
Katie N. Ballert, M.D.

UNIVERSITY OF KENTUCKY COLLEGE OF MEDICINE
DEPARTMENT OF UROLOGY

CurriculumVitae

Personal Information:

Office Address:

University of Kentucky
Department of Urology
800 Rose Street
Room MS269A
Lexington, Kentucky 40536-0298

Office Telephone and FAX:

859-323-6679 - Telephone
859-323-1944 - FAX

Birth Date and Place:

March 11, 1975
Greenville, Kentucky

Social Security Number:

Available on Request

Marital Status:

Married – Erik Ballert, M.D.

Children:

Quay
Marissa

Education

8/1993 - 5/1997 Kentucky Wesleyan College
B.S., Chemistry, *magna cum laude*

Professional Education

8/1997 – 5/2001 University of Louisville School of Medicine
Doctor of Medicine, *cum laude*

7/2001 – 6/2002 Intern, General Surgery
University of Florida

7/2002 – 6/2005 Resident, Urology
University of Florida

7/2005 – 6/2006 Chief Resident, Urology
University of Florida

7/2006 – 6/2008 Fellow, Female Pelvic Medicine and
Reconstructive Surgery
New York University

Board Certification

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| 2/2010 | American Board of Urology |
| 6/2013 | Female Pelvic Medicine and Reconstructive Surgery American Board of Urology and American Board of Obstetrics and Gynecology |

Licensure

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| 2006 - 2008 | New York |
| 2008 - Present | Kentucky |

Hospital Privileges

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| 8/2008 – Present | University of Kentucky A.B. Chandler Medical Center Department of Urology 800 Rose Street, Room MS-273 Lexington, Kentucky 40536-0298 |
| 8/2008 – Present | Department of Veterans Affairs Medical Center 1101 Veterans Drive Lexington, Kentucky 40502-2236 |
| 8/2008 – Present | UK Healthcare Good Samaritan Hospital 310 South Limestone Lexington, Kentucky 40508 |

Present Positions

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|------------------|---|
| 7/2015 – Present | Associate Professor, Department of Urology University of Kentucky Lexington, Kentucky |
| 8/2008 – 6/2015 | Assistant Professor, Department of Urology University of Kentucky Lexington, Kentucky |
| 8/2008 – Present | Staff Surgeon Department of Veterans Affairs Medical Center Lexington, Kentucky |
| 8/2008 - Present | Staff Surgeon UK Healthcare Good Samaritan Hospital Lexington, Kentucky |

8/2008 - Present Director of Medical Student Education for Urology
University of Kentucky
Lexington, Kentucky

07/2013-Present Ambulatory Medical Director
Department of Urology
University of Kentucky
Lexington, Kentucky

Research Experience

7/2007-6/2008 Fellow, Female Pelvic Medicine and Reconstructive Surgery
New York University
Advisor: Xue-Ru Wue, Ph.D, M.D.
Advisor: Victor W. Nitti, M.D.
The Role of Tamm-Horsfall in Host Defense Against Urinary
Tract Infections

Awards and Honors

1993 James Graham Brown Scholarship
1993 James Graham Brown Society
1993 Greenville Women's Club Scholarship
1993 Kentucky Farm Bureau Scholarship
1994 Kentucky Grocer's Association Scholarship
1994 Alpha Chi National Honor Society
1995 Chemical Rubber Co. Chemistry Award, Kentucky Wesleyan College
1996 Kentucky Wesleyan College Leadership Grant
1997 Higg's Chemistry Award, Kentucky Wesleyan College
2000 Honor's Surgery, University of Louisville School of Medicine
2001 Alpha Omega Alpha Honor Society
2008 2007 Elisabeth Pickett Research Award, Society of Women in Urology

Professional Memberships

2002 – Present American Urological Association
2006 – Present Society for Urodynamics and Female Urology
2006 – Present Society of Women in Urology
2008 – Present Kentucky Urological Association
2010 – Present Southeastern Section of the American Urological Association

Committees

08/2008 - Present Surgery Education Committee, Department of Surgery
University of Kentucky
07/2013 - Present Clinical Competency Committee, Department of Urology
University of Kentucky
10/2013 - Present Maintenance of Certification (MOC) Review Committee
University of Kentucky

Other Significant Scholarly, Research, or Administrative Experience

Teaching Activities

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| 11/2008 | Evaluation and Management of Post-Prostatectomy Incontinence |
| 11/2008 | Complications of Male Incontinence Surgery – Resident Lecture |
| 12/2008 | Proctor for Patient Centered Medicine/Patient Physician Skills for first year medical students |
| 2012 - Present | Preceptor for MS1 students for MD811:ICM Assigned clinical placement. University of Kentucky College of Medicine. |
| 2013 | Preceptor for Internal Medicine resident clinic elective in Urology |
| 03/2013 | Evaluation of Stress Urinary Incontinence – Resident Lecture |
| 04/2013 | Management of Stress Urinary Incontinence - Resident Lecture |

