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**PAINFUL BLADDER SYNDROME  
INTERSTISIELE SISTITIS**

Die kaart is uitgereik deur die  
International Painful Bladder Foundation  
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Die houer van hierdie kaart  
het 'n mediese toestand en  
moet derhalwe DRINGEND 'n  
toilet bereik. Help asseblief.

PBS/IC (painful bladder syndrome/  
interstitial cystitis) is a bladder  
disorder with urinary frequency,  
urgency and pain

[www.painful-bladder.org](http://www.painful-bladder.org)

[info@painful-bladder.org](mailto:info@painful-bladder.org)

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