

Beverage Management for Bladder Management

1. Chakravarthy V, Tolbert M, Garcia CE, **Miller JM**. Overactive bladder and caffeine: comparing women with and without mental health diagnoses. *IJUN* 2010; 4(1): 13 - 21.
2. **Miller JM**, Guo Y. S. Becker-Rodseth S. Cluster analysis of intake, output, and voiding habits collected from diary data. *Nurs Res* 2011; 60(2): 115-123. PMCID: PMC3140406. PMID: 21317828.
3. **Miller JM**, Rodseth S, Guo Y, Garcia C, Schimpf M. Does instruction to eliminate coffee, tea, alcohol, carbonated, and artificially sweetened beverages improve lower urinary tract symptoms?: a prospective trial. *WOCN* 2016, 43(1): 69-79.
4. Schimpf M.O., Smith A.R., **Miller JM**. Fluids affecting bladder urgency and lower urinary symptoms (FABULUS): A randomized controlled trial. *IJJ*. (2019). <https://doi.org/10.1007/s00192-019-04209-z>. **Note:** *This manuscript reports an invention at the Office of Technology Transfer, University of Michigan: OTT Ref. No.:* 6296. Self-Instructional voiding/intake diary. Inventor: Janis Miller.
5. **Miller JM**, Schimpf MO, Hawthorne K, Garcia C, Misiunas R, Hortsch S, Smith A. Fluids Affecting Bladder Urgency and Lower Urinary Symptoms (FABULUS): Results from a randomized controlled trial. *Am J Obstet Gynecol.*(under review)

Body Tricks to Keep Control

6. **Miller J**, Kasper C, Sampsel C. Review of muscle physiology with application to pelvic muscle exercise. *Urol Nurs*. 1994;14(3):92-7. PMID: 2313057.
7. **Miller JM**, Ashton-Miller JA, DeLancey JO. A pelvic muscle precontraction can reduce cough-related urine loss in selected women with mild SUI. *J Am Geriatr Soc*. 1998;46:870-4. PMID: 9670874.
8. **Miller JM**, Perucchini D, Carchidi LT, DeLancey JO, Ashton-Miller J. Pelvic floor muscle contraction during a cough and decreased vesical neck movement. *Obstet Gynecol*. 2001;97(2):255-60. PMID: 11165591.
9. **Miller J**. Criteria for therapeutic use of pelvic floor muscle training in women. *J Wound Ostomy Continence Nurs*. 2002;29(6):301-11. PMID: 12439454. 12790869.
10. **Miller JM**, Umek WH, DeLancey JO, Ashton-Miller JA. Can women without visible pubococcygeus muscle in MR images still increase urethral closure pressures? *Am J Obstet Gynecol*. 2004;191(1):171-5. PMID: 15295360.
11. **Miller J**, Sampsel C, Ashton-Miller J, Son G, DeLancey J. Clarification and confirmation of the Knack maneuver: the effect of volitional pelvic floor muscle contraction to preempt expected stress incontinence. *Int Urogynecol J Pelvic Floor Dysfunct*. 2008;19(6):773-782. PMCID:PMC2757097. PMID: 18204797.
12. **Miller JM**, Hawthorne K., Park L., Tolbert M., Bies K, Garcia C, Misiunas R, Newhouse W, Smith A. A randomized trial to develop a Knack tutorial: a public health intervention for bladder health. *J Women's Health*. 2020 (online 2019). doi/10.1089/jwh.2018.7606. **Note:** *This manuscript reports an invention at the Office of Technology Transfer, University of Michigan OTT Ref. No.:* 2019-351 <http://myconfidentbladder.org/>. Inventor Janis Miller.

13. Sheng, Y., **Miller, JM**. Knack for preventing and treating stress urinary incontinence. *Clinical Nursing Research*. Accepted pending revisions.
14. Sampsel C, Newman D, **Miller JM**, Kirk K, DiCamillo MA, Wagner T, Raghunathan T, Diokno A. A randomized controlled trial to compare 2 scalable interventions for lower urinary tract symptoms prevention: Main outcomes of the TULIP study. *J Urol*. 2017; 197(6) 1480-1486.

