JOHN AND FELECIA CAIN CENTER FOR BLADDER HEALTH

The Cain Bladder Center
NEWSLETTER

Volume 9 | February 2026

UTSouthwestern Medical Center
Cain Center for Bladder Health

Building on Progress: A Strong Start to a New Year in Bladder Health!

The Cain Bladder Center (CBC) is redefining the future of bladder health, launching a new era of research and care in 2026. With three large projects funded by the National Institutes of Health (NIH) and support from people like yourself, we are equipped to advance bladder health in the year ahead. We invite you to help facilitate meaningful bench-to-bedside progress in this auspicious new year.

"I believe science is the answer to many of life's 'impossibilities.'"
— Lyda Hill, Lyda Hill Philanthropies

Just funded ...

Together, UT Southwestern's Dr. Philippe Zimmern, M.D., and Dr. David Schmidtke, Ph.D., of UT Dallas, received a **Lyda Hill Biomedical Innovation Fund** award to study a new test that helps match overactive bladder medications to individuals based on how their bladder responds.

IN THE SPOTLIGHT!

Gary Lemack, M.D.

Dr. Gary Lemack is Professor of Urology and the department's Vice Chair of Education, and he has a secondary appointment in the Department of Neurology. He holds the prestigious Rose Mary Haggar and Helen J. and Robert S. Strauss Professorships and is trained and certified in urology and female pelvic and reconstructive surgery.

Dr. Lemack specializes in a number of urinary conditions and cares for patients with bladder issues resulting from spinal cord injury, multiple sclerosis, or advanced neurological diseases, such as Parkinson's disease.



He also performs complex urinary diversions for patients with severe bladder disorders.



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

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

UTSouthwestern Medical Center

JOHN AND FELECIA CAIN CENTER FOR BLADDER HEALTH

Volume 9 | February 2026

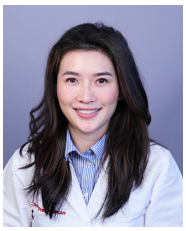


Medical Student Research Mentor of the Year!

Dr. Zimmern was the inaugural recipient of the Medical Student Research Mentor of the Year award from the Office of Medical Student Research. Dr. Zimmern was nominated by multiple medical students for his excellence in mentorship and was honored on January 27.

Our Felecia Cain Fellows ...

Dr. Sze is examining gender-based differences in the management of several procedures, as well as studying the immune and bladder cells that cause ulcers in certain patients. She will be presenting six abstracts at an upcoming annual specialty conference.



Christina Sze, M.D.

Dr. Jefferson continues to study urinary symptoms and sexual function in response to the implantation of a device for incontinence. He will present two studies at an upcoming conference.



Frank Jefferson M.D.

Noteworthy contributions from our graduate students ...

Yasmin (M.P.H.) and **Sarah** (M.P.H.) are pursuing Ph.D. degrees at the Peter O'Donnell School of Epidemiology and conducting research with Dr. Zimmern to benefit women's health in the field of recurrent UTIs (rUTIs). **Sophie** (M.D.) is examining how menopausal women with rUTIs feel about vaginal estrogens. **Sreya** (M.S.) is returning for a three-month research elective to study rUTIs and diabetes alongside Dr. Zimmern and is working toward a residency in geriatrics. **Zoe** (M.S.) is a Dean Research Scholar working toward residency training in urology.



Yasmin Hamad



Sarah Mayberry



Sophie Jerwick



Sreya Gandra



Zoe Bass

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

UTSouthwestern Medical Center
Cain Center for Bladder Health

JOHN AND FELECIA CAIN CENTER FOR BLADDER HEALTH
Volume 9 | February 2026

RESEARCH CORNER

Bringing science to clinical investigation and clinical investigation to clinical practice

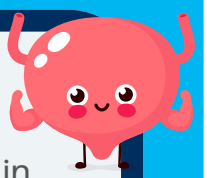
Cutting edge: New markers in urine shed light on rUTIs

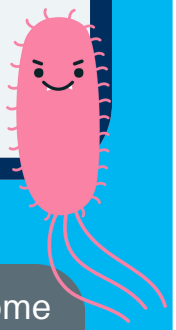
Dr. Nicole De Nisco and colleagues examined small molecules and microbes in the urinary tract of women with and without rUTIs. They found that certain combinations of microbes and molecules are linked to rUTI, identified a set of molecular markers that distinguish active infection from healthy controls, and showed how one compound, called deoxycholic acid, may help to predict future rUTIs.



Diet isn't destiny for urine pH in rUTIs

Dr. Juliann Chavez studied diet in postmenopausal women with rUTIs and found that dietary acid content was not significantly associated with urine pH. Carbohydrate intake did not meaningfully change or predict urine acidity. This suggests that in this group, common diet-based measures of acidity may not reliably reflect urine pH changes relevant to UTI risk.





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

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

UTSouthwestern
Medical Center
Cain Center for Bladder Health

JOHN AND FELECIA CAIN CENTER FOR BLADDER HEALTH

Volume 9 | February 2026

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

Would you like to take an active role in science?

Just Funded!

- Help to determine the role of antibiotics with or without an outpatient electrofulguration (EF) procedure for **treating recurrent UTIs**.
- Eight compensated visits over two years.
- Ages 18-85.



Meghan Leak
Clinical Research Coordinator II



Jessica de Araujo Paula
Clinical Research Coordinator I

Currently experiencing a UTI?

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

Are you interested in 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.



Sarah Begole
Clinical Research Coordinator I

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 214-645-8787.

Help us help you.

Please consider supporting our research efforts by contacting Tanner Garrett:

3000 Pegasus Park Drive, LP 6.120
Dallas, TX 75247

tanner.garrett@utsouthwestern.edu
214-648-8158

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

UTSouthwestern
Medical Center
Cain Center for Bladder Health