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)

(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)

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 Griebling, 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)*  
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**Catherine DuBeau, MD**  
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