

ESSIC 2026

22-24 Oct



LONDON

WWW.ESSICMEETING.EU - WWW.ESSIC.ORG

PRELIMINARY PROGRAMME_090726



CONFERENCE CONCEPT

Chronic pelvic pain has traditionally been studied within **organ-based silos**—bladder, prostate, gynaecology, and bowel—often leading to fragmented clinical pathways and limited integration of emerging scientific insights. However, growing evidence suggests that persistent pelvic pain reflects **dynamic neuroplastic changes across the peripheral and central nervous systems**, involving neuroimmune signalling, central sensitisation, and complex cross-organ neural pathways.

In recent years, advances in **pain neuroscience, neuroimaging, systems biology, and translational clinical research** have begun to reshape our understanding of chronic pelvic pain. These developments highlight the importance of viewing pelvic pain not simply as a disorder of individual organs, but as a **network condition involving interactions between the pelvic organs, the spinal cord, and higher brain centres**.

The European Society for the Study of Interstitial Cystitis (ESSIC) has long played a pivotal role in advancing research and collaboration in bladder pain and related disorders. This meeting builds on that tradition by bringing together a **multidisciplinary European and international faculty**, including urologists, urogynaecologists, neuroscientists, pain physicians, physiotherapists, psychologists, and translational scientists. By fostering dialogue across disciplines and across countries, the meeting aims to strengthen **European collaboration in pelvic pain research and clinical innovation**, while also engaging leading global experts in the field.

The conference will explore the **biological, clinical, and therapeutic implications of neuroplasticity in chronic pelvic pain and related disorders**, including interstitial cystitis/bladder pain syndrome, chronic prostatitis/chronic pelvic pain syndrome, vulvodynia, endometriosis-associated pain, pelvic floor myalgia, and other overlapping pain syndromes.

Through keynote lectures, focused panels, workshops, and scientific presentations, the programme will examine how emerging insights from neuroscience and clinical research can inform **more precise phenotyping, improved treatment strategies, and new translational research directions**.

The scientific narrative of the meeting progresses through four interconnected themes:

Mechanisms → Clinical Phenotypes → Interventions → Future Directions

This framework is designed to move the field beyond traditional organ-based models toward a **more integrated understanding of pelvic pain as a network disorder**, supporting the development of more effective and patient-centred approaches to diagnosis, management, and research.

The meeting will also provide an opportunity for participants to contribute to a forward-looking discussion on the **future priorities for pelvic pain science and care in Europe and beyond**, helping to shape collaborative research agendas and clinical practice in the coming decade.



Welcome message from ESSIC President

Dear Colleagues and Friends,

It is my great pleasure, on behalf of the International Society for the Study of IC/BPS (ESSIC), to invite you to join us in London for the ESSIC International Congress 2026, taking place from 22-24 October at the prestigious Venue of the the Royal Society of Medicine.

Since its foundation, ESSIC has played a pivotal role in advancing scientific understanding, clinical practice, and international collaboration in the field of Interstitial Cystitis/Bladder Pain Syndrome (IC/BPS). Through the dedication of our members and the contribution of leading experts worldwide, ESSIC has established itself as the foremost multidisciplinary scientific society devoted to this complex and challenging condition. The 2026 Congress comes at a particularly important moment in the evolution of our field. Rapid advances in the understanding of chronic pelvic pain mechanisms, neuroinflammation, imaging, phenotyping, and personalised therapeutic approaches are reshaping both research and clinical care. These developments will be reflected throughout a scientific programme designed to provide participants with the most current evidence and expert perspectives available.

A major highlight of this year's meeting will be the presentation and discussion of the updated ESSIC Guidelines, representing the culmination of extensive international collaboration and expert consensus. These recommendations will help define future standards in the diagnosis, classification, and management of IC/BPS and related conditions, making this Congress an essential event for clinicians, researchers, and healthcare professionals involved in the care of patients with chronic pelvic pain. Beyond the scientific programme, ESSIC 2026 will offer a unique opportunity to exchange ideas, foster collaborations, and engage with colleagues from across Europe and around the world in one of the world's most vibrant and inspiring cities. I warmly encourage you to join us in London as we continue to advance knowledge, challenge existing paradigms, and shape the future of our field together.

