

If you could speak with someone who healed their IC, what would you ask them?

* How many times during your sleep cycle do you get up to go to the bathroom? - OR - Does it annoy you when IC interrupts your nightly sleep for a trip to the bathroom?

* How beneficial are support groups to you for learning information about Interstitial Cystitis?

* Do you enjoy taking prescribed medications for your Interstitial Cystitis?

* Do you find male physicians ambivalent (uninterested) about your uro-genital issues?

* What specific foods have you eliminated from your intake in the last year to improve your IC?

* Do you avoid spicy foods, caffeine and alcoholic beverages because of your IC?

* Have you ever received injections in your bladder because of IC?

* Have you ever contemplated suicide because of IC and its disruptions to your life?