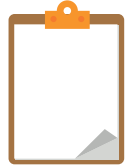


Volume 7
 July 2024

Bladder Rehab Buzz



Information and research news on Neurogenic Lower Urinary Tract Dysfunction (NLUTD)

Welcome to the 7th issue of Bladder Rehab Buzz. This newsletter is brought to you by the Rehabilitation Research and Training Center (RRTC) and National Capital Spinal Cord Injury Model (NC-SCIMS) system located 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, The Institute for Rehabilitation Research (TIRR) Memorial Hermann in Houston, Texas, and Georgetown University, Washington, DC.

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 Emily Leonard (Emily.M.Leonard@medstar.net, 202-877-1844).

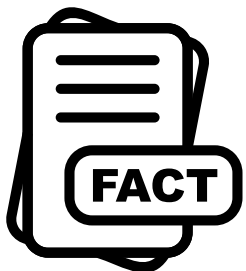
For more information about our research studies, [CLICK HERE!](#)

Bladder Buzz Podcasts

We are releasing new podcasts monthly in English and Spanish on a variety of bladder-related podcasts including "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](#). Check out our episodes on [bowel management](#) and [bladder health treatment with noninvasive brain stimulation](#).

New Factsheets

Our factsheets are available in English and Spanish. Check out our latest factsheets on [Bladder and Sexual Health for Women with Paralysis and NLUTD Symptoms](#).

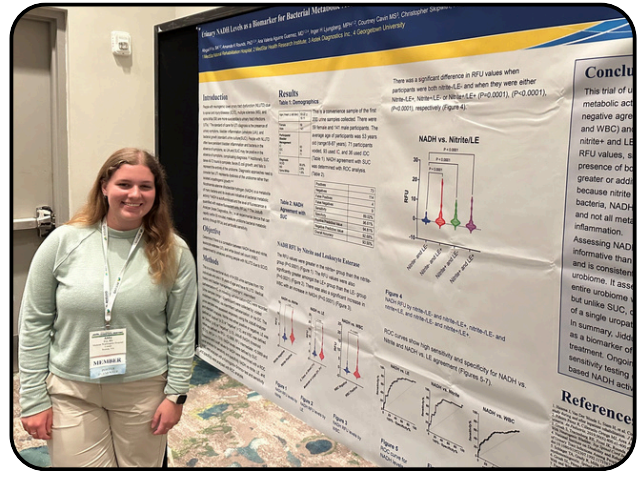


American Spinal Injury Association (ASIA) Annual Scientific Meeting 2024

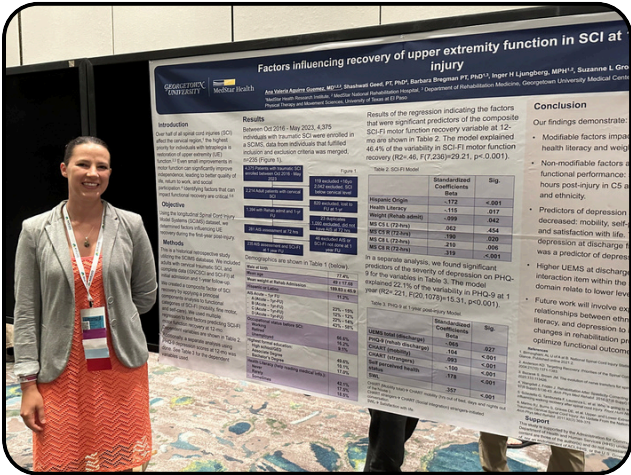
The MedStar NRH research team was well represented at the annual ASIA Annual Scientific Meeting in San Juan, Puerto Rico. Many members of our team presented interim results from our studies under the RRTC and NC-SCIMS.



Dr. Alan Wolfe, Dr. Rochelle Tractenberg, Dr. Suzanne Groah, and Dr. Catherine Forster