I look forward to welcoming you personally to ESSIC 2026.



Welcome message from ESSIC 2026 Meeting Chair

Greetings from London! A very warm welcome to one of the best and most cosmopolitan cities in the world for ESSIC 2026 international conference.

For those new to ESSIC, may I suggest this international organisation has been regarded by many as a premier league learned society on the subject of interstitial cystitis/bladder pain syndrome (IC/BPS). The ESSIC criteria for diagnosis and classification published in 2008 were immediately adopted by the American Urological Association (AUA) and the European Association of Urology (EAU). Since then, ESSIC continued to flourish with world class experts sharing their latest knowledge and experience in this complex field of pelvic pain.

This year, we plan to broaden the scope to cover areas related to all forms of chronic pelvic pain, from male pelvic pain to the often related medical conditions such as fibromyalgia and Sjögren's. Nutraceuticals and pelvic surgery are new topics to be included. Exciting novel imaging techniques such as one that can detect inflammation and potentially used as a theranostic tool will also be presented in this wide ranging coverage of the disease. Perhaps a special emphasis will be on the subject of neuroplasticity. This seems prudent, given the basis of IC/BPS is neurogenic inflammation. A significant section will be devoted to neuromodulation.

So, please join us to be educated by the true international leaders in the field of IC/BPS. The venue will be the beautiful and historic Royal Society of Medicine in Central London. I look forward to seeing you all soon!



UPDATE 180626

SCIENTIFIC SESSIONS

22/10/2026	12.45	13.30	REGISTRATION	
	13.30	13.50	Introduction	Room A
	13.50	14.40	Session 1	Room A
	14.40	15.30	Session 2	Room A
	15.30	15.50	Break	Room A
	15.50	16.10	keynote lecture 1	Room A
	16.10	17.00	Session 3	Room A
	17.00	17.50	Session 4	Room A
23/10/2026	08.15	10.45	WORKSHOPS - WS1 90 min + WS 2 60 min	Room A
	08.15	10.45	WORKSHOPS - WS3 90 min + WS 4 60 min	Room B
	10.45	11.10	Coffee Break	
	11.10	12.00	Session 5	Room A
	12.00	12.20	keynote lecture 2	Room A
	12.20	13.00	Abstract Session 1-2	Room A + Room B
	13.00	13.45	Light Lunch	
	13.45	14.35	Session 6	Room A
	14.35	14.55	keynote lecture 3	Room A
	14.55	15.15	Sponsored Lecture - NON CME	Room A
	15.15	15.40	Coffee Break	
	15.40	16.30	Session 7	Room A
	16.30	16.50	keynote lecture 4	Room A
	16.50	17.40	Session 8	Room A
	17.40	18.00	keynote lecture 5	Room A
	18.00	18.45	ESSIC AGM	
24/10/2026	08.30	09.20	Session 9	Room A
	09.20	10.30	Session 10	Room A
	10.30	10.50	Coffee Break	Room A
	10.50	11.40	Session 11	Room A
	11.40	12.30	Session 12	Room A
	12.30	13.20	Session 13	Room A
	13.20	13.45	Closing Ceremony & Abstract Awards	Room A



Thursday, October 22

12.45-13.30 | Registration

13.30 – 13.50 | Greetings & Opening Ceremony

ESSIC 2026 Annual Meeting: in memoriam of Jean Jacques Wyndaele

13.50-14.50 | Session 1 | Basic Science: IS IC/BPS A BRAIN DISEASE? Rethinking the Neurobiology of Bladder Pain

