JOHN AND FELECIA CAIN CENTER FOR BLADDER HEALTH

The Cain Bladder Center NEWSLETTER

Volume 10 | May 2026

UTSouthwestern Medical Center
Cain Center for Bladder Health

Advancing Urology: Collaboration, Innovation, and Excellence at SUFU 2026

The Cain Bladder Center (CBC) sent nine individuals and presented 28 abstracts at the annual Society of Urodynamics, Female Pelvic Medicine & Urogenital Reconstruction (SUFU) conference, held in Puerto Rico in late February!

"Science knows no country, because knowledge belongs to humanity ...." — Louis Pasteur

Recognition of Excellence

CBC Director **Dr. Philippe Zimmern** received the **Lifetime Achievement Award** at the SUFU conference. Considered the highest level of acknowledgment in the field of urodynamics and female pelvic medicine, this award recognizes a career marked by lasting impact, enduring dedication, and significant influence on the understanding and treatment of urinary tract dysfunction and female pelvic floor disorders.

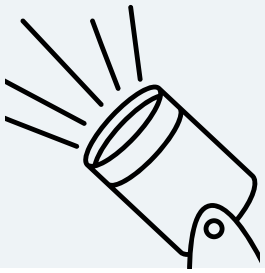
IN THE SPOTLIGHT!

Maude Carmel, M.D.

Dr. Maude Carmel is an Associate Professor of Urology and the Program Director of the Urogynecology and Reconstructive Pelvic Surgery Fellowship. She earned her medical degree and completed urologic training in Canada, followed by a fellowship at the Cleveland Clinic.

Dr. Carmel specializes in robotic surgeries for pelvic organ prolapse and stress urinary incontinence, overactive bladder management, interstitial cystitis, and resident medical education. She is board certified and has been repeatedly selected by her peers for the *Texas Monthly* Super Doctors and Texas Rising Stars lists.





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

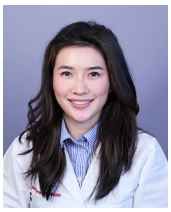
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Our Felecia Cain Fellows ...



Christina Sze, M.D.

Dr. Sze is currently working on interstitial cystitis and the integration of translational science to better elucidate the etiology of ulcerative cystitis. She is also involved in multiple longitudinal clinical studies using large medical databases to characterize disease progression and treatment response.



Frank Jefferson M.D.

Dr. Jefferson continues his work on mesh mid-urethral sling complications and possible ultrasound solutions. He also has ongoing studies involving female sexual health in the setting of implantable tibial nerve stimulation.

Welcome, Elise!

New to the team, **Elise McMahan** (B.S.) is a first-year medical student who graduated from the University of Texas at Austin and spent a gap year working as an EMT and in an Ob/Gyn clinic, experiences that deepened her interest in women's health and addressing health disparities. She will be mentored for a study evaluating the safety and efficacy of long-term nitrofurantoin prophylaxis in women with recurrent urinary tract infections (rUTIs) as part of the MSTAR summer program at UTSW.

Noteworthy contributions from our graduate students ...

Sarah Mayberry (M.P.H.) is conducting research with Dr. Zimmern to benefit women's health in the field of rUTIs. **Sophie Jerwick** (M.D.) is examining how menopausal women with rUTIs feel about vaginal estrogens. **Sreya Grandra** (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 Bass** (M.S.) is a Dean Research Scholar working toward residency training in urology.



Elise McMahan



Sarah Mayberry



Sophie Jerwick



Sreya Gandra



Zoe Bass

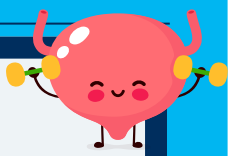
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RESEARCH CORNER

Bringing science to clinical investigation and clinical investigation to clinical practice



Response to Outreach at Black Family Wellness Expo

Numerous individuals have followed-up with Dr. Zimmern and Meghan Leak, who attended and shared information at a local fair hosted by an organization called The Links, Inc. to promote health and well-being.



Interview with Dr. Wein on UroToday

Dr. Alan Wein, Professor of Urology at of the University of Miami Miller School of Medicine, recently interviewed CBC Director, Dr. Zimmern about a simple office procedure called electrofulguration, which has demonstrated promise in reducing rUTI frequency in women with chronic cystitis.

Scan here to watch the interview!

Grants and Funding

Scan for more on grants!

- **AWARDED:** Impact of **hormone therapy** on the genitourinary microbiome
- **AWARDED:** Create a flexible **support** (dynamic sling) for women with **urinary leakage**
- **AWAITING POSSIBLE FUNDING:**
  - A new **sensing device** for rapid UTI diagnosis at home
  - **Artificial gels that release medicine** into the bladder to manage UTIs
  - A **germ-fighting solution** 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?



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.

Just funded!

- Help determine the role of antibiotics with or without electrofulguration (EF) for treating recurrent UTIs.
- Eight compensated visits over 2 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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