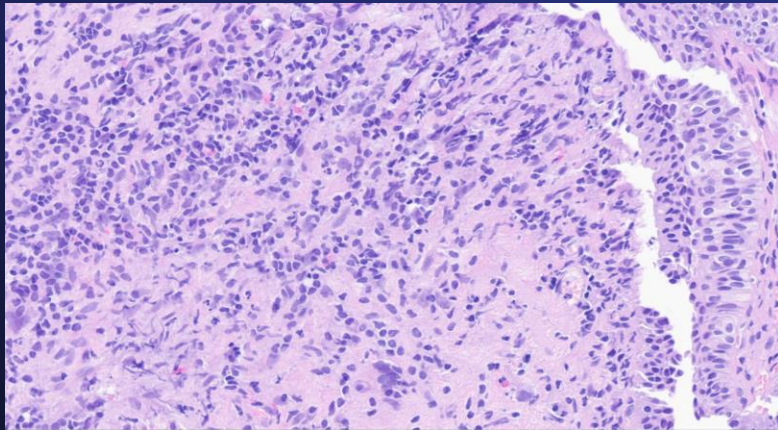


Clinical Features and Treatment Outcomes of Hunner-Type Interstitial Cystitis in Men: A Single-Centre Observational Study



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Background

Hunner-type interstitial cystitis (IC) is mostly diagnosed in women. In men, symptoms overlap with chronic prostatitis/CPPS → underdiagnosis. **Aim:** To characterise presentation, diagnostic pathway and outcomes in men with newly diagnosed Hunner-type IC.

Study Design & Methods

Single-centre retrospective study (Sept 2024 – Mar 2025).

Patients: 6 men, mean age 59.5 ± 10.2 yrs, age ≥ 18 yrs, LUTS/pelvic pain ≥ 6 mo, cystoscopic Hunner lesions + biopsy confirmation.

Assessments: labs, urine culture, pelvic US, cystoscopy under anaesthesia.

Treatment: hydrodistention, electrocoagulation, bladder instillations, neuromodulation, pharmacotherapy.

Clinical profile:

Pain: 100% (suprapubic/perineal)

Urgency/frequency: 100% (up to 40/day)

Nocturia: 83% (up to 10/night)

Incomplete emptying: 83%

Symptom duration before diagnosis: 5.8 ± 3.0 yrs

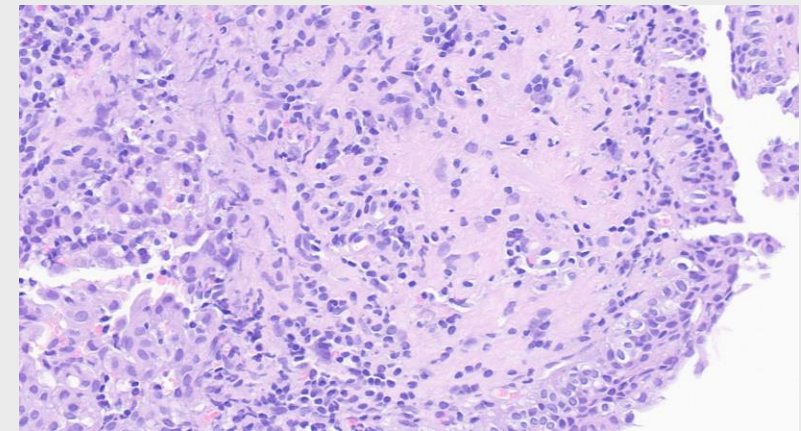
Treatment outcomes

Mean VAS: **8.0 → 3.0** ($p < 0.05$)

2/6 → >80% improvement

4/6 → 40–60% improvement

Remission: 2–5 months



Histology: Chronic inflammation with lymphoplasmacytic infiltration, urothelial erosions and mast cell increase (100%)

Other findings

Positive urine cultures: 67% (Morganella, E. coli, Klebsiella, Staphylococcus, Enterococcus)

Comorbidities: HCV (3/6), HIV (1/6)

Concluding Message

- Hunner-type IC in men is **rare and often misdiagnosed** as chronic prostatitis/CPPS.
- Cystoscopy and histology are essential** for accurate diagnosis.
- Our study shows that **multimodal treatment provides meaningful symptom relief**, even after years of diagnostic delay.
- Greater awareness and inclusion of IC in the **differential diagnosis of male chronic pelvic pain/LUTS** are crucial to improve outcomes.