Coordinators: Keng Ng, Claire Fowler

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|-----|---|------------------|
| 15' | The Central Sensitisation Hypothesis: From Peripheral Inflammation to Brain Rewiring | J. Panicker |
| 15' | The immune system in IC/BPS | J.F. Jhang |
| 15' | The role of functional imaging in BPS/IC and FAPI Imaging- New Paradigm in understanding inflammation | M. Krishnamurthy |
| 15' | Discussion | |

14.50-15.40 | Session 2 | Diagnosis 1: THE BLADDER AND ITS NEIGHBOURS -- Overlap, Mimics and Misdiagnosis

Coordinators: Sachin Malde, Dick Janssen

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|-----|---|------------|
| 15' | IC/BPS and UTI: Two Sides of the Same Coin, or Two Completely Different Diseases? | V. Khullar |
| 15' | IC/BPS and OAB: Distinct Disorders or Points on a Continuum? | Henry Lai |
| 20' | Discussion | |

15.40-16.00 | Coffee Break

16.00 – 16.20 | Keynote Lecture 1

Tomohiro Ueda

Artificial Intelligence-in Bladder Pain: The Coming Revolution

16.20-17.00 | Session 3 | GUIDELINES UNDER THE MICROSCOPE - Are We Actually Following the Evidence?

Coordinator: Sachin Malde, Mauro Cervigni

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|-----|---|----------------|
| 15' | The ESSIC Guidelines in 2026: What's New and What's next? | Dick Janssen |
| 15' | The EAU Guidelines on Chronic Pelvic Pain: A Critical Appraisal | Francisco Cruz |
| 20' | Discussion | |

17.00 – 18.00 | Session 4 | THE CONFUSABLE DISEASES - When the Bladder Is Not to Blame

Coordinator: Nucelio Lemos, Claus Riedl

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|-----|--|------------------|
| 15' | Pudendal Neuralgia Masquerading as IC/BPS: How Often Are We Making the Wrong Diagnosis? | Eric Bautrant |
| 15' | Endometriosis-Associated Bladder Pain: The Gynaecological Masquerade | D. Tsepov |
| 20' | Pelvic Floor Myalgia as the Primary Driver of Bladder Pain: Physiotherapy's Neglected Role | Carolin Vandyken |
| 10' | Discussion | |

Friday, October 23

08.15 – 10.45 | WORKSHOPS ROOM A

08.15-09.30 | WS 1

Phenotyping IC/BPS: Urodynamics, Cystoscopy, and urethral pain

Coordinators: Sachin Malde

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|-------|---|------------------|
| 08.15 | Urodynamic findings in IC/BPS: separating signal from noise | Eskinder Solomon |
| | UPP, EMG and MAPLE: what do they add in IC/BPS? | Eskinder Solomon |
| 08.35 | Cystoscopy in IC/BPS : How and why? | Robert Evans |
| 08.50 | Phenotyping urethral pain -- introducing the New London Urethral Pain Questionnaire | Keng Ng |
| 09.00 | Discussion | |

09.30-10.30 | WS 2

Managing the Multidimensional IC/BPS Patient - A Biopsychosocial Approach

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|-------|---|------------------|
| 09:30 | Physical examination including pelvic floor assessment: a structured approach | Carolin Vandyken |
| 09:45 | When pain becomes the patient: the psychology of chronic bladder pain | Caroline Selai |
| 10:00 | Building a multidisciplinary pelvic pain team | Elise De |
| 10:15 | Discussion | |



08.15 – 10:45 | WORKSHOPS ROOM B

08.15-09.30 | WS 3

Hystopathology in IC/BPS and in Hunner Lesion Disease

Coordinators: Y. Akiyama, K. Lako

- 08.15 How to do it: the importance of a right biopsy
- 08.30 Histopathologic Criteria: In IC/BPS
- 08.45 Histopathologic Criteria: In HLD
- 09.00 The ESSIC SCORE
- 09.15 Discussion

