



ESSIC 2019

Amsterdam 5 - 7 Dec

Meeting Chair | Dick Janssen

Scientific Coordinator | Mauro Cervigni





WELCOME MESSAGES

ESSIC PRESIDENT

ESSIC is happy to announce its 2019 Annual Scientific Meeting in Amsterdam, The Netherlands. Bladder Pain Syndrome/Interstitial Cystitis has kept researchers and clinicians focused for decades. In the recent past, tremendous progress has been made in understanding, diagnosing and treating BPS/IC. You will know that ESSIC has been very instrumental in achieving this progress. But there is still a lot to be done. The 2019 meeting in Amsterdam is an ideal forum to present, discuss and make plans. Our meeting is fully focused on this clinical condition, what permits us to go deeper and understand better. We encourage everyone dealing with patients with BPS/IC to participate and, by discussing many different topics, increase your own knowledge and that of colleagues from around the world. The ultimate beneficiary is our patient, and that is what we are all aiming for. I look forward to seeing you in Amsterdam and hope you will bring challenging questions, new findings, criticism and hope for the future. See you there!

Jean-Jacques Wyndaele, ESSIC President

MEETING CHAIR

Welcome everyone to Amsterdam. This year's ESSIC conference is focused on the multidisciplinary approach to diagnosing and treating BPS/IC patients. I believe we have put together a very diverse scientific programme. Topics will be presented by internationally renowned speakers and our goal is that all attendees will receive the tools and knowledge to be able to provide state-of-the-art healthcare to treat our patients. Personalized treatment and patient participation will therefore be extensively explored during the conference. Enjoy and connect!

Dick Janssen, Meeting Chair

ESSIC Executive Committee

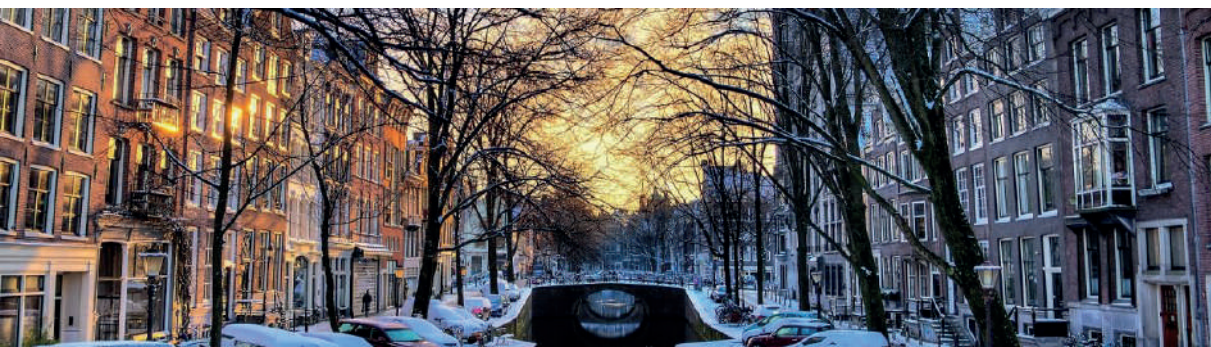
Jean-Jacques Wyndaele, President (Antwerp, Belgium)
Mauro Cervigni, Vice President (Rome, Italy)
Natalia Trotta, Observer PCO (Italy)

Local Scientific Committee

Dick AW Janssen (Nijmegen, NL)
Jane Meijlink (Naarden, NL)
Afina Glas (Zaandam, NL)

ESSIC Board

Antonella Giannantoni (Siena, Italy)
Philip Hanno (Palo Alto, USA)
Anna Padoa (Tel Aviv, Israel)
Rajesh Taneja (New Delhi, India)
Tomohiro Ueda (Kyoto, Japan)
Andrew Zaitcev (Moscow, Russia)





