

**U13 Bedside-to-Bench Conference Series**  
**Urinary Incontinence in the Elderly:**  
**A Translational Research Agenda for a Complex Geriatric Syndrome**

*Supported by National Institute on Aging and American Geriatrics Society  
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October 16 – 18, 2016  
Bethesda North Marriott Hotel and Conference Center  
White Oak A & B

**Conference Agenda and Speakers**

**DAY 1: Sunday, October 16**

4:30pm – 5:00 Registration

**Session 1: Laying the Groundwork** (Moderator: Dr. Ananias Diokno, Beaumont Health)

- 5:00 – 5:15 Welcome and Introduction to U13 Bedside-to-Bench Conference Series and Urinary Incontinence (UI) Conference
- Dr. Kathryn Burgio, UI Conference Co-chair, University of Alabama at Birmingham; Birmingham/Atlanta VA GRECC
  - Dr. George Kuchel, U13 Bedside-to-Bench Conference Series PI and UI Conference Co-chair, University of Connecticut
- 5:15 – 5:25 Welcome Remarks from the National Institute on Aging (NIA)  
(Dr. Marie A. Bernard)
- 5:25 – 5:30 Welcome Remarks from the American Geriatrics Society (AGS)  
(Nancy Lundebjerg)
- 5:30 – 6:05 Keynote Address – Where Are We with Geriatric UI?  
(Dr. Neil Resnick, University of Pittsburgh)
- 6:05 – 6:30 UI Interactions with Sleep and Cognitive Function: Insights into Common Geriatric Syndromes and a Translational Path Forwards?  
(Dr. George Kuchel, University of Connecticut)
- 6:30 – 7:15 Welcome Reception
- 7:15 – 8:30 **Dinner** – Why Incontinence Gets No Respect: A Multinational and Multidisciplinary Perspective  
(Dr. Adrian Wagg, University of Alberta)

**DAY 2: Monday, October 17**

7:30am – 8:30 **Breakfast** – Mentor/Mentee Individual Meetings

- 8:30 – 9:00 **Current State of the Art** – Summary of Perceived Gaps and Future Opportunities as Reported in Pre-meeting Survey
- Dr. Kathryn Burgio, University of Alabama at Birmingham; Birmingham/Atlanta VA GRECC
  - Dr. George Kuchel, University of Connecticut

**Session 2: The Many Mechanisms of Lower Urinary Tract Function and Dysfunction** (Moderators: Dr. Ariel Green, Johns Hopkins University, and Dr. Alison Huang, University of California San Francisco)

- 9:00 – 9:25            Epidemiology of Geriatric UI  
(Dr. Francine Grodstein, Harvard University)
- 9:25 – 9:50            UI in the Elderly: Interactions with Multi-Morbidity and Frailty  
(Dr. Alayne Markland, University of Alabama at Birmingham; Birmingham/Atlanta VA GRECC)
- 9:50 – 10:15          Aging Kidney and Fluid Balance  
(Dr. Rasheeda Hall, Duke University)
- 10:15 – 10:40          Mobility and Falls: How they Relate to UI  
(Dr. Leslie Wolfson, University of Connecticut)
- 10:40 – 11:10          **Break**
- 11:10 – 11:35          The Neurogenic Bladder  
(Dr. Jerry Blaivas, Cornell University)
- 11:35 – 12:00pm        Role of Diabetes, Metabolic Syndrome and Vascular Disease  
(Dr. Catherine DuBeau, Dartmouth–Hitchcock Medical Center)
- 12:00 – 12:20          Discussion/Q&A (Moderators Plus Speakers)
- 12:20 – 1:20            **Lunch – Discussion of Current State of the Art in Small Groups: Part 1**  
Participants will discuss their initial thoughts regarding the Current State of the Art summary.

**Session 3: Taking It All Apart** (Moderators: Dr. Peter Abadir, Johns Hopkins University, and Dr. Karl-Erik Andersson, Wake Forest University)

- 1:20 – 1:45            Central Nervous System and Bladder Control  
(Dr. Derek Griffiths, University of Pittsburgh)
- 1:45 – 2:10            Mucosa/Submucosa Remodeling in Aging  
(Dr. Lori Birder, University of Pittsburgh)
- 2:10 – 2:35            Neural Control of Lower Urinary Tract Function  
(Dr. William C. de Groat, University of Pittsburgh)
- 2:35 – 3:00            Bladder Volume Sensation and Sensory Processing  
(Dr. Phillip Smith, University of Connecticut)
- 3:00 – 3:30            **Break**
- 3:30 – 3:55            The Urinary Sphincter and its Central Control  
(Dr. John Lavelle, Stanford University; VA Palo Alto Health Care System)
- 3:55 – 4:20            Dual Tasking and Mobility in Old Age: Potential Lessons for Incontinence Research?  
(Dr. Stephanie Studenski, NIA)