Administrative Activities

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| 10/2012 – 10/2015 | Kentucky Urologic Association Alternate Representative to the Southeastern Section of the American Urological Association |
| 10/2015 – 10/2018 | Kentucky Urologic Association Representative to the Southeastern Section of the American Urological Association |

Reviewer (other than journals)

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| 2008 | Reviewer - American Urological Association Content - Reviewed course 66PG – Minimally Invasive Techniques for Management of Stress Urinary Incontinence, Overactive Bladder and Pelvic Organ Prolapse |
| 2008 | Reviewer – 2009 American Urological Association Convention Program, Abstract Categories: Infections/Inflammation of the Genitourinary Tract: Interstitial Cystitis and Urodynamics Incontinence/Female Urology: Female Urology |
| 2009 | Reviewer - American Urological Association Content - Reviewed Course - 53 MC Assessment and Management of Female Stress Urinary Incontinence |
| 2009 | Reviewer – Abstracts for Society of Urodynamics and Female Urology 2010 Winter Meeting |
| 2010 | Reviewer – Abstracts for Society of Urodynamics and Female Urology 2011 Winter Meeting |
| 2010 | Reviewer – Society of Urodynamics and Female Urology Urology 2011 Essay Competition |
| 2011 | Reviewer – Abstracts for Society of Urodynamics and Female Urology 2012 Winter Meeting |

Sessions Moderated

- 2010 Poster Session: Society for Urodynamics and Female Urology Winter Meeting. February 23-27; 2010. St Petersburg, FL.
- 2012 Poster Session: Female Urology/Incontinence - Society of Urodynamics and Female Urology Winter Meeting. February 28-March 3; 2012. New Orleans, LA

Editorial Consultant/Reviewer

- 10/2008 – Present Ad hoc reviewer, The Journal of Urology
 01/2009 – Present Ad hoc reviewer, The British Journal of Urology
 05/2009 – Present Reviewer, Obstetrics and Gynecology International
 04/2011 – Present Ad hoc reviewer, Female Pelvic Medicine and Reconstructive Surgery
 01/2012 – Present Ad hoc reviewer, Neurourology and Urodynamics

Editorials

Ballert KN. Under treatment of overactive bladder. *J Urology*. April 2010 – 183(4):1282-3.

Manuscripts

Peer-Reviewed

Ballert KN, Kanofsky J, Nitti VW: Effect of tension free vaginal tape and TVT-Obturator on lower urinary tract symptoms other than stress urinary incontinence. *International Urogynecology Journal*. Mar :19(3):335-40, 2008.

Ballert KN Douglas D, Nitti VW: Patient tolerability of botulinum toxin Injections under local anesthesia: A questionnaire-based study. *Journal of Pelvic Medicine and Surgery*. 14(3):179-84, 2008.

Biggs GY, **Ballert KN**, Rosenblum N, Nitti VW. Patient-reported outcomes for tension-free vaginal tape-obturator in women treated with a previous anti-incontinence procedure. *Int Urogynecol Journal*, Volume 20, Issue3 2009, Page 331.

Ballert KN, Biggs GY, Isenalumhe Jr. A, Rosenblum N, Nitti VW. Managing the urethra at the time of transvaginal pelvic organ prolapse: A urodynamic approach. *J Urol*. 181(2): 679-84, 2009.

Kumar A , Litt ER, **Ballert KN**, Nitti VW. Artificial urinary sphincter versus male sling for post-prostatectomy incontinence-what do patients choose? *J Urol*. 181(3): 123-5, 2009.

Mufarrij P, **Ballert KN**, Nitti VW: Fistulization between ectopic ureteral stump and uterus following nephroureterectomy: Case Report International Urogynecology Journal. 2009 Dec;20(12):1505-7. Epub May 15 2009.

Biggs GY, **Ballert KN**, Rosenblum N, Nitti VW. Pubovaginal sling for the treatment of female stress urinary incontinence: Indications in the midurethral sling era. Journal of Pelvic Medicine and Surgery. 15(3):115-121, May/June 2009

Ballert KN Erickson DE.: Current concepts in the diagnosis and treatment of interstitial cystitis. Urology, in press, 2009.

Ballert KN, Nitti VW. Association between detrusor overactivity and postoperative outcomes in patients undergoing male bone-anchored perineal sling. J Urol. 183(2):641-5, 2010.

Ballert KN, Rose AE, Biggs GY, Rosenblum N, Nitti VW. Outcomes of patients lost to follow-up after midurethral synthetic slings: Successes or failures? J Urol. 184(4):1455-8, 2010.

