JOHN AND FELECIA CAIN CENTER FOR BLADDER HEALTH

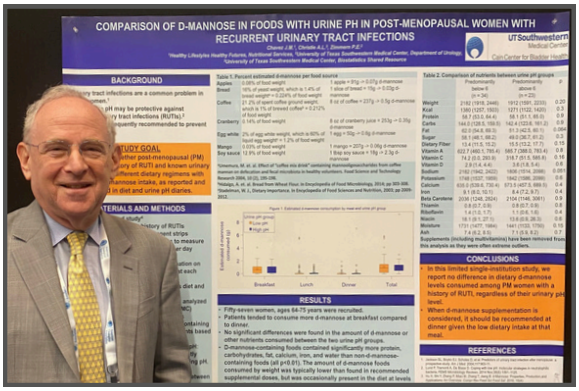
The Cain Bladder Center NEWSLETTER

Volume 11 | August 2026

UTSouthwestern Medical Center
Cain Center for Bladder Health

CBC Goes to AUA: Where Research Meets Impact

In early May, eight clinical researchers from the Cain Bladder Center (CBC) attended the annual American Urological Association (AUA) meeting in Washington, D.C. Philippe Zimmern, M.D., presented his team's findings on D-mannose (below).



Celebrating 30 Years!

UTSW recently honored **Dr. Zimmern** for his 30-year tenure. He began his journey in 1995 as an Associate Professor of Urology and has risen to his current position as Director of the CBC.

Read the interview!

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

IN THE SPOTLIGHT!

Christina Sze, M.D.



UTSW is thrilled to welcome fellowship graduate Dr. Sze to the faculty, following completion of her fellowship program in urogynecological and reconstructive pelvic surgery (URPS). She is the recipient of numerous awards, including induction to the Alpha Omega Alpha Honor Medical Society at Drexel University College of Medicine, and the Distinguished Housestaff Award during residency at New York Presbyterian/ Weill Cornell Medical Center. Dr. Sze has publications in peer-reviewed journals and has research interests in women's health, chiefly interstitial cystitis.



Upcoming event: CBC Symposium

On Oct. 23, the CBC will host its third annual symposium, this year featuring guest speaker **Una Lee**, M.D.,who will be visiting from Seattle, Washington.



Una Lee, M.D.

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Our Felecia Cain Fellows ...

Dr. Jefferson's ongoing work focuses on nerve stimulation and female sexual health, alongside the assessment of patient satisfaction outcomes for overactive bladder therapies. He plans to join Minnesota Urology for his post-fellowship position.



Frank Jefferson, M.D.



Rawan Al-Yousef, M.D.

The CBC welcomes **Dr. Al-Yousef**, who joins us from Kuwait Institute for Medical Specializations, where she was the Site Coordinator and Clinical Tutor at Al-Amiri Hospital. She begins her two-year URPS fellowship with us this month.

Farewell, Dr. Goueli!

After completing his fellowship in URPS at UT Southwestern, **Dr. Ramy Goueli** served as a faculty member in the Department of Urology for five years, focusing his research on male and female voiding conditions. He has relocated his practice to Colorado.



Noteworthy contributions from our graduate students ...

Elise McMahan (B.S.) is focused on the safety and efficacy of long-term nitrofurantoin as a preventive measure in women with rUTI. **Sarah Mayberry** (M.P.H.) is conducting research with Dr. Zimmern to benefit women's health in the field of rUTIs. **Sreya Gandra** (M.S.) is completing several manuscripts from her geriatric research elective earlier this year, including diabetes treatments.



Elise McMahan



Sarah Mayberry



Sreya Gandra

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RESEARCH CORNER

Bringing science to clinical investigation and clinical investigation to clinical practice



D-Mannose Supplementation?

Increased use of antibiotics poses challenges, so patients are seeking alternative therapies for preventing rUTIs. One option is supplementing with D-mannose, which occurs naturally in the diet. A recent study by Dr. Juliann Chavez and fellow researchers found that dietary D-mannose levels are typically higher in foods consumed in the morning, such as fruits and cereals. These findings support supplementing with D-mannose in the evenings to stave off rUTIs.

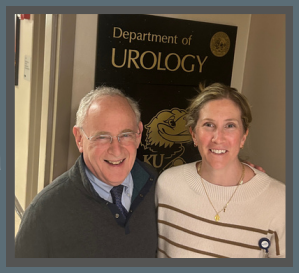
Does Hiprex Prevent rUTIs?

Dr. Larry Reitzer and colleagues published a study showing that postmenopausal women taking antibiotic alternative, Hiprex, to reduce rUTI events presented with lasting levels of its active component (formaldehyde) in the urine. These women remained largely rUTI-free, but urinary formaldehyde levels were at times lower than laboratory studies deemed effective, so the mechanisms of Hiprex in urine will require further testing.



Outreach and Connections

Right: Dr. Colby Souders completed her fellowship under the mentorship of Dr. Zimmern, who visited her at Kansas University, where she is now a co-investigator, to launch a new recruitment site for the fulguration study.





Left: Meghan Leak joined Dr. Zimmern at a recent and well-attended health fair sponsored by UTSW to share information on bladder health conditions treated at the CBC.

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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?



Jessica de Araujo Paula
Clinical Research Coordinator II



Meghan Leak
Clinical Research Coordinator II



Sara Begole
Clinical Research Coordinator I

Currently experiencing a UTI?

- Together, we could learn more about the urogenital microbiome!
- Four compensated visits.
- No pricks, no sticks.
- Age 55 or older.

Enrollment is strong! Join us!

- Help determine the role of antibiotics with or without electrofulguration (EF) for treating recurrent UTIs.
- Eight compensated visits in two years.
- Ages 18-85.



Are you interested in hormone therapy?

- Help us understand how **hormone therapy prevention** alters the urobiome.
- Six compensated visits over 12 months.
- Age 55 or older.

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 study today.



For all studies, call 214-645-8787.

Help us help you.

Please consider supporting our research efforts by contacting Tanner Garrett:

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Dallas, TX 75247

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