2015 Annual Report
Transforming lives through innovative and effective research for female pelvic floor disorders
Funding Research for Improved Outcomes of Pelvic Floor Disorders

The mission of the Pelvic Floor Disorder (PFD) Research Foundation is to transform the lives of women through the support of innovative and effective research that advances the prevention, treatment, and cure of female pelvic floor disorders.

History of the PFD Research Foundation

1997: The American Urogynecologic Society (AUGS) and Kimberly-Clark create the June Allyson Foundation to recognize and support actress June Allyson’s contributions to incontinence awareness and education.

2001: The AUGS Foundation is formed to support research regarding the causes, prevention, cure, and treatment of urogynecologic disorders.

2006: The AUGS Foundation awards its first research grant.

2008: The June Allyson Foundation merges with the AUGS Foundation to better support research to determine the causes and management of pelvic floor disorders.

2010: The first patient education event is held in Long Beach, California.

2012: The AUGS Foundation joins AUGS, the Foundation for Female Health Awareness, Boston Scientific Corporation, and Merck Consumer Care to form the PFD Alliance.

2013: The AUGS Foundation changes its name to Pelvic Floor Disorders Research Foundation (PFD Research Foundation). The mission is updated to reflect a new focus on research.

2015: The PFD Research Foundation meets the goal of building a $1 million endowment to protect future funding of female PFD-focused research.

2014: The PFD Research Foundation, in conjunction with AUGS, announces the creation of the Junior Faculty Research Network. The Foundation also introduces the Legacy Circle and Donor of the Year to honor our most prestigious and generous donors.

2011: The Take the Floor: Voices for PFD website and online patient community is launched.

2008: The June Allyson Foundation merges with the AUGS Foundation to better support research to determine the causes and management of pelvic floor disorders.

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2015 by the Numbers

Every contribution to the PFD Research Foundation builds a stronger future for female pelvic medicine and reconstructive surgery and is a great way to honor the work and passion of those we respect.

A total of $272,160 in donations was raised by individual and corporate donors in 2015.

This year, 288 individuals donated to support the PFD Research Foundation, representing 15 percent of the AUGS membership.

Source of Funds

Corporate: 73%
Individual: 27%

Corporate donations: $200,000
Individual donations: $72,160
Total: $272,160

Grant Dollars awarded by year

- 2006: $114,000
- 2007: $164,000
- 2008: $185,000
- 2009: $185,000
- 2010: $192,000
- 2011: $240,000
- 2012/2013: $195,000
- 2014: $145,000
- 2015: $110,000

Recent Grant Recipient AUGS Abstract Presentations

- # Grant Recipients
- Subsequent Abstracts Presented
Accomplishing Our Goal

The PFD Research Foundation, together with the June Allyson Foundation, has awarded more than $1.5 million in grants to AUGS members since 1997. The Foundation serves the medical profession by supporting promising, innovative research regarding the causes, prevention, treatment, and cure of pelvic floor disorders.

The PFD Research Foundation set a goal to protect future funding of female PFD-focused research by aiming to build a $1 million endowment by 2016. As a result of donations from individuals, institutions, corporations, and a $50,000 matching grant from AUGS, this goal was met in 2015. This endowment will allow the Foundation to guarantee perpetual research funding. In 2016, the PFD Research Foundation will award its first grant funded by the interest earned from the endowment.

The Foundation’s research funds are made available to qualified OB/GYN and urology fellows and junior faculty to pursue their research. The goals of the research grant program are to support the completion of research projects which will lead to publications and presentations at PFD Week (AUGS’ Annual Scientific Meeting) and to support the development of junior researchers in the field who will go on to obtain additional funding for future research on pelvic floor disorders.

A total of $110,000 in grants was awarded in the 2015 PFD Research Foundation grant cycle to support five research projects conducted by our members.

In 2015, the Foundation offered the following grants:

**Foundation Fellow Research Award**
A two-year grant awarded to a fellow for clinical/patient-oriented, educational, or lab-based/basic science research.