Self-Assessment Tools – How’s My Bladder Shape Up?:

15. **Miller JM**, Ashton-Miller JA, DeLancey JO. Quantification of cough-related urine loss using the paper towel test. *Obstet Gynecol*. 1998;91(5):705-9. PMID: 9572215.
16. **Miller JM**, Ashton-Miller JA, Carchidi LT, DeLancey JO. On the lack of correlation between self-report and urine loss measured with standing provocation test in older stress-incontinent women. *J Womens Health*. 1999;8(2):157-62. PMID: 9670874.
17. **Miller JM**, Hood MM, Karvonen-Gutierrez C, Richards-McCullough K, Harlow S. The Paper Towel Test: A Simple Self-Administered Objective Test Increases Precision in Classifying Type of Urinary Incontinence.(under review)
Note: *This manuscript reports an invention at the Office of Technology Transfer, University of Michigan: OTT Ref. No.: 2019-349, Paper Towel Test: Standing Cough Stress Test for Self-administered Objective Measure of Urinary Incontinence, V.2 Pictorial, Inventor Janis Miller.*
18. Adanu RM, DeLancey JO, **Miller JM**, Asante A. The physical finding of stress urinary incontinence among African women in Ghana. *Int Urogynecol J Pelvic Floor Dysfunct*. 2006;17(6):581-5. PMID: 16491324.
19. Miller JM, Hood MM, Karvonen-Gutierrez CA, Richards-McCullough KC, Harlow SD. Paper towel test as independently self-administered to quantify cough-related urine loss: Compliance and comparisons with survey-only data in SWAN. *Neurourol Urodyn*. 2021 Jun;40(5):1207-1216. doi: 10.1002/nau.24683. Epub 2021 May 11. PMID: 33973662.
20. Sheng, Y., Low, LK, Liu, X., Ashton-Miller, J. A., & **Miller, JM**. Association of index finger palpatory assessment of pubovisceral muscle body integrity with MRI-documented tear. *Neurourol Urodyn*. (2019); Awarded Editor’s Choice for feature cover image.

It’s All About Anatomy

How Things Work: Anatomy, Activity, Behaviors

21. Howard D, **Miller JM**, DeLancey JO, Ashton-Miller JA. Differential effects of cough, valsalva, and continence status on vesical neck movement. *Obstet Gynecol*. 2000;95(4):535-40. PMID: 10725485.
22. DeLancey JO, Trowbridge E, **Miller JM**, Morgan D, Guire K, Fenner D, Weadock W, Ashton-Miller JA. Stress urinary incontinence: relative importance of urethral support and urethral closure pressure. *J Urol*. 2008;179(6):2286-90. PMID: 18423707.
23. DM, Kaur G, Hsu Y, Fenner DE, Guire K, **Miller JM**, Ashton-Miller JA, Delancey JOL. Does vaginal closure force differ in the supine and standing positions? *Am J Obstet Gynecol*. 2005;192(5):1722-8. PMID: 15902185.

24. DeLancey JO, Morgan DM, Fenner DE, Kearney R, Guire K, **Miller JM**, Hussain H, Umek W, Hsu Y, Ashton-Miller JA. Comparison of levator ani muscle defects and function in women with and without pelvic organ prolapse. *Obstet Gynecol*. 2007;109(2):295-302. PMID: 17267827.
25. Betschart C, Kim J, **Miller J**, Ashton-Miller J, DeLancey J. Comparison of muscle fiber directions between different levator ani muscle subdivisions: in-vivo MRI measurements in women. *Int Urogynecol J*. 2014; 25 (9): 1263-8. PMID: 24832855; PMCID: PMC4140951.
26. Ashton-Miller J, Zielinski R, DeLancey J, **Miller JM**. Validity and reliability of an instrumented speculum designed to minimize the effect of intra-abdominal pressure on the measurement of pelvic floor muscle strength. *Clin Biomech*. 2014;29(10): 1146-50. PMID: 25307868, PMCID: PMC 4372800.

Am I All Alone with this Bladder Problem?

27. Fenner DE, Trowbridge ER, Patel DA, Fultz NH, **Miller JM**, Howard D, DeLancey JO. Establishing the Prevalence of Incontinence Study: racial differences in women's patterns of urinary incontinence. *J Urol*. 2008;179(4):1455-60. PMID: 18295278.
28. Thomas, A. Low LK, Tumbarello JA, **Miller JM**, Fenner DE, DeLancey JO. Changes in self-assessment of continence status between telephone survey and subsequent clinical visit. *Neurourol Urodyn* 2009; 26:1-7. PMCID: PMC3375677. PMID: 19816917.
29. Delancey JO, Fenner DE, Guire K, Patel DA, Howard D, **Miller JM**. Differences in continence system between community dwelling black and white women with and without urinary incontinence in the EPI study. *American Journal of Obstetrics & Gynecology* 2010; 202(6): 584. PMCID: PMC2897050.
30. Berger M, Patel D, **Miller J**, DeLancey J, Fenner D. Racial differences in self-reported healthcare seeking and treatment for urinary incontinence in community-dwelling women from the EPI study. *Neurourol Urodyn*. 2011; 30(8): 1442-7. PMCID: PMC3184333. PMID: 21717504.
31. Harlow BL, Bavendam TG, Palmer MH, Brubaker L, Burgio KL, Lukacz ES, **Miller JM**, Mueller ER, Newman DK, Rickey LM, Sutcliffe S, Simons-Morton D; Prevention of Lower Urinary Tract Symptoms (PLUS) Research Consortium. The Prevention of Lower Urinary Tract Symptoms (PLUS) Research Consortium: A transdisciplinary approach toward promoting bladder health and preventing lower urinary tract symptoms in women across the life course. *J Womens Health*. 2018;27(3):283-289. (PubMed PMID: 29634445; PubMed Central PMCID: PMC5865253).
32. DeLancey JO, Kane Low L, **Miller JM**, Patel DA, Tumbarello JA. Graphic integration of causal factors of pelvic floor disorders: an integrated life span model. *Am J Obstet Gynecol* 2008;199(6):610,e1-5. PMID: 18533115.