Mauro Cervigni
K Lako
D Maeda
Y. Akiyama

09.30-10.30 | WS 4

GAG Replacement treatment

Coordinator: Kristene Whitmore

- 09.30 Rationale behind
- 09.50 How to do it: catheter or device
- 10.05 Literature and a critical revaluation
- 10.20 Discussion

Chris Chapple
Sandor Lovasz
Kristene Whitmore

10.30 – 11.00 | Coffee Break

11.00 – 12.00 | Session 5 | IC/BPS in male patients

Coordinator: Paul Abrams

- 11.00 What does the literature say
- 11.15 Chronic Pelvic Pain Syndrome in Men: the pelvic dilemma Chronic: prostatitis or IC/BPS?
- 11.30 Bladder Pain in the Transgender Patient
- 11.45 Discussion

Paul Abrams
Tufan Tarcan
Jennifer Anger

12.00 – 12.30 | Keynote Lecture 2

**IBS, Fibromyalgia, Rheumatoid disorders, Sjögren's Syndrome and IC/BPS
Shared Biology or Shared Misfortune?**

M. Pontari

12.30-13.10 Abstract Session 1

Moderators: Dick Janssen, Sachin Malde

13.10- 14.10 Lunch

14.10 – 15.00 | Session 6 | IC/BPS in female patients

Coordinator: Mauro Cervigni, Anna Padoa

- 14.10 Menopause, Genitourinary Syndrome and Bladder Pain: The Overlooked Connection
- 14.25 Vulvodynia and IC/BPS: Distinct Conditions or Overlapping Phenotypes?
- 14.40 Gynaecological disorders associated with IC/BPS
- 14.50 Discussion

Jennifer Moldwin
Oriol Porta
Kristene Whitmore

15.00-15.40 | Abstract Session 2

Moderators: Lenore Ackerman, Rob Moldwin

15.40 – 16.00 Coffee Break

16.00-16.30 | Keynote Lecture 3

Sexual dysfunction in IC/BPS: Assessment and management

Jennifer Anger

16.30-17.00 | Keynote Lecture 4 | ICS State of the Art Lecture

Peripheral neuropathies and IC/BPS/Neurodiagnostics for Pelvic Pain

Elise De

17.00-17.15 | NON-CME Lecture

Neuroinflammation in the Gut-Bladder-Brain Axis

TheoharisTheoharides



17.15-17.45 | Keynote Lecture 5

IC/BPS & the metabolome: the new emerging concepts

Federico Villani, Lenore Ackerman

17.45-18.45 - ESSIC AGM – ESSIC Members only

Saturday, October 25th

08.30 – 09.30 | Session 9 | Treatment 1 (According to Phenotype)

Coordinator: Robert Moldwin and Mauro Cervigni

15' Does Body Mapping Effectively Discriminate IC/BPS Phenotypes?

15' Botulinum Toxin in IC/BPS: Who, how, and where to inject?

15' Intravesical Therapies: which instillation for which patient?

15' Discussion

Henry Lai
Quentin Clemens
Rob Moldwin
Claus Riedl

09.30-10.30 | Session 10 | Treatment 2 THE NEUROMODULATION REVOLUTION - Rewiring Pain from Periphery to Brain

Coordinator: Elise De

15' Sacral Neuromodulation in IC/BPS: Proven Treatment or Overhyped Intervention?

15' Tibial Nerve Stimulation -- Transcutaneous, Percutaneous or Implanted: Does Route Matter?

15' Central Neuromodulation. TMS, tDCS and the Brain as a Therapeutic Target in Chronic Pelvic Pain

15' Discussion

Michael Samarinas
Chris Chan
A. Balossier

10.30-10.50 | Coffee Break

10.50-11.50 | Session 11 | The Patient Voice: Global IC/BPS Patient Advocacy group

Round table

Coordinator: Mathilde Scholtes

Jane Meijlink - International Painful Bladder Foundation, Loredana Nasta - President IC Italian Association

Mary Lynne Van Poelgeest-Pomfret - President WFIPP, Michelle Battye - eUROGEN - ERN Coordinator

11.50-13.05 | Session 12 | Surgical and interventional Approaches

Coordinator: N. Lemos, Eric Baurant

11.50 Nerve Blocks and Interventional Pain Procedures in IC/BPS: Working Across Specialties

12.05 Surgical approaches for pudendal neuralgia

12.20 Intrapelvic Nerve Entrapment

12.35 Major Surgery for end stage IC/BPS: What's the best approach?

12.50 Discussion

Moeen Tavakkoli
Eric Baurant
Nucelio Lemos
Robert Evans

13.05-13.15 | Abstract awards.

