JOHN AND FELECIA CAIN CENTER FOR BLADDER HEALTH

The Cain Bladder Center
NEWSLETTER

Volume 7 | August 2025

UTSouthwestern Medical Center
Cain Center for Bladder Health

Focused on patient care and advancing science!

Did you know that we are proud to have welcomed patients from all over the country and beyond? While the CBC has licensing to provide care in four states (Louisiana, Kansas, Colorado, and Oklahoma), patients travel great distances to be treated here. Recently, patients have come from Florida, California, the Caribbean Islands, Canada, Europe, and other exotic lands.



Dr. Chrissy Herforth (left) receives well-earned parting gifts from Felecia Cain Fellowship Program Director Dr. Maude Carmel. After completing her two-year fellowship, Dr. Herforth will continue pursuing her practice in the Navy in Norfolk, Virginia.

IN THE SPOTLIGHT!

Sara Begole, Clinical Research Coordinator



With more than 8 years of experience in the laboratory, Sara is transitioning to clinical research. This career shift has required Sara to engage in online training, work closely with experienced coordinators, and facilitate patient enrollment in studies. In her spare time, Sara paints minifigures for Dungeons & Dragons, knits ugly sweaters, or reads.

Find us here: West Campus Building 3, Fourth Floor
2001 Inwood Road, Dallas, TX 75390

Find us online ...



Search "Cain Center for Bladder Health"

Sharing science ...

The upcoming second annual CBC symposium on a variety of bladder conditions and related management will take place on Oct. 24, 2025.

Email: UTBladderhealth@utsouthwestern.edu
Toll-free phone: 833-494-0670; **Direct line**: 469-852-3337

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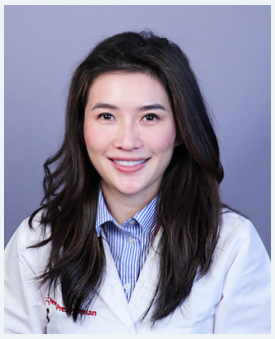
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Our Felecia Cain Fellows ...

Dr. Sze presented at that American Urological Association on the outcomes of repeat sacrocolpopexy, a surgical procedure for pelvic prolapse. Her current research projects include: comparing electronic and paper voiding diaries, identifying genes related to interstitial cystitis, and a surgeon survey on sacrocolpopexy techniques. **Dr. Jefferson**, who trained at the Mayo Clinic, started with us on Aug. 1.



Christina Sze, M.D.



Frank Jefferson M.D.



Alice Grant, M.D.

... and a visiting fellow from Australia!

Dr. Grant visited the CBC for one month before returning to Sydney, Australia to start her academic practice.

We also appreciate our two UTSW medical students:



Zoe Bass, Dean Research Scholar in Urology



Sreya Gandra, MSTAR Student

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RESEARCH CORNER

Bringing science to clinical investigation and clinical investigation to clinical practice

Stretchy scaffold implant that can contract with the bladder!

Together, Dr. Wang and colleagues designed a silicone scaffold that can wrap around the bladder and stretch and contract with the bladder's natural volume changes. These implants are compatible with living cells, thus rendering them candidates for long-term implantable devices that monitor bladder health or deliver targeted therapy to improve or restore bladder function.

What is putrescine?

Dr. Reitzer's team discovered that pili – the hairlike units that facilitate "stickiness" – rely on having the appropriate amount of a molecule called putrescine, which also causes urine odor. Without putrescine, bacteria can't create pili and thus lose the ability to move across and adhere to surfaces. Gene studies showed that putrescine levels are managed based on chemical balance, energy production, and control of pili formation.

10 grant submissions "pending" approval

Grants are focused on women's health:

- Nanoparticle-releasing synthetic gels to be inserted in the bladder
- Impact of hormone therapy on genitourinary microbiome
- Examining D-mannose as a prophylaxis for UTIs
- Ability of a specific antiseptic in eliminating reservoirs of bacteria that reside in the bladder walls
- A new sensing device for rapid UTI diagnosis at home

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Would you like to take an active role in science and to improve our understanding of therapies?

CONSIDER ENROLLING IN A CLINICAL TRIAL TODAY!

Can D-mannose stave off UTIs?

- Evidence suggests it can, and we want to better understand this potential preventive measure!
- If you suffer from recurrent UTIs and want to try this supplement, join this randomized controlled trial today.



Currently experiencing a UTI?

- Help us to learn more about the urogenital microbiome!
- Four compensated visits. No pricks or sticks.
- Age 55 or older.

Do you use a hormone therapy?

- You could help us understand how hormone therapies change the urogenital microbiome.
- Six compensated visits over 12 months.
- Age 55 or older.



Jessica de Araujo Paula
Clinical Research Coordinator

For all studies, call Jessica at 214-645-8787.

Help us help you.

Please consider supporting our research efforts by contacting Tanner Garrett:

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