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Bladder Rehab Buzz



Information and research news on Neurogenic Lower Urinary Tract Dysfunction (NLUTD)

Welcome to the 9th issue of Bladder Rehab Buzz. This newsletter is brought to you by the Rehabilitation Research and Training Center (RRTC) and National Capital Spinal Cord Injury Model System (NC-SCIMS) located at MedStar National Rehabilitation Hospital (NRH) in Washington, DC, in partnership with Children's National Hospital in Washington, DC, UPMC Children's Hospital of Pittsburgh, The Institute for Rehabilitation Research (TIRR) Memorial Hermann in Houston, Texas, and Georgetown University, Washington, DC.

Visit our website [MedStarResearch.org/BladderRehab](https://www.MedStarResearch.org/BladderRehab) to find other materials on NLUTD, such as factsheets, tools to help in monitoring and decision-making around urinary symptoms, podcasts and scientific articles authored by our research team. In this issue, we will give you the latest updates regarding our ongoing research studies, informational products, and other exciting news.

Check out our new factsheet on [What's Neurogenic Bowel and why you need a bowel management program!](#)

Bladder Buzz Podcasts



We are releasing new podcasts monthly in English and Spanish on a variety of bladder-related podcasts including "Beyond the Bladder" podcasts on our BladderBuzz channel. You can find BladderBuzz on iPhone Podcasts, Google Podcasts, Stitcher, Spotify, and Amazon music. You can also listen [online](#). Check out our episodes on the [transition from pediatric to adult care](#) and [wound care advances in neurogenic bladder surgery](#).

Ongoing Clinical Trials

NLUTD (Neurogenic Lower Urinary Tract Dysfunction) is defined as a loss of sensation and voluntary control of the bladder, commonly resulting from any of a variety of neurological conditions, including spinal cord injury and disease (SCI/D), spina bifida (SB), Parkinson's disease, stroke, multiple sclerosis (MS), traumatic brain injury and others.

STUDY 1: Patient and Caregiver Perspectives on Intravesical Instillations for Urinary Symptoms - Interview

The goal of this study is to determine patient views on bladder instillations for urinary symptoms, including perceived benefits, burdens, and opportunities for improvement.

INCLUSION CRITERIA:

- 18 years or older
- Diagnosed with spinal cord injury, multiple sclerosis, or spinal bifida
- A catheter user OR caregiver for someone who is



If you are interested or have questions, please contact:
Chris Riegner, MPH (202-877-1560 or christopher.r.riegner@medstar.net)

STUDY 2: Intravesical *L. crispatus*: Clinical Safety and Microbiome Evaluation in Intermittent Catheter Users

The purpose of this study is to compare the safety and effect of intravesical *Lactobacillus crispatus* (in a bladder wash) to that of saline bladder wash (BW) in the self-management of urine quality and bladder symptoms.

INCLUSION CRITERIA:

- 18 years or older
- Have had a SCI for at least 6 months
- Be using an intermittent catheter for bladder management
- Be community dwelling
- Living in United States



Participants will be enrolled in the study for 23 days, during which daily electronic questionnaires will be collected, along with urine samples for urobiome DNA sequencing for 14 days throughout the study. On days 8 and 9, participants will instill their assigned treatment (*L. Crispatus* or saline only) into the bladder.

If you are interested or have questions, please contact:
Madison Hughes (202-877-1591 or Madison.R.Hughes@medstar.net)

For more information about our research studies, [CLICK HERE!](#)



Research Video **Highlights**



Stay up to date with our work by checking out the latest reels on our YouTube channel, @HealthyTomorrow, where we share reels regarding ongoing studies and factsheets.

Check out videos on:

- Ongoing studies
- Neurogenic Bowel/Bladder

Also available in Spanish!



We're growing our social media presence! Stay up to date by checking out our latest posts on YouTube, Facebook, Instagram, and our Bladder Buzz podcast!

Contact Us

1-877-278-0644 | bladderrehab@medstar.net | [MedStarResearch.org/BladderRehab](https://www.MedStarResearch.org/BladderRehab)