- 4:20 – 4:45            Role of Animal Models  
(Dr. Matthew Fraser, Duke University; Durham VA Medical Center)
- 4:45 – 5:05            Discussion/Q&A (Moderators Plus Speakers)
- 7:45 – 9:15            Writing Group

### **DAY 3: Tuesday, October 18**

7:30am – 8:30            **Breakfast** – Mentor/Mentee Group Meetings

#### **Session 4: Models of Therapeutic Change: Progress and Opportunities** (Moderators: Dr. Francesca Macchiarini, NIA, and Dr. Camille Vaughan, Emory University; Birmingham/Atlanta VA GRECC)

- 8:30 – 8:55            Progress and Opportunities for Behavioral Interventions  
- Dr. Kathryn Burgio, University of Alabama at Birmingham;  
Birmingham/Atlanta VA GRECC  
- Dr. Patricia Goode, University of Alabama at Birmingham;  
Birmingham/Atlanta VA GRECC
- 8:55 – 9:20            Progress and Opportunities for Pharmacological Treatments  
(Dr. Karl-Erik Andersson, Wake Forest University)
- 9:20 – 9:35            **Break**
- 9:35 – 10:00            Somato-Visceral Connection: Role of Neuromodulatory and Other Therapies  
(Dr. Tomas Griebing, University of Kansas)
- 10:00 – 10:25            Role for Multicomponent Interventions  
(Dr. Theodore Johnson, Emory University; Birmingham/Atlanta VA GRECC)
- 10:25 – 10:35            Discussion/Q&A (Moderators Plus Speakers)
- 10:35 – 10:45            **Break**

#### **Session 5: Conclusions – Gaps and Future Directions** (Moderators: Dr. Patricia Goode, University of Alabama at Birmingham; Birmingham/Atlanta VA GRECC, and Dr. Marcel Salive, NIA)

- 10:45 – 11:10            Prevention of UI  
(Dr. Tamara Bavendam, National Institute of Diabetes and Digestive  
and Kidney Diseases)
- 11:10 – 11:35            Inclusion of UI and Geriatric Measures in Clinical Trials and Epidemiological  
Studies  
(Dr. Jean Wyman, University of Minnesota)
- 11:35 – 12:00pm            Research Addressing Barriers to Care Implementation and Quality Improvement  
(Dr. Mary H. Palmer, University of North Carolina at Chapel Hill)
- 12:00 – 12:15            Clinical and Prevention UI Trials: Is There a Sensible Path Forward?  
(Dr. Ananias Diokno, Beaumont Health)

- 12:15 – 1:00      **Lunch – Discussion of Current State of the Art in Small Groups: Part 2**  
Participants will revisit the Current State of the Art summary and discuss how meeting participation has changed their views of future research priorities.
- 1:00 – 1:45      **Small Groups Report Out**  
One member of each small group will report their targeted recommendations for future research priorities (3 minutes) followed by Q&A (2 minutes).
- 1:45 – 1:55      Discussion/Q&A
- 1:55 – 2:00      Final Thoughts and Goodbyes
- Dr. Kathryn Burgio, University of Alabama at Birmingham; Birmingham/Atlanta VA GRECC
  - Dr. George Kuchel, University of Connecticut

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#### Conference Planning Committee

**Peter Abadir, MD** (*AGS Junior Faculty Representative*)  
Johns Hopkins University

**Karl-Erik Andersson, MD, PhD**  
Wake Forest University

**Tamara Bavendam, MD, MS**  
National Institute of Diabetes and Digestive and Kidney Diseases

**Kathryn Burgio, PhD** (*Co-chair*)  
University of Alabama at Birmingham; Birmingham/Atlanta VA GRECC

**Ananias Diokno, MD**  
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**Catherine DuBeau, MD**  
Dartmouth–Hitchcock Medical Center

**Theodore Johnson, MD, MPH, AGSF**  
Emory University; Birmingham/Atlanta VA GRECC

**George Kuchel, MD CM, FRCP, AGSF** (*PI & Co-chair*)  
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**Francesca Macchiarini, MS, PhD**  
National Institute on Aging

**Neil Resnick, MD, AGSF**  
University of Pittsburgh

**Marcel Salive, MD, MPH**  
National Institute on Aging

**Phillip Smith, MD**  
University of Connecticut

**Jean Wyman, PhD, CNP, FGSA, FAAN**  
University of Minnesota