**Mesh/Graft Science in Pelvic Reconstructive Surgery Research Grant**
A two-year grant awarded to a fellow or junior faculty for research related to mesh/graft use or science.

**PFD Research Foundation and ICA IC/PBS Research Grant**
A one-year grant awarded to a fellow or a junior faculty member of AUGS and ICA for research related to interstitial cystitis.

### 2015 Grant Recipients

<table>
<thead>
<tr>
<th>Foundation Fellow Research Award</th>
<th>Mesh/Graft Science in Pelvic Reconstructive Surgery Research Grant</th>
<th>PFD Research Foundation and ICA IC/PBS Research Grant</th>
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<tbody>
<tr>
<td>Annetta Madsen, MD&lt;br&gt;Women and Infants Hospital/Brown Alpert Medical School&lt;br&gt;Improving patient-centered care for pelvic floor disorders through perioperative peer support</td>
<td>Joseph Kowalski, MD&lt;br&gt;University of Iowa&lt;br&gt;Molecular markers of angiogenesis in polypropylene mesh-related vaginal exposures</td>
<td>Ana Charrua Cordeiro, MD&lt;br&gt;IBMC - Instituto de Biologia Celular e Molecular&lt;br&gt;Sympathetic nervous system dysfunction is a trigger to BPS/IC symptoms development</td>
</tr>
<tr>
<td>Pedro Maldonado, MD&lt;br&gt;UT Southwestern Medical Center&lt;br&gt;Effects of ospemifene and vaginal estrogen on the vaginal wall before and after injury</td>
<td>Craig Mayr, MD&lt;br&gt;UPMC Magee Womens Hospital&lt;br&gt;The tissue redox environment and oxidative macromolecular damage at sites of vaginal mesh placement in women with mesh-related complications</td>
<td></td>
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</table>

Help support the PFD Research Foundation - Make a donation today! Visit [www.pfdresearch.org](http://www.pfdresearch.org).
Research Making a Difference

Over the past 18 years, the PDF Research Foundation has awarded more than $1.5 million in grants to AUGS members. We are proud to share the success of our grant recipients and how their research is advancing prevention, treatment, and cure of female pelvic floor disorders.

Elisabeth A. Erekson, MD, MPH
2011 PFD Research Foundation Faculty Research Award Recipient
Assistant Professor of Obstetrics and Genecology
Dartmouth Hitchcock Medical Center

“The first grant I was ever awarded was the PFD Research Foundation Faculty Research Award. I see this grant as a stepping stone to the development of both my research and my career development as a clinician scientist. Since being awarded the PFD Research Foundation Faculty Research Award, I have been able to successfully secure both internal and external funding, allowing me to develop my career further. I truly appreciate the support that PFD Research Foundation gave me in starting my research career.”

David “Ike” Rahn, MD
2008 PFD Research Foundation Faculty Research Award Recipient
Associate Professor FPMRS
University of Texas, Southwestern

“I truly appreciate the support of the PFD Research Foundation in promoting the work of junior faculty and fellows. For me personally, the funding facilitated completion of a small randomized controlled trial; this became the preliminary study crucial to securing additional NIH funding that now is facilitating a multi-center combined clinical and basic science study. This should shine a light on the role of vaginal estrogen treatments for managing pelvic floor disorders and ultimately will benefit our patients. Thank you!”

