Trowbridge, M.D.) Pro-Seed by HPD is also a natural anti-fungal. (If yeast is still a problem, then it may be systemic (throughout your entire body) and you'll need something stronger for awhile, such as the RX Diflucan which can now be taken as a one time 150mg dose or given in 50, 100 or 200mg amounts. Because Diflucan is a more potent drug, there can, of course, be more side effects. Again, a natural product, Can-Plex by HPD, can be taken instead as a strong anti-fungal agent.

3. For further assurance, take acidophilus and other "friendly" bacteria, such as HPD's Poly-dophilus with FOS (FructoOligosaccharides), as it is dairy free, enhances growth of "good for you" flora and each capsule has seven different strains of "good" bacteria totaling 3.36 billion organisms. Usual dosage: 4-6 capsules a day or more. Antibiotics indiscriminately kill all bacteria, good and bad, so it is extremely important to take an acidophilus as well as the Nystatin. The acidophilus, however, must never be taken at the same time as the antibiotic as one will nullify the good of the other. Take the acidophilus at least one hour before or one hour after an antibiotic dosage.

4. Remember, to keep your immune system in good order, you must eat properly as mentioned above. Avoid sugar and yeast-containing foods (read labels!). Eat a variety of wholesome foods that you know don't bother your bladder. One way to check this problem is by keeping a food diary for a few weeks. Write down everything you eat and any immediate reactions you may have. Check your diary after a few days especially if you are having increased symptoms--perhaps something you ate three days ago is bothering your bladder today! Note any and all symptoms after every food you eat. If you find a food you note is causing you pain or whatever, don't eat that food again for three days. Then try several bites of it. If you still have trouble, take it off your list of foods to eat for now. If you don't have trouble, eat the rest of it and if still no trouble, you can add that food back to your diet. Be creative and investigative! No one else can do this for you but you!

5. Nutritional supplements, including vitamins and minerals, are extremely important in helping you to regain good health. Again, there are plenty of supplements out there to buy. HPD has many high-quality products and implementation schedules set up especially for IC patients. Those who take them generally feel better and get better sooner than those who think they can do ok with just antibiotics and anti-fungal aids. Pyc-C is a potent antioxidant which contains pycnogenols and fully buffered C and is an highly effective connective tissue strengthening nutrient; also inhibits enzymes which lead to histamine formation in the body. Its free radical scavengers help to detoxify many of the toxic chemicals we are exposed to in our modern environment and is designed to be hypoallergenic. Pyc-30 gives you 30mg. of pycnogenols but without the buffered C. Getting better is generally a 24-hour-a day job and a one-faceted approach of just taking antibiotics will not work. Most persons who quit taking antibiotics do so because they develop a secondary yeast infection from taking just the antibiotics as mentioned above.

6. Remember, you didn't get sick overnight. It may appear to some or to you that you have, but problems were developing when you weren't even aware of them. Perhaps you pushed yourself too hard in your job, with your family; perhaps there was too much stress in your life and you were trying to be everything to everybody. The human body is an amazing machine but, like most machines, too much misuse or abuse and it too will break down and you become ill. Remember also that you are a unique individual; what bothers one person might not bother you. So be patient; getting well will take time, but you can do it; others have and so can you!

THE ADVICE GIVEN IN THIS ARTICLE IS NOT INTENDED TO BE THE SOLE ANSWER FOR OVERCOMING IC. IT IS INTENDED TO GIVE IC PATIENTS (YOU) ANSWERS TO SOME DOCTORS' ARGUMENTS REGARDING YEAST INFECTIONS AND THE IMMUNE SYSTEM BEING RUINED BY TAKING ANTIBIOTICS LONGTERM.. ALL MEDICAL PROBLEMS SHOULD BE DISCUSSED WITH YOUR HEALTHCARE PROVIDER. ASK HIM/HER TO BE YOUR PARTNER IN HEALTH!

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