What's Up with Childbirth and the Bladder?

33. **Miller JM**. Childbearing-associated risks and strategies for the prevention and management of stress urinary incontinence. *NPWH* 2005;(Feb suppl):4-7.

34. Kearney R, **Miller J**, Ashton-Miller J, DeLancey J. Obstetric factors associated with levator ani muscle injury after vaginal birth. *Obstet Gynecol*. 2006;107(1):144-9. PMID: 16394052.
35. Thomason A, **Miller J**, DeLancey J. Urinary incontinence symptoms during and after pregnancy in continent and incontinent primiparas. *Obstet Gynecol*. 2007;18(2):147-51.
36. DeLancey JO, **Miller JM**, Kearney R, Howard D, Reddy P, Umek W, Guire K, Margulies R, Ashton-Miller J. Vaginal birth and de novo stress incontinence; Relative contributions of urethral dysfunction and mobility. *Obstet Gynecol*. 2007;110(2 Pt 1):354-62. PMCID: PMC2752814. PMID: 17666611.
37. Yousuf AA, DeLancey JO, Brandon CJ, **Miller JM**. Pelvic structure and function at 1 month compared to 7 months by dynamic magnetic resonance after vaginal birth. *Am J Obstet Gynecol*. 2009;201(5):514.e1-7. PMID: 19683686.
38. **Miller J**, Brandon C, Jacobson J, Kane-Low L, Zielinski R., Ashton-Miller J, DeLancey J. MRI findings in patients considered high risk for pelvic floor injury studied serially after vaginal childbirth. *Am J Roentgenol* 2010; 195(3): 786-91. PMCID: PMC3189698. PMID: 20729461.
39. *Kearney R*, Fitzpatrick M, Brennan S, Behan M, **Miller J**, Keane D, O'Herlihy C, DeLancey JO. Levator ani injury in primiparous women with forceps delivery for fetal distress, forceps for second stage arrest, and spontaneous delivery. *Internat'l J. of Gynec Obstet*; 2010; 111(1): 19-22.
40. Brincat C, DeLancey JO, **Miller JM**. Urethral closure pressures among primiparous women with and without levator ani muscle defects. *Int Urogynecol J*. 2011 Dec; 22(12):1491-5. PMCID: PMC3515874. PMID: 21617981.
41. Brandon C, Jacobson J, Low L, Park L, DeLancey JO, **Miller J**. Pubic bone injuries in primiparous women: magnetic resonance imaging in detection and differential diagnosis of structural injury. *Ultrasound Obstet Gynecol*. 2012; 39(4):444-51. PMID: 21728205.
42. Low LK, Zielinski R, Tao Y, Galecki, A, Brandon C, **Miller J**. Predicting birth-related levator ani tear severity at first vaginal birth. *Open J Obstet Gynecol*, 2014;4(6):266-278. PMID: 25379356 PMCID: PMC4219623.
43. **Miller JM, Low L, Zielinski R, Smith A, DeLancey J, Brandon C**. Evaluating maternal recovery from labor and delivery: bone and levator ani injuries. *Am J Obstet Gynecol* **2015; 213(2): p188e1 – 188e11.**
Accompanying Editorial: Nygaard, I. New directions in understanding how the pelvic floor prepares for and recovers from vaginal delivery. Am J Obstet Gynecol. 2015; 213(2): 121–122.
44. Sheng Y., Liu X, Low LK, Ashton-Miller JAAM, **Miller JM**. Association of pubovisceral muscle tear with functional capacity of urethral closure: evaluating maternal recovery from labor and delivery. *Am J Obstet Gynecol*. 2019 Nov 23.