5 DECEMBER

12.00	Registration & Welcome Reception	
12.50	Welcome Address J.J. Wyndaele, D. Janssen	London Room
13.00-15.00	I SESSION Clinical cases, Novel Diagnostics and Therapies Chairs: A. Glas, P. Hanno	
13.00-13.30	BPS/IC intro: Diverse clinical cases discussed according to ESSIC guidelines by clinical experts	P. Hanno
13.30-13.45	What to do with non-Hunner Lesion BPS/IC (ESSIC type 2)?	J.J. Wyndaele
13.45-14.00	Diagnosis: Subtyping ESSIC type 3 (HL + BPS/IC) different phenotypes & pancystitis?	E. Taubert
14.00-14.20	Treatment: Pro / Con : to TUR or to coagulate / ablate Hunner lesions	A. Glas, J.J. Wyndaele
14.20-14.35	Treatment: Pharmacological approach	C. Riedl
14.35-14.50	BPS-IC: where are we now, where are we going and where should we go?	M. Cervigni
14.50-15.00	Discussion and questions	
15.00 – 15.30	Coffee Break	
15.30-16.45	II SESSION BPS International Chairs: S. Lovasz, M. Cervigni	
15.30-15.50	Progress of the MAPP Network initiative	J. Clemens
15.50-16.10	Update on the IMI-PainCare (TRiPP) Research Consortium	F. Cruz
16.10-16.30	ERN eUrogen: Progress of Workstream 2.5 BPS	M. Mancini, S. Bartezzati
16.30-16.45	Experiences from India	R. Taneja
16.45-18.15	III SESSION Free communications Session 1 (abstracts) Oral Presentations are scheduled to last 8 minutes (4 minutes for presentation, 4 minutes for discussion) Chairs: R. Taneja, A. Zaitcev, J.J. Wyndaele	
1	INTRATRIGONAL BOTULINUM TOXIN - A IN PATIENTS OF PAINFUL BLADDER SYNDROME /IC Shimpi Rajendra	
2	Performing Cysto-Elastometry for Interstitial Cystitis/Bladder Pain Syndrome (IC/BPS) Patients to Assess the Bladder Condition Objectively Without Using a Urodynamic Device Sandor Lovasz	
3	Diagnostic framework of Bladder Pain Syndrome/Interstitial Cystitis (BPS/IC): between acquired certainties and future perspectives with Diffusion Weighted-Magnetic Resonance Imaging (DW-MRI) Porru Daniele, Regina Ceasare, Oworae Howardson Bright, Fiorello Nicolò, Gardella Barbara, Alfredo La Fianza, Fabrizio Calliada, Arsenio Spinillo, Claudio Simeone, Jallous Hussein	
4	The level of nerve growth factor in blood and urine in rabbits in experimental models of interstitial cystitis/ painful bladder syndrome Sholan Rashad	



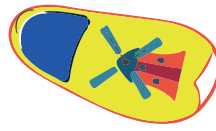
5 DECEMBER

- 5 Relationships between Nonurological Associated Somatic Syndromes, severity of pain and urinary symptoms in chronic pelvic pain.
Giannantoni Antonella, Gubbiotti Marilena
 - 6 Efficacy and safety of Palmitoylethanolamide/Polydatin in the treatment of patients affected by Chronic Pelvic Pain
Giannantoni Antonella, Gubbiotti Marilena
 - 7 Influence of Hibiscus Sabdariffa on urinary comfort, in chronic pelvic pain syndrome
Jurcau Ramona-Niculina, Jurcau Ioana-Marieta, Colceriu Nicolae-Alexandru, Andercou Octavian
 - 8 Influence of heart rate and glycemia in BPS subjects, in physical stress
Jurcau Ramona-Niculina, Jurcau Ioana-Marieta, Popovici Cornelia, Kiss Mihai
 - 9 Mental stress modulation, with Ginseng, for subjects having chronic pelvic pain syndrome
Jurcau Ramona-Niculina, Jurcau Ioana-Marieta, Colceriu Nicolae-Alexandru, Kwak Dong Hun
 - 10 Immune cell profiles and cytokine levels of patients with Interstitial Cystitis/Bladder Pain Syndrome
Robert Moldwin, Vishaan Nursey, Michael Funaro, William DeGouveia, Sonia Bahlani, Souhel Najjar, Inna Tabansky, Joel N.H. Stern
- 20.00 Networking Evening (see page 9)

6 DECEMBER

- | | | |
|-------------|--|----------------|
| 08.45-09.00 | Summary Day 1
Chair: J.J. Wyndaele | London Room |
| 09.00-10.00 | IV SESSION Multidisciplinary Approach, Part 1
Chairs: D. Janssen, J. Meijlink | |
| 09.00-09.15 | Urologist | R. Moldwin |
| 09.15-09.30 | Anesthesiologist / pain team; pharmacological pain management and nerve blocking | W. Rezvani |
| 09.30-09.45 | BPS-IC and comorbid diseases | |
| 09.45-10.00 | Gastro-enterologist: IBS & Bowel Management, Diet | H. de Schepper |
| 10.00-10.30 | Coffee Break | |
| 10.30-11.30 | V SESSION Multidisciplinary approach, Part 2
Chairs: R. Moldwin, E. Taubert | |
| 10.30-10.45 | Psychologist; cognitive behavioral therapy | M.C. Gori |
| 10.45-11.00 | Sexuologist; sexual dysfunction in BPS/IC | K. Whitmore |
| 11.00-11.15 | What can we learn from a specialized nurse | R. Pothoven |
| 11.15-11.30 | Pelvic Floor Physiotherapist; (general, triggerpoint etc.) | F. Hogen Esch |