Tatiana Sanses, MD
2013 PFD Research Foundation Surgical Award Recipient
Director of Outreach and System Development in Urogynecology and Pelvic Reconstructive Surgery
University of Maryland School of Medicine

“The PFD Research Foundation grant gave me the opportunity to evaluate the prevalence of functional disabilities in women with PFDs. Currently, I am working on developing a protocol to evaluate the mechanisms in development of urinary incontinence and strength/mobility disability in older women. This research may improve quality of life in millions of women suffering from UI and functional limitations and decrease the significant economic burden arising from these debilitating conditions.”
Research Making a Difference

Each year, the PFD Research Foundation Grants Program is able to fund new research in female pelvic floor disorders. This program provides funds to advance research projects and develops researchers who will go on to obtain additional funding in the field. In 2011, Autumn Edenfield, MD, was awarded the PFD Research Foundation Fellow Research Award for her project, *Double-Blind Randomized Controlled Trial of MiraLAX® versus Placebo to Prevent Constipation Following Urogynecologic Surgery in Women Receiving Docusate Sodium*. Below are the research findings from Dr. Edenfield’s funded project.

**Study**

Our study objectives were to compare time to first bowel movement (BM), BM quality and associated gastrointestinal (GI) symptoms, and GI-related quality of life (QOL) between MiraLAX® (polyethylene glycol 3350) versus placebo in women receiving routine docusate sodium after urogynecologic surgery in a placebo-controlled randomized trial.

For our study design, participants received a 30-day supply of twice daily 100mg docusate sodium and randomized to 1) 17 grams of MiraLAX or 2) inert placebo for 5 days starting on postoperative day 1 following urogynecologic surgery. Subjects completed 7-day bowel diaries, the Bristol stool scale, the validated Patient Assessment of Constipation Symptom Questionnaire (PAC-SYM)\(^1\), and the Patient Assessment of Constipation Quality-of-Life Questionnaire (PAC-QOL)\(^2\) preoperatively and 1 week after surgery. Our primary outcome was time to first BM after surgery between the two groups.

**Results**

We are pleased that our study is now complete. Of the 131 enrolled, 66 (50%) received MiraLAX and 65 (50%) received placebo. MiraLAX did not significantly reduce time to first BM after surgery compared with placebo [2.77 days (IQR 1.86, 3.40) vs. 2.92 days (IQR 1.85, 4.02) \(p=0.25\)]. The Bristol stool score for the first postoperative BM was higher in the MiraLAX group, indicating looser stools. Women in the MiraLAX group were less likely to take additional laxatives postoperatively. Both groups were equally likely to indicate fecal urgency or fecal incontinence. Postoperative PAC-SYM scores were similar between groups. The PAC-QOL scores were significantly lower, indicating better quality of life, in the MiraLAX group compared to the placebo group; however this difference was seen both before and after surgery. Women in the MiraLAX group were less likely to take additional laxatives after surgery (23% in the MiraLAX group versus 42% in the placebo group, \(p=.02\)), and were more likely to be compliant with their postoperative bowel regimen (92% in the MiraLAX group versus 77% in the placebo group, \(p=.01\)).

**Conclusion**

In conclusion, among women taking docusate sodium following urogynecologic surgery, adding MiraLAX postoperatively did not reduce time to first BM, however did decrease the use of additional laxatives and increased compliance with the postoperative bowel regimen.

“The PFD Research Foundation has been instrumental in allowing me to jump-start my career as an academic urogynecologist and independent investigator.”

— Autumn Edenfield

2011 PFD Research Foundation Fellow Research Award Recipient
Junior Faculty Research Network

In 2015, AUGS, with the support of the PFD Research Foundation, created a multi-center research network for AUGS junior faculty members. In its inaugural year, the Junior Faculty Research Network (JFRN) is conducting a study focused on neuromodulation. An Advisory Board of senior advisors oversees the progress of the Network. Monthly conference calls include research training and education topics in addition to facilitating protocol development and implementation of the multi-center research project.

