

Bladder Rehab Buzz



Information and research news on Neurogenic Lower Urinary Tract Dysfunction

Welcome!

Welcome to the third 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 update you on our focus on using probiotics to improve bladder health, introduce you to our newest Consumer Expert, and introduce new information about our podcasts.

Focus on Research on the use of probiotic Lactobacillus

The research team at MedStar NRH started to conduct research regarding bladder health and the use of *Lactobacillus Rhamnosus GG* in 2014. Our previous research led to the discovery that a bladder flush with normal saline mixed with a probiotic is well-tolerated, safe and effective for reducing urinary symptoms for those who have a neurogenic bladder and use an intermittent catheter (See some of our research articles below).

Intravesical Lactobacillus rhamnosus GG is safe and well tolerated in adults and children with neurogenic lower urinary tract dysfunction: first-in-human trial

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6777056/>

Effects of Intravesical Lactobacillus Rhamnosus GG on Urinary Symptom Burden in People with Neurogenic Lower Urinary Tract Dysfunction

<https://pubmed.ncbi.nlm.nih.gov/32798286/>



Meet our New Consumer Expert

Cody Unser

After becoming paralyzed at 12 years old due to transverse myelitis (an autoimmune disorder), Cody along with her mother Shelley, founded The Cody Unser First Step Foundation to raise awareness, encourage medical collaboration and improve the quality of life for those afflicted with transverse myelitis.

Through her foundation she established Cody's Great Scuba Adventure, which uses scuba diving as a therapeutic and psychological tool for people living with disabilities. The documentary "Sea of Change"



explored the neurological and physiological effects of scuba on a group of paralyzed Veterans. Due to her work with adaptive scuba diving, she was inducted into the Women Divers Hall of Fame, making her the first woman with a disability to be recognized with such an honor. She is also a PADI AmbassaDiver and a certified Christopher Reeve Peer Mentor.

Currently 34 years old, Cody has become a leading advocate for people living with disabilities and spends much of her time traveling across the country to deliver keynote speeches, attend medical symposia and help other grassroots organizations that have similar missions. She received her undergraduate degree at the University of Redlands in California where she created her own degree called Biopolitics: The Interconnection Between Biology and Political Action in Human Health. She received her master's in public health with an emphasis in Health Policy at the George Washington University in Washington, DC. She currently writes as a patient advocate for US News and World Report about everything she experiences relating to having a disability and navigating the world. She is passionate about the health care of women with disabilities and presented the issues they face at numerous University's OBGYN Grand Rounds at numerous universities. Cody hopes to keep making an impact for people with disabilities.

Cody was born and raised in Albuquerque, NM.



News you can use

Bladder Buzz Podcasts – Now in English and Spanish



Don't know what podcast to listen to next???

You can now listen to a variety bladder related podcasts as well "Beyond the Bladder" podcasts on our BladderBuzz channel.

Find us on Apple Podcasts, Google Podcasts, Spotify or Amazon music. You can also listen online <https://bladderbuzzpodcast.buzzsprout.com/>

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



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
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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:

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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:

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Contact Us

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Visit

MedStarResearch.org/BladderRehab



The BluRB The Society Section

In our first issue of the newsletter we shared the news that Dr. Carter Denny got married. We know have the pleasure to share with all of you that Carter gave birth to a baby boy early spring. Congrats Carter and Will!!!



We wish all of you a Safe and Happy Summer!!!



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

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