

*YOU DON'T HAVE TO LIVE WITH CYSTITIS*

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ACID FOODS TO BE AVOIDED

All alcoholic beverages, except for the wines listed later in this chapter

apple juice	citrus fruits (lemons, limes,
apples	oranges, etc. and their
apricots	juices)
cantaloupes	coffee
carbonated drinks	cranberries
cayenne	ginger
chilies/spicy foods	grapes
guava	strawberries
lemon juice	tea
peaches	tomatoes
pineapple	vinegar
plums	watermelon
rhubarb	

FOODS HIGH IN TYROSINE, TYRAMINE, TRYPTOPHAN, AND  
ASPARTATE TO BE AVOIDED

anchovies	mayonnaise
avocado	NutraSweet (aspartame)
bananas	nuts
beer	onions
brewer's yeast	papaya
canned figs	pickled herring
caviar	pickles
champagne	pineapple
cheeses (hard and soft such as brié, camembert, and tome)	pork
chicken livers	prunes
chocolate	raisins
cold cuts	rye bread
corned beef	saccharine
cranberries	sour cream
fava beans	soy sauce
lentils	wines, except for those listed later
lima beans	yogurt
	vitamins buffered with aspartate

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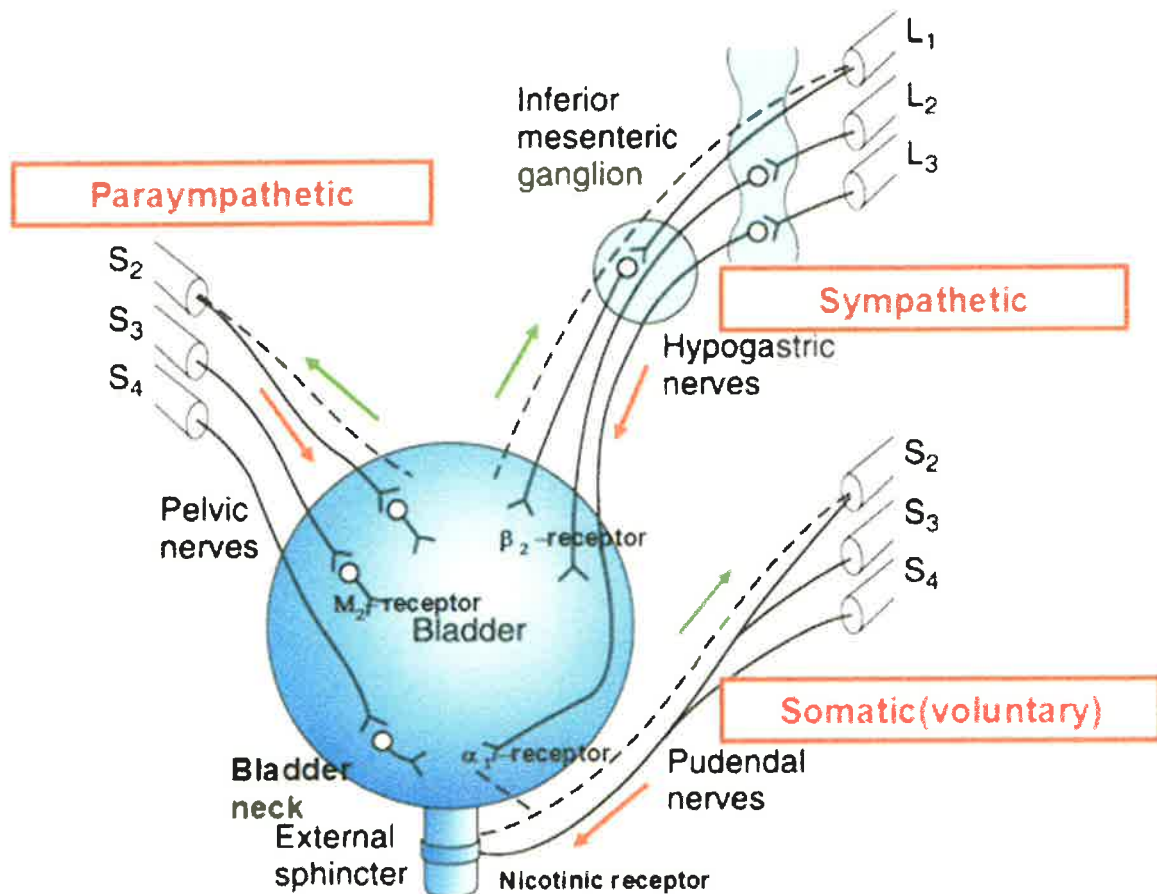
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Source: Ganong WF: *Review of Medical Physiology*, 22nd Edition: <http://www.accessmedicine.com>

### Bladder Body

In general, parasympathetic nerves stimulate detrusor contraction whereas sympathetic nerves inhibit bladder contraction within the bladder body.

#### *Parasympathetic Nervous System:*

Bladder smooth muscle possesses mostly M<sub>2</sub> and M<sub>3</sub> receptors. M<sub>2</sub> receptors are more abundant than M<sub>3</sub> receptors within the bladder (as in most smooth muscle). However, pharmacological studies have indicated that M<sub>3</sub> receptors are the most functionally significant and mediate the majority of bladder contraction. M<sub>3</sub> receptors trigger activation IP<sub>3</sub>-gated Ca<sup>++</sup> channels to release Ca<sup>++</sup> from intracellular stores and the subsequent activation of MLC kinase.

#### *Sympathetic Nervous System:*

The bladder body also possesses β<sub>2</sub> and β<sub>3</sub> adrenergic receptors. Binding of NE to these receptors results in detrusor relaxation and therefore facilitates urine storage. Relaxation is mediated through stimulation of adenylyl cyclase and increases in cyclic AMP (cAMP).