Project: Sacral Neuromodulation and the Microbiome in Women with Urgency Urinary Incontinence

Project Lead: Margaret Mueller, MD

Primary Site: Northwestern University, Feinberg School of Medicine

Network Members

<table>
<thead>
<tr>
<th>Member</th>
<th>Network Site</th>
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<tbody>
<tr>
<td>Margaret Mueller, MD</td>
<td>Northwestern University</td>
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<tr>
<td>(Project PI)</td>
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<tr>
<td>Uduak Andy, MD</td>
<td>University of Pennsylvania</td>
</tr>
<tr>
<td>Lisa Brennaman, MD</td>
<td>University of Missouri</td>
</tr>
<tr>
<td>Alexis Dieter, MD</td>
<td>University of North Carolina</td>
</tr>
<tr>
<td>Anna Kirby, MD</td>
<td>University of Washington</td>
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<td>Jonathan Shepherd, MD</td>
<td>University of Pittsburgh</td>
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<th>Member</th>
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<tr>
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<td>Senior PI</td>
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<tr>
<td>Yuko Komesu, MD</td>
<td>Senior Mentor</td>
</tr>
<tr>
<td>Una Lee, MD</td>
<td>Junior Faculty Mentor</td>
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<td>Karen Noblett, MD</td>
<td>Senior Mentor</td>
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<td>Rebecca Rogers, MD</td>
<td>Senior Mentor</td>
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<tr>
<td>Nazema Siddiqui, MD, MHSc</td>
<td>Senior Mentor</td>
</tr>
<tr>
<td>Vivian Sung, MD, MPH</td>
<td>Senior Mentor</td>
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Thank you to Medtronic. We could not have created the Junior Faculty Research Network without your support.

“Thanks for the opportunity and faith to fund my thesis project during fellowship. It was an incredible learning experience and truly changed my outlook on research. I am excited to take the lessons I have learned to continue my research career and mentor residents in their research projects.”

– Joy Greer, MD
2011 PFD Research Foundation Surgical Award Recipient
2015 PFD Research Foundation Donor of the Year Award

The PFD Research Foundation presents the Donor of the Year Award to an individual in recognition of commitment to the Foundation’s mission of transforming the lives of women through the support of innovative and effective research that advances the prevention, treatment, and cure of female pelvic floor disorders.

Andrew Cassidenti, MD
St. Joseph’s Hospital
Orange, California

The PFD Research Foundation Board of Directors wishes to congratulate the 2015 recipient, Andrew Cassidenti, MD, and recognize him for his consistent and generous donations to the Foundation.

PFD Research Foundation Legacy Circle

The PFD Research Foundation is known for providing research support to advance the science of Female Pelvic Medicine and Reconstructive Surgery (FPMRS). Our success is a direct result of the dedicated group of individual and corporate donors that have supported the Foundation over the past eight years.

To recognize the efforts of our dedicated individual donors we have created the Legacy Circle. The Legacy Circle is the most prestigious level of recognition by the Foundation, as it acknowledges those who have given over $25,000 in cumulative donations or designated the Foundation in their estate planning.

The term legacy was specifically chosen because of its meaning to reflect anything handed down from a predecessor, either a gift or a significant contribution to history. Without the legacy of these donors, the PFD Research Foundation would not have experienced continued success.

2015 Legacy Circle Members

Linda Brubaker, MD, MS
Loyola University Chicago
Maywood, Illinois

Andrew P. Cassidenti, MD
St. Joseph’s Hospital
Orange, California

Vincent Lucente, MD, MBA, FACOG
The Institute for Female Pelvic Medicine
Allentown, Pennsylvania

“I received a PFD Research Foundation grant while in my first year as a junior faculty member and this helped to solidify my career choices and my desire to pursue an academic career.”

– Nazema Siddiqui, MD
2010 PFD Research Foundation Faculty Research Award
Thank You to Our Corporate Donors

The PFD Research Foundation Research Grants Program is made possible through the generous support of our corporate supporters. In 2015, the Foundation raised $200,000 in corporate donations.

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Thank You to Our Individual Donors

The work of the PFD Research Foundation in female pelvic floor disorder research is made possible through the generous support of the following individuals. In 2015, the Foundation raised more than $72,160 from individual donations. We are grateful for their continued generosity and commitment to the prevention, treatment, and cure of female pelvic floor disorders.

(Recognized gifts from July 26, 2014 to December 31, 2015)

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