JOHN AND FELECIA CAIN CENTER FOR BLADDER HEALTH

The Cain Bladder Center NEWSLETTER

Volume 8 | November 2025

UTSouthwestern Medical Center
Cain Center for Bladder Health

Did you know November is Bladder Health Awareness Month?

We are embracing the opportunity to shine a light on bladder health! It's a great time to learn more about keeping your bladder well, identify early signs of problems, and talk with your providers about any concerns you might have. Small steps, such as drinking the recommended amount of fluids (scan QR code at right), avoiding bladder irritants, and seeking timely care, could improve your bladder condition!

Scan the code for quick access to our website to learn tips for enhancing your bladder health.

IN THE SPOTLIGHT!

Krystal Brundage, R.N.



Meet Krystal, a dedicated registered nurse, who for roughly a decade has provided patient-centered care in both a specialized clinical setting and as a home health nurse. She and her husband have three wonderful children, who she loves to watch play sports. When not on the sidelines, Krystal enjoys traveling.

Sharing science ...

The Cain Bladder Center hosted its second annual symposium on Oct. 24. Clinicians and scientists came from far and wide to discuss a variety of bladder conditions and related management.



From left: **John** and **Felecia Cain** and **Dr. Philippe Zimmern** join symposium keynote speaker, **Dr. Quentin Clemens**, the Edward J. McGuire Professor of Urology at the University of Michigan, where he also serves as Associate Chair for Research, and Director of the Urogynecology and Reconstructive Pelvic Surgery Fellowship Program.

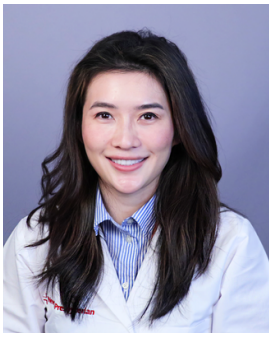
Find us here: West Campus Building 3, Fourth Floor
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Our Felecia Cain Fellows ...



Christina Sze, M.D.

Dr. Sze's current research projects include comparing electronic and paper voiding diaries, identifying genes related to interstitial cystitis, and conducting a surgeon survey on sacrocolpopexy techniques.



Frank Jefferson M.D.

Dr. Jefferson studies how removing surgical mesh placed under the urethra might cause problems with urine flow, sometimes creating a blockage that requires gentle stretching of the urethra (urethral dilation). He's also assessing sexual function changes that may occur with the implantation of a device for incontinence.

We also value the noteworthy contributions from our students in the Peter O'Donnell School of Public Health



Yasmin Hamad, M.B.B.S., M.P.H., Ph.D.



Sarah Mayberry, M.P.H., Ph.D.

Dr. Hamad works with Dr. Zimmern, conducting research and collecting data to benefit women's health. **Dr. Mayberry** is also working with Dr. Zimmern to validate an instrument that comprehensively captures the impact of urinary tract infection (UTI) on quality of life, while also exploring health-seeking behaviors of patients experiencing recurrent UTIs.

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RESEARCH CORNER

Bringing science to clinical investigation and clinical investigation to clinical practice



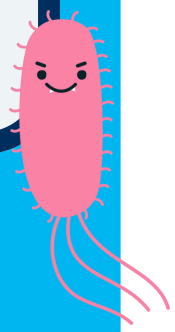
How can technology help with my bladder control?

Together, Dr. Zimmern and colleagues reviewed technologies designed to monitor and improve bladder function and control. Future devices aim to be less invasive and capable of monitoring bladder in real time, as well as gently stimulating nerves to improve function. Some tools are wireless and battery-free, making them easier and safer to use. Artificial intelligence and advanced sensors may offer more personalized and effective care in the future!

Consider asking about nitrofurantoin for your next UTI

Along with collaborators in Kansas, researchers at UTSW considered nitrofurantoin as a first-line treatment for uncomplicated UTIs per current guidelines. Using data from urine culture indicating specific antibiotic resistance profiles, called antibiograms, the authors recently reported that nitrofurantoin is a reasonable first-choice agent for uncomplicated UTI based on efficacy and cost-efficiency at both institutions.





Am I peeing too much?

Scan this to read our article in *Time* magazine!

GRANTS and FUNDING

- **AWARDED:** Impact of **hormone therapy** on the genitourinary microbiome
- **AWARDED:** Create a flexible **support** (dynamic sling) for women with **urinary leakage**

- **ONGOING at the CBC:** Examining **D-mannose as a prophylaxis** for UTIs
- **AWAITING POSSIBLE FUNDING:**
  - A new **sensing device** for rapid UTI diagnosis at home
  - Postmenopausal women with **recurrent UTIs** and **diabetes**
  - **Artificial gels that release medicine** into the bladder to treat or prevent UTIs
  - A **germ-fighting liquid** placed in the bladder to combat UTIs

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CONSIDER ENROLLING IN A NATIONAL INSTITUTES OF HEALTH CLINICAL TRIAL TODAY!

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

Just Funded!

- Help to determine the role of an outpatient electrofulguration (EF) procedure with antibiotics compared to antibiotics alone for **treating recurrent UTIs**.
- Eight compensated visits over two years.
- Ages 18-85.



Currently experiencing a UTI?

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

Do you use a hormone therapy?

- You could help us understand how **hormone therapy prevention** alters the urogenital microbiome.
- Six compensated visits over 12 months.
- Age 55 or older.



Jessica de Araujo Paula
Clinical Research Coordinator

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.

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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