



Feline Idiopathic Cystitis



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Feline idiopathic cystitis (FIC), it is one of the several medical issues that fall under the umbrella term of **feline lower urinary tract disease (FLUTD)**. Other names that may be used to describe FIC include interstitial cystitis and sterile cystitis. It was recently suggested that FIC is part of a larger disorder that could be term **Pandora Syndrome**. The name Pandora has been proposed for two reasons:

- a. The syndrome does not identify any specific cause or organ
- b. It captures the dismay and dispute associated with the identification of many problems beyond the bladder/urethra

FIC is a diagnosis of exclusion. This means that all other possible causes of urinary bladder disorder must be excluded before the diagnosis of FIC can be made.

Some of the most common symptoms include:

- Straining to urinate (can be easily mistaken for straining to defecate)
- Urinating small amounts
- Crying out while urinating
- Frequent and/or prolonged attempts to urinate
- Hematuria (bloody urine)
- Urinating in unusual places
- Loss of appetite
- Hiding
- Licking the urinary opening (usually due to pain)
- Urinary **blockage** (almost exclusively a male cat problem and constitutes an ***emergency**)

*If the cat develops a full or partial urinary obstruction during the FIC episode, **THIS IS AN EMERGENCY** and the obstruction must be relieved at once. Time is of the essence! If dangerous urinary toxins have built up, intravenous fluid therapy will be needed to reverse the life-threatening situation.

FIC is the most common diagnosis in cats less than 10 years of age with lower urinary tract disease. This syndrome has been described in cats for nearly 100 years. Sadly, the disease is not fully understood and may involve several body systems in addition to the urinary system. There is NO specific diagnostic test for FIC. Stress and diet changes can increase the risk of FIC. As many of 40-50% of cats will have another episode of FIC within one year. It is worthwhile to note that veterinarians cannot predict which cats will have relapses.

Pet parents of a FIC prone cats may easily recognize that this condition is a collateral damage to stress and a hyperexcitable nervous system. In addition to commonly used treatments of antibiotics and anti-inflammatories, what these cats need more than anything else is MEMO (multimodal environmental modification), more water intake, and dietary changes.

Multimodal environmental modification, involves inventorying the cat's environment and identifying potential stressors. If your cat is prone to FIC, please discuss MEMO with your veterinarian and upon identifying the stressors, you can modify the environment to make your cat's nervous system less hair-triggered. It is important to keep in mind that although the bladder lining is inflamed, paradoxically the true cause of FIC is thought not to originate in the bladder but rather in the central nervous system. Hopefully, future research will come up with both cause and a cure for the frustrating condition that is FIC.

***** If your cat is demonstrating any of the signs listed above, please be sure to take him/her to the veterinarian promptly.**

EndFIP® has a vision: every cat a healthy cat. This vision expands beyond the boundaries of FIP. The focus of our group is to educate, inform and inspire people to create lasting solution to prevent cats from becoming infected with feline coronavirus, thus preventing FIP altogether. We also like to provide information about other issues affecting cats worldwide. We hope that by sharing this non-FIP related information, we can help our members to be more aware of this perplexing condition and help your purrfect furball companion live a longer, healthier, and happier life.

All of us at EndFIP® are dedicated to keeping cats healthy and happy.