Coordinator: Dick Janssen

13.15-13.30 | Closing Ceremony: Mauro Cervigni, Keng Ng

FACULTY 2026

Paul Abrams

Lenore Ackerman

Yoshiyuki Akiyama

Jennifer Anger

Anne Balossier

Michelle Battye

Eric Baurant

Chris Chan

Chris Chapple

Quentin Clemens

Mauro Cervigni

Francisco Cruz

Elise De

Robert Evans

Claire Fowler

Jia-Fong Jhang

Dick Janssen

Mohan Krishnamurthy

Vik Khullar

Kostika Lako

Henry Lai

Nucelio Lemos,

Sandor Lovasz

Daichi Maeda

Sachin Malde

Jane Meijlink

Jannifer Moldwin

Robert Moldwin

Loredana Nasta

Keng Ng

Anna Padoa

Jalesh Panicker

Michel Pontari

Oriol Porta Roda

Claus Riedl

Michael Samarinas

Mathilde Scholtes

Caroline Selai

Eskinder Solomon

Tufan Tarcan

Moein Tavakkoli

Theoharis Theoharides

Denis Tsepov

Tomohiro Ueda

Carolin Vandycken

Mary Lynne Van Poelgeest-Pomfret

Federico Villani

Kristene Whitmore



GENERAL INFORMATION

UEMS EACCME ACCREDITATION

The ESSIC 2026 Annual Meeting, London, UK 22/10/2026 - 24/10/2026, will be filed for accreditation by the European Accreditation Council for Continuing Medical Education (EACCME®). Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

CONGRESS VENUE

1 Wimpole Street London

1 Wimpole Street is one of London's leading conference, and events venues. 1 Wimpole Street, home to the [Royal Society of Medicine](#), offers the perfect blend of traditional and modern surroundings, located close to Oxford Circus, Bond Street, Harley Street and Marylebone Lane.

REGISTRATION

Online registration will be available from April 30th 2026 at <https://www.essicmeeting.eu/> to October 15th.

After this date, registration will still be possible during the event, until reaching the maximum number of participants.

REGISTRATION FEES

	Members	Non-Members
<i>MD, MhD</i>	€ 380,00	€ 450,00
<i>Nurses, Midwives & Care Workers</i>	€ 250,00	€ 300,00
<i>Students, Residents, Patients</i>	€ 120,00	€ 180,00

*Registration Fee is meant for each person, in Euros, VAT free. The registration fee includes the certificate of attendance, coffee breaks and lunch. Lunch is not provided on Thursday and Saturday. For group registrations, please contact the Organizing Secretariat in order to take advantage of registration packages. Please note that seating is limited and will be on a first-come, first-served basis.

Workshop rates: €50,00 for members, €80,00 for non-Members.

The above registration fees are reserved to physicians, patients and other healthcare professionals. Industry representatives, non-sponsoring the Congress but willing to attend, are kindly invited to register online by selecting the dedicated fee €800,00.

On site rates will be charged to registrations received after 31 Aug. Registration fees are 50% refundable of the total amount before 31st July. After 31st July, no refund will be possible.

Sponsored Sessions (Non-CME)

Friday, October 23rd

Sponsors & Exhibitors

ESSIC 2026 Annual Meeting will be organised with an unrestricted educational sponsorship from pharmaceutical and medical companies.

WWW.ESSICMEETING .EU

Organising Secretariat and CME Provider



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