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- 11.30-12.45 **VI SESSION | Multidisciplinary, Part 3**
Chairs: C. Riedl, J. Clemens
- 11.30-11.45 How to set up a multidisciplinary team, who needs to be in the network for optimal care:
Experiences from The Netherlands E. Arendsen
- 11.45-12.00 Multimodality treatment : is it better, what are the practical barriers? A. Glas
- 12.00-12.45 Expert panel: complex cases; put the multidisciplinary team to work.
M.Cervigni, F. Hogen Esch, E. Arendsen
- 12.45-13.45 Lunch
- 13.45-15.15 **VII SESSION | Basic Science & Novel Hypothesis**
Chairs: A. Giannantoni, L. Birder
- 13.45-14.00 What is new in pathophysiology? L. Birder
- 14.00-14.15 GAG's and bladder barrier J. Heesakkers
- 14.15-14.30 Microbiome: involvement in BPS/IC? D. Janssen
- 14.30-14.45 Neuroinflammation B. Messelink
- 14.45-15.00 New (neuro)stimulation and modulation techniques S. Rahnama'i
- 15.00-15.15 Mast cell activation in chronic inflammatory diseases F. Redegeld
- 15.15-17.35 **VIII SESSION | Practice Points**
Chairs: A. Padoa, J.J. Wyndaele
- 15.15-15.35 Adequate research designs for BPS/IC that convinces Authorities, a novel way
of thinking (Keynote) T. Hoogeboom
- 15.35-16.00 Panel: Research Issues and Consequences
Chair: J.J. Wyndaele
Topics: failed /early terminated medical trials; Pt involvement in research;
Placebo effects in research.
P. Hanno, D. Janssen, J. Meijlink, L. Nasta, V. Ratner
- 16.00 - 16.30 Coffee Break
- 16.30-16.45 OAB and BPS R. Moldwin
- 16.45-17.00 Botulinum toxin treatment for BPS/IC R. Pinto
- 17.00-17.20 Gynecologist & BPS/IC; vulvar pain syndromes, endometriosis M. Cervigni
- 17.15-17.35 Discussion: new ICD-11 classification for BPS
- 17.35-18.35 ESSIC Annual General Meeting
Chair: J.J. Wyndaele
- 19.00 Networking Evening (see page 9)





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07.00 - 09.00 Closed ESSIC committee member meetings (only for committee members)

09.00-10.00 IX SESSION | Free Communications Session 2 (abstracts)

London Room

Chairs: P. Hanno, K. Whitmore

11 An Urgent Case for Sensory Urgency

Meijlink Jane

12 How Social Media can be used to run a Patient Support Group

Basu Balaka

13 Creating An Advocacy Footprint in Canada

Benshabat Gail, Shainhouse Marnie

14 EXPERIENCE OF GROUP PSYCHOTHERAPY ON AIR IN INTERSTITIAL CYSTITIS

Nasta Loredana, Cervigni Mauro, Cesaroni C, Di Falco R, Miani I, Bartezzati Serena, Giusti E, Gori Maria Cristina

15 Results of an extended patient survey from the Dutch BPS patient association to identify their patient's needs.

Scholtes M.J.M.J., Andriesse-Walhain H.M.T., Meijlink J.M., van Dijk J.M., Vroonland E., Janssen D.A.W.

10.00-11.30 X SESSION | Simultaneous Workshops

Workshop 1 - ESSIC Committees

London Room

10.00 - 10.20 Guideline Committee

Chair: P. Hanno

Classification & Diagnostic Committee

Chair: M. Cervigni

10.20 - 10.40 Education Committee

Chair: R. Taneja

10.40 - 10.50 Scientific Committee

Chair: J.J. Wyndaele

10.50 - 11.10 Patient Advocacy Committee

Chairs: V. Ratner, L. Nasta

11.10 - 11.30 Open panel discussion, what can we do to increase the impact of ESSIC

(Action points: stimulate science, international collaboration basic & clinical research)

