

# Bladder Rehab Buzz



Information and research news on Neurogenic Lower Urinary Tract Dysfunction

## Welcome!

Welcome to the sixth 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, informational products, and other exciting news.

## Probiotic bladder flush study is now enrolling nationwide!!!

If you have problems with urinary symptoms using either intermittent or indwelling catheterization for bladder management and are interested in trying a probiotic flush when experiencing urinary symptoms, please contact Margot Giannetti

[Margot.Giannetti@medstar.net](mailto:Margot.Giannetti@medstar.net)

202-877-1071

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



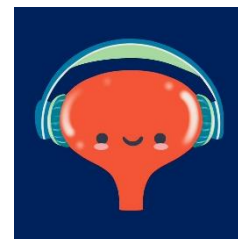
## News you can use

### 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 Bladder and Sexual Health for Women with Paralysis is now available.

[Click Here](#)

## American Spinal Injury Association Annual Scientific Meeting 2022

The RRTC team just got back from the ASIA Annual Scientific Meeting in New Orleans, LA. Here, we hosted a day long pre-course titled "State of the Art Advances and Discoveries in Neurogenic Lower Urinary Tract Dys". Many members of our team presented their research and the course was attended by physicians across many specialities: from physical medicine & rehabilitation to urology to infectious disease!



*The RRTC team with NRH spinal cord physicians, from left to right: Allison Maxwell (NRH), Dr Ana Valeria Aguirre Gomez (NRH), Dr Catherine Forster (Children's Hospital of Pittsburgh), Dr Argy Stampas (TIRR Memorial Hermann), Dr Suzanne Groah (NRH), Dr. Erika Gosai (NRH physician), Dr Pamela Ballard (NRH physician), and Margot Giannetti (NRH). Not pictured: Inger Ljungberg, Dr Mandy Rounds, Dr Carter Denny, Dr Shashwati Geed, Dr Barbara Bregman, Vanessa Bernal, and Megan Martinez.*

The RRTC team presented on a wide range of topics, from Dr Groah's talk on "Is UTI Complicated?" and Dr Stampas' presentation on our current research about transcutaneous tibial nerve stimulation (see Page 4, Research Project 2), to Dr Forster's presentation on "Animal Models of UTI and Urinary Symptoms" and Dr Rounds' presentation about her research on the need for a Bladder Check App.



*Presentations by Dr Forster, Dr Groah, and Dr Stampas*

## Congratulations Dr Groah, new President of the American Spinal Injury Association!



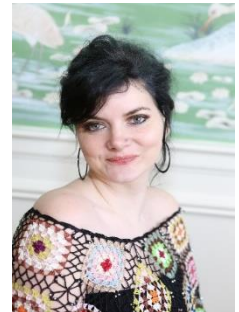
We are so proud and thankful to have Dr Groah as the director of the Spinal Cord Injury Rehabilitation and Recovery Program, and the director of Spinal Cord Injury Research at our hospital. She is an amazing physician, researcher, and leader, and we are confident that she will do a fantastic job as president of ASIA.

*Left: Dr. Suzanne Groah  
Right: Dr. Groah with fellow NRH physicians Dr. Ballard and Dr. Gosai, along with members of the Groah research team Dr. Ana Valeria Aguirre-Guemez, Margot Gianetti, and Allison Maxwell at the ASIA conference in New Orleans, Louisiana.*



## Cody Unser, RRTC Consumer Expert, featured on the Today Show

In this Today Show segment, Cody shared with Sheinelle Jones about her work as the founder of The Cody Unser First Step Foundation. In particular, she shared how she is making scuba diving accessible to people living with disabilities. Watch full video here: <https://tinyurl.com/aa5ha79p>



## We want to hear from you!

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

**In Partnership with**

[nbrg.org](http://nbrg.org) | [nationalmssociety.org](http://nationalmssociety.org)  
[unitedspinal.org](http://unitedspinal.org) | [spinabifidaassociation.org](http://spinabifidaassociation.org)

# 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](mailto: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  
[Amanda.K.Rounds@medstar.net](mailto:Amanda.K.Rounds@medstar.net)  
202-877-1591

TIRR Memorial Hermann:  
Vanessa Bernal  
[Vanessa.Bernal@uth.tmc.edu](mailto:Vanessa.Bernal@uth.tmc.edu)  
713-797-7636

## 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  
[Amanda.K.Rounds@medstar.net](mailto:Amanda.K.Rounds@medstar.net)  
202-877-1591



### Contact Us

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[bladderrehab@medstar.net](mailto:bladderrehab@medstar.net)

### Visit

[MedStarResearch.org/BladderRehab](http://MedStarResearch.org/BladderRehab)





## **The BluRB The Society Section**

Our RRTC baby family keeps on growing. Dr. Mandy Rounds at National Rehabilitation Hospital gave birth to a daughter, Makenzie, this spring! Congrats Mandy and Cam!!!



***We wish all of you a Safe and Happy Fall!!!***

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Click [HERE](#) to send us your comments/questions or to subscribe for bladder health updates including podcasts, and new materials on the website.

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