

UROGYNECOLOGY RESEARCH STUDIES

RESEARCH PARTICIPANTS NEEDED

We are actively recruiting for research studies focused on women with one of the following conditions:

- Accidental bowel leakage (fecal incontinence)
- Urinary leakage (urinary incontinence)
- Vaginal prolapse (feeling a bulge from the vagina)

Please call 205-934-5498 to learn more about these studies, or [click here](#) to complete a form, and one of our research nurses or another staff member will contact you.

CURRENT RESEARCH STUDIES

ACCIDENTAL BOWEL LEAKAGE (FECAL INCONTINENCE)

Fecal Incontinence Treatment (FIT) Study

The FIT study compares two FDA-approved treatments for accidental bowel leakage, also known as fecal incontinence. We are looking for women age 18 and older who experience bowel leakage at least twice a week to participate. Compensation will be provided for your participation and travel. If you would like more information about the study, please contact our research staff at the number listed above, or [click here](#).

URINARY LEAKAGE (URINARY INCONTINENCE)

HIP Study

The HIP study will focus on the potential relationship between hip muscle strength and pelvic floor disorders, such as urinary leakage. Women age 65 years and older will take part in a 12-week hip muscle exercise program, with individualized sessions taught by a licensed physical therapist specializing in hip strength. The program includes 12 private sessions, along with alternating in-person and phone visits (the “home program”). Compensation will be provided. If you would like more information about the study, contact our research staff at the number listed above, or [click here](#).

RELIEF Trial

In this study, we will try to find out how well BOTOX® treatment works in women age 70 and above who have urgency urinary incontinence (UUI). UUI is when you feel a sudden, strong desire to pass urine that results in leakage before reaching the toilet. BOTOX® is a common treatment for UUI. If you are a woman age 70 or older and experience urine leakage with a feeling of strong urgency, you may qualify for the study. If you would like more information about the study, contact our research staff at the number listed above. Compensation will be provided. If you would like more information about this study, [click here](#).

BEST Trial

The BEST trial will compare mirabegron (an oral medication) to BOTOX® (a medication injected into the bladder) for treating urgency urinary incontinence (UUI). UUI is when you feel a sudden, strong desire to pass urine that results in leakage before reaching the toilet. Both BOTOX® and mirabegron are approved by the FDA and are commonly used for treating UUI, but their effects have not yet been directly compared to each other. If you are a woman at least 21 years old and have sudden, strong urges to urinate, you may qualify for the study. If you would like more information about the study, contact our research staff at the number listed above. Compensation will be provided.

WHAT WOMEN NEED TO KNOW ABOUT PELVIC FLOOR SYMPTOMS

The pelvic floor is composed of the muscles, ligaments, connective tissue, and nerves that support the bladder, uterus, vagina, and rectum and help these pelvic organs function.

What are pelvic floor disorders?

- Urinary incontinence, or lack of bladder control
- Fecal incontinence, or lack of bowel control
- Pelvic organ prolapse, a condition in which the uterus, bladder, and bowel may “drop” within or outside the vagina and cause a bulge through the vaginal opening

Women with pelvic floor disorders may experience:

- Urinary problems, including urinary incontinence; urinary leakage with coughing, sneezing, or with a strong urge to go; and the feeling of incomplete bladder emptying
- Bowel problems, such as stool leakage or difficulty having a bowel movement
- Vaginal prolapse, which is a bulge in or outside of the vagina that you can see or feel

Causes of Pelvic Floor Disorders

Childbirth is one of the major risk factors for developing pelvic floor disorders in women. Other factors include menopause, a prior surgery or pelvic radiation, heavy lifting and straining, obesity, being born with weak connective tissue, and aging.

Treatment Options

If you have a pelvic health issue, it could benefit you to learn more about your treatment options. Surgical and non-surgical treatments include:

- Pelvic floor muscle training (PFMT): Pelvic floor exercises can strengthen the pelvic muscles and help prevent leakage of urine and/or stool. PFMT can be done with the assistance of a trained pelvic floor physical therapist.
- Devices and Medications: Certain devices called pessaries can be used to treat urinary and bowel leakage and prolapse as an alternative to surgery or until you are ready for surgery. Medications are also available to treat a variety of pelvic floor problems.
- Surgery: Surgery may be recommended if symptoms continue after trying a non-surgical approach or for women who do not wish to try conservative therapies.

The specialists in the UAB Division of Urogynecology and Reconstructive Pelvic Surgery provide professional and sensitive care for women with urogynecologic conditions.

To schedule an appointment with a UAB Medicine urogynecologist, please call 205-996-3130.