Workshop 2 - Physiotherapy

Leeds 1 Room

Chair J. Quaghebeur

10.00 - 10.20 Introduction

J. Quaghebeur

10.20 - 10.40 BPS and pelvic floor

J. Quaghebeur

10.40 - 10.50 Relaxation

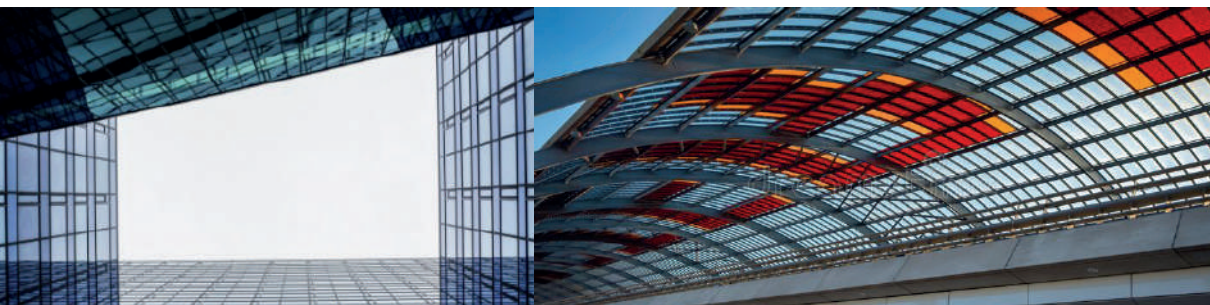
M. Slieker-ten Hove

10.50 - 11.10 Electrostimulation

J. Roenen

11.10 - 11.30 Genito- pelvic pain/penetration disorder (dyspareunia , vaginismus) physio treatment

A. Vermandel





7 DECEMBER

Workshop 3 - Hands-on Workshop

Chairs: S. Lovasz, J. Fariello, R. Pothoven

Leeds 2 Room

- 10.00 - 10.20 What makes the role of the nurse special in BPS/IC
10.20 - 10.40 Introduction into bladder instillations - Preparing products & GAG scheme
10.40 - 10.50 Catheterization
10.50 - 11.10 PTNS & TENS

J. Fariello
S. Lovasz
R. Pothoven

A discussion or debate might follow after lectures

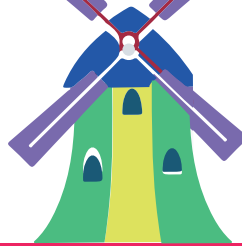
- 11.10 - 12.00 Souvenir Session
Take Home Messages for ESSIC 2019 & Closing Remarks

London Room
D. Janssen & J.J. Wyndaele

NON DISCUSSED POSTERS

- 1 Chronic pelvic pain syndrome: understanding the clinical profile
Singh Prabhjot, Nayak Brusabhanu
- 2 Emotional impact and Interstitial Cystitis/Bladder Pain Syndrome: cross-sectional study on Italian population
Di Giacomo Dina, Ranieri Jessica, Nasta Loredana, Moscato Selenia, Guerra Federica, Passafiume Domenico
- 3 Fulguration of Hunner's & Non-Hunner's Lesions in Interstitial Cystitis/Bladder Pain Syndrome Provides Complete Relief from Bladder Pain Symptoms: Case Series
Yaiesh Said, Malallah Mariam, Al-Terki Abdullatif, Al-Shaiji Tariq