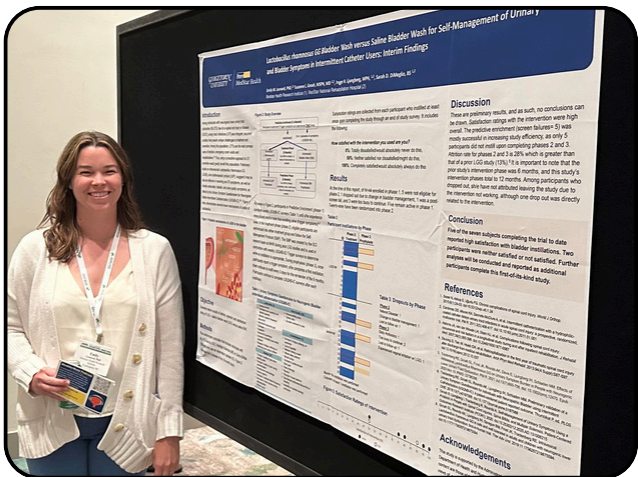
Abby Fox



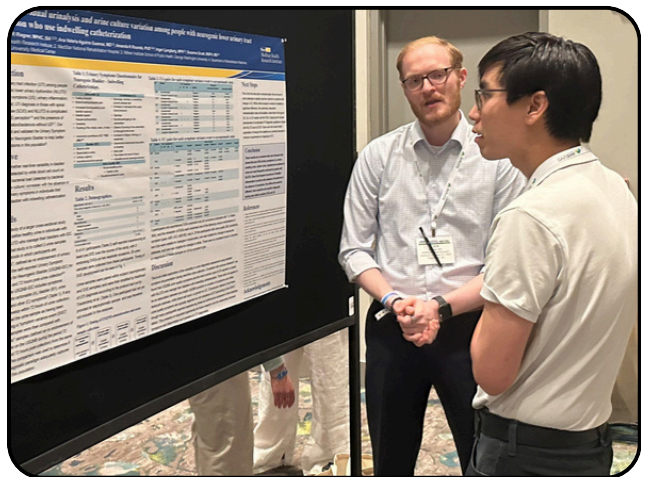
Dr. AnaValeria Aguirre Guez



Dr. AnaValeria Aguirre Guez, Dr. Argy Stampas, and Dr. Suzanne Groah



Dr. Emily Leonard



Chris Riegner

Discover **SCI/D**

DISCOVER SCI/D is an online educational program developed to help persons with spinal cord injury/disease (SCI/D) and caregivers understand more about the body after a spinal cord injury or disease diagnosis.



Educational modules on:

- What's SCI?
- Neurogenic Bladder
- Neurogenic Bowel
- Autonomic Dysreflexia
- Skin Care and Wound Prevention



HOT OFF THE PRESS!

Dr. Groah has received a new award from the Department of Defense (DOD) titled "Intravesical Gentamicin Coupled with *Lactobacillus rhamnosus* for Urinary Health". We are very excited to continue the work using *Lactobacillus* to improve bladder health in the neurogenic bladder population. The short-term clinical applicability of this work includes directly and immediately advancing: 1) bladder-targeted treatment of UTI; 2) self-management of UTI with instilled gentamicin and *Lactobacillus*; and 3) reduced recurrence of UTI.

Ongoing Clinical Trials

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: 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 describe the bacteria normally present in healthy urine and 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: 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: Emily Leonard, PhD (Emily.M.Leonard@medstar.net, 202-877-1844)

TIRR Memorial Hermann: Jacqueline Martinez (jacqueline.b.martinez@uth.tmc.edu, 713-797-7636)

Research Project #3: A Mixed Methods Assessment of the Impact of the Connected Catheter™ on Quality of Life and Participation

The objectives of this study are to evaluate if the burden of Neurogenic Lower Urinary Tract Dysfunction (NLUTD) on quality of life, participation is affected by type of bladder management and 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
- Be a caregiver of a participant that previously participated in a connected catheter study

If you are interested or have questions, please contact: Emily Leonard, PhD (Emily.M.Leonard@medstar.net, 202-877-1844)

Research Project #4: Intravesical Lactobacillus RhamnosusGG versus Standard Care Saline Bladder Wash: A Randomized, Controlled, Comparative Effectiveness Clinical Trial- Intermittent Catheters

We are recruiting participants nationwide for a bladder study looking at the use of a probiotic bladder flush versus a saline bladder flush when experiencing urinary symptoms.

Participants must:

- Have had a Spinal Cord Injury, MS or Spina Bifida for at least 6 months and are over 18 years of age
- Be diagnosed with neurogenic bladder and use intermittent catheterization for bladder management

If you are interested or have questions, please contact: Emily Leonard, PhD
(Emily.M.Leonard@medstar.net, 202-877-1844)



Thank you, Dr Groah, for your dedication and leadership as 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 MedStar NRH. Dr Groah did a fantastic job as the president of ASIA for the last 2 years!

Become an e-mail subscriber!

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

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.



Contact Us

1-877-278-0644 | bladderrehab@medstar.net | [MedStarResearch.org/BladderRehab](https://www.MedStarResearch.org/BladderRehab)