

Bladder Rehab Buzz



Information and research news on Neurogenic Lower Urinary Tract Dysfunction

Welcome!

Welcome to the fourth issue of Bladder Rehab Buzz. This newsletter is brought to you by the Rehabilitation Research and Training Center (RRTC) at MedStar National Rehabilitation Hospital (NRH) in Washington, DC, in partnership with Children's National Hospital in Washington, DC, UPMC Children's Hospital of Pittsburgh, and The Institute for Rehabilitation and Research (TIRR) Memorial Hermann in Houston, Texas.

Make sure you visit our website [MedStarResearch.org/BladderRehab](https://www.MedStarResearch.org/BladderRehab) to find other materials on NLUTD, such as factsheets, tools to help in monitoring and decision-making around urinary symptoms, podcasts and scientific articles authored by our research team. In this issue, we will give you the latest updates regarding our ongoing research studies and informational products.

Probiotic bladder flush study is now enrolling nationwide!!!

The research team at MedStar NRH started to conduct research regarding bladder health and the use of *Lactobacillus Rhamnosus GG* in 2014.

If you have problems with urinary symptoms and are interested in trying a probiotic flush when experiencing urinary symptoms, please contact Margot Giannetti

Margot.Giannetti@medstar.net

202-877-1071

For more information about our research studies [CLICK HERE](#)



News you can use

Bladder Buzz Podcasts – Available in English and Spanish



We are releasing new podcasts monthly in English and Spanish on a variety of bladder related podcasts as well "Beyond the Bladder" podcasts on our BladderBuzz channel.

You can find BladderBuzz on iPhone Podcasts, Google Podcasts, Stitcher, Spotify, and Amazon music. You can also listen online <https://bladderbuzzpodcast.buzzsprout.com/>

New Factsheet

Our latest factsheet on Underactive Bladder and Neurogenic Lower Urinary Tract Infection is now available.

[Click Here](#)

We want to hear from you!

What topics would you like to know more about? Email us at bladderrehab@medstar.net and your suggestion might be the next podcast and/or factsheet



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What is Neurogenic Lower Urinary Tract Dysfunction (NLUTD)?

NLUTD is defined as a loss of sensation and voluntary control of the bladder, commonly resulting from any of a variety of neurological conditions, including spinal cord injury and disease (SCI/D), spina bifida (SB), Parkinson's disease, stroke, multiple sclerosis (MS), traumatic brain injury and others.

Research Project 1

Study Title: Intravesical Probiotic (Lactobacillus) for Urinary Symptoms Among People with Neurogenic Lower Urinary Tract Dysfunction Who Use Indwelling Catheters

The objectives of this study are to:

1. Describe the bacteria normally present in healthy urine; and
2. Estimate the effect of intravesical *Lactobacillus GG* probiotic dose on urinary symptoms

Participants must be:

- Diagnosed with neurogenic bladder (SCI, MS, SB, Stroke etc.);
- Use indwelling catheterization for bladder management
- 18 years or older;
- Have a history of 2 or more episodes of urinary symptoms in the past year.

If you are interested or have questions, please contact:

Margot Giannetti
Margot.Giannetti@medstar.net
202-877-1071

Research Project 2

Study Title: A Randomized Controlled Trial of Transcutaneous Tibial Nerve Stimulation (TTNS) for NLUTD.

The objective of this study is to prevent deterioration in bladder function after acute spinal cord injury by providing a feasible, non-pharmacologic intervention to be performed at home.

Participants must be:

- Diagnosed with a Spinal Cord Injury or disease;
- Level of injury T1-T9;
- Aged 18-65;
- Admitted to inpatient rehabilitation within 4 weeks of SCI/D at MedStar National Rehabilitation Hospital (Washington DC), or TIRR Memorial Hermann (Houston, TX).

If you are interested or have questions, please contact:

MedStar National Rehabilitation Hospital:
Mandy Rounds, PhD
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202-877-1591

TIRR Memorial Hermann:
Vanessa Bernal
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Research Project 3

Study Title: A Mixed Methods Assessment of the Impact of the Connected Catheter™ on Quality of Life and Participation

The objectives of this study are to:

1. Evaluate if the burden of Neurogenic Lower Urinary Tract Dysfunction (NLUTD) on quality of life, participation is affected by type of bladder management; and
2. To explore the user experience of the Connected Catheter in terms of quality of life.

To be included in this study, participants must:

- Have previous participation in a Connected Catheter study;
- Be male;
- Be 18 years and older;
- Have a diagnosis of neurogenic lower urinary tract dysfunction; and
- Be a caregiver of a participant that previously participated in a connected catheter study

If you are interested or have questions, please contact:

Mandy Rounds, PhD
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202-877-1591



Contact Us

1-877-278-0644
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Visit

MedStarResearch.org/BladderRehab



The BluRB The Society Section

Our RRTC baby family keeps on growing. Dr. Katie Forster at UPMC Children's Hospital of Pittsburgh gave birth to a son during the summer. Congrats Katie and Travis!!!



We wish all of you a Safe and Happy Holiday Season!!!



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