FACULTY

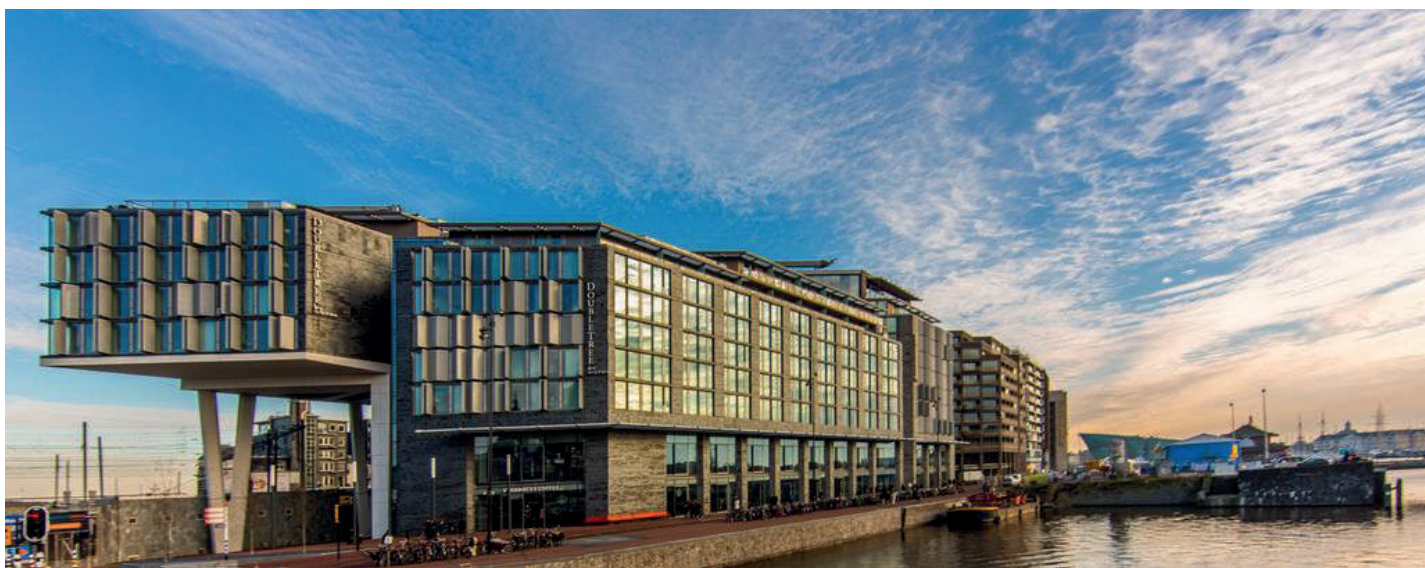
Erik Arendsen, The Netherlands
Serena Bartezzi, Italy
Lori Birder, USA
Mauro Cervigni, Italy
James Quentin Clemens, USA
Francisco Cruz, Portugal
Hennie de Schepper, Belgium
Jennifer Fariello, USA
Antonella Giannantoni, Italy
Afina Glas, The Netherlands
Maria Cristina Gori, Italy
Philip Hanno, USA
John Heesakkers, The Netherlands
Fetske Hogen-Esch, The Netherlands
Thomas Hoogeboom, The Netherlands

Dick Janssen, The Netherlands
Sandor Lovasz, Hungary
Mariangela Mancini, Italy
Jane Meijlink, The Netherlands
Bert Messelink, The Netherlands
Robert Moldwin, USA
Loredana Nasta, Italy
Anna Padoa, Israel
Rui Pinto, Portugal
Ria Pothoven, The Netherlands
Jorgen Quaghebeur, Belgium
Sajjad Rahnema'i, Belgium
Vicky Ratner, USA
Frank Redegeld, The Netherlands
Wafa Rezvani, The Netherlands

Claus Riedl, Austria
Joelle Roenen, Belgium
Marijke Slieker-ten Hove, The Netherlands
Rajesh Taneja, India
Erich Taubert, The Netherlands
Alexandra Vermandel, Belgium
Kristene Whitmore, USA
Jean-Jacques Wyndaele, Belgium
Andrew Zaitcev, Russia

VENUE

DoubleTree by Hilton Amsterdam Centraal Station
Oosterdoksstraat 4, 1011 DK Amsterdam





GENERAL INFORMATION

UEMS/EACCME ACCREDITATION | CREDITS FOR EUROPEAN HEALTHCARE PROFESSIONALS

The Meeting has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with 10 European CME credits (ECMEC®s). Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

REGISTRATION

Send registration form to the organizing secretariat together with the receipt of payment, made before 20th November 2019. After this date, registration will still be possible during the event, until reaching the maximum number of participants. Registrations can be also carried out online at www.essicmeeting.eu.

Until 31st July

MD, MhD € 200
MD, MhD (ESSIC Members) € 150
Nurse & Care Workers € 100
Students & Residents € 50
Patients € 50

After 31st July

MD, MhD € 300
MD, MhD (ESSIC Members) € 250
Nurse & Care Workers € 200
Students & Residents € 50
Patients € 50

Registration Fee is meant for each person, in Euros, VAT free. The registration fee includes certificate of attendance, CME related forms, coffee breaks and lunch, free entrance to the exhibition area. For group registration, please contact the Organizing Secretariat in order to take advantage of registration package. No refund can be made for registration cancelled after 20h November.

NETWORKING EVENINGS

Free attendance - direct booking & payment required

THURSDAY 5th December 2019 h 20.00

Eastwood Restaurant | Hilton Hotel (€40 + beverages to be paid to the Hotel).

The dinner is open to Faculty members and delegates wishing to share friendly atmosphere and a good dinner after the scientific sessions.

FRIDAY 6th December 2019 h 19.00

SkyLounge Appetizer

Drinks and good music, together for a pleasant networking moment (payment only on consumption to the Hotel)





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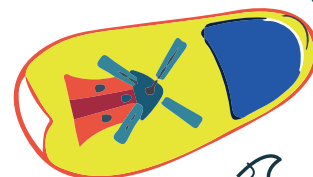
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