Pagorek S, Kuperstein J, Guo J, **Ballert KN**, Crofford LJ. The Association of Chronic Back Pain and Stress Urinary Incontinence: A cross-sectional study. J Women's Health Phys Therap. 37(1):11-18, 2013.

Hickling DR, **Ballert KN**, Nitti VW. Complications of male incontinence surgery. Curr Bladder Dysfunct Rep. 8:263-267, 2013.

Non Peer-Reviewed

Ballert KN, Nitti VW. Complications of male incontinence surgery. Current Bladder Dysfunction Reports, 3:58-62, 2008.

Ballert KN, Biggs GY, Nitti VW: Antimuscarinic agents. In: Marshall, FF, ed. AUA Update Series. American Urologic Association Education and Research, Inc, Linthicum, Maryland. 27(16), 2008.

Ballert KN. Management of the urethra at the time of prolapse repair. In: Marshall FF, ed. AUA Update Series. American Urologic Association Education and Research Inc, Linthicum, Maryland. 13(29), 2010.

Ballert KN. Expert Commentary on Case Study in Female Pelvic Medicine and Reconstructive Surgery. Society of Urodynamics and Female Urology News Letter. May 2010.

Ballert KN, Bales G. Dementia and Overactive Bladder. Current Bladder Dysfunction Reports. 8(1):57-61, 2013.

Books and Book Chapters

Ballert KN, Nitti VW. Complications of male incontinence surgery. In: Taneja SS, Smith RM, Erlich RB, eds. Complications of urologic surgery: prevention and management. Fourth Edition. 2010; Chapter 51 pp 593-603. Philadelphia: Saunders.

Ballert KN, Nitti VW: Transvaginal repair of apical prolapse. In: Graham SD Jr., Keane TE, eds. Glenn's Urologic Surgery. Seventh Edition. 2010; Chapter 50, pp 335-343. Philadelphia: Lippincott-Raven Publishers.

Bales G, Chung D, **Ballert KN**. Pelvic Organ Prolapse in Older Adults. In: Thomas Lindor Griebeling, eds. Geriatric Urology. 2014. First Edition. Chapter 13 pp 181-206. New York: Springer.

Ballert KN. Urodynamics in Pelvic Organ Prolapse: When are they helpful and how do we use them? Urologic Clinics of North America. 41:409-417, 2014.

Presentations

Ballert KN, Fischer MC, Huckabay CP, Nitti VW. Complications of the Male Sling and Their Management. Poster presented at Annual Winter Meeting, Society for Urodynamics & Female Urology. San Diego, CA. February 21-24, 2007.

Ballert KN, Douglas D, Nitti VW. Patient Tolerability of Botulinum Toxin Injections Under Local Anesthesia: A Questionnaire-Based Study. Poster presented at Annual Winter Meeting, Society for Urodynamics & Female Urology. San Diego, CA. February 21-24, 2007.

Ballert KN, Twiss C, Kanofsky J, Nitti VW. Effects of Tension Free Vaginal Tape and Tension Free Vaginal Tape Obturator on Lower Urinary Tract Symptoms Other Than Stress Urinary Incontinence. Presentation for the Fellows Forum at the Annual Winter Meeting, Society for Urodynamics & Female Urology. San Diego, CA. February 21-24, 2007.

Ballert KN, Biggs GY, Isenalumhe Jr. A, Rosenblum N, Nitti VW. Managing the Urethra at the Time of Transvaginal Pelvic Organ Prolapse: A Urodynamic Approach. Podium Presentation at Annual Winter Meeting, Society for Urodynamics & Female Urology. Miami, FL. February 28 – March 2, 2008.

Litt ER, **Ballert KN**, Kumar A, Nitti VW. Artificial Urinary Sphincter vs Male Perineal Sling For Treatment of Post Prostatectomy Incontinence: What Do Patients Choose? Moderated Poster presented at Annual Winter Meeting, Society for Urodynamics & Female Urology. Miami, FL. February 28 – March 2, 2008.

Biggs GY, **Ballert KB**, Rosenblum N, Nitti VW. Botulinum A Toxin For Treatment of Overactive Bladder: What Are the Predictors of Elevated PVR Post-Injection? Poster presented at Annual Winter Meeting, Society for Urodynamics & Female Urology. Miami, FL. February 28 – March 2, 2008.

Ballert KN, Biggs GY, Isenalumhe Jr. A, Rosenblum N, Nitti VW. Managing the Urethra at the Time of Transvaginal Pelvic Organ Prolapse: A Urodynamic Approach. Podium Presentation at American Urological Association Annual Meeting. Orlando, FL. May 17-22, 2008.

Litt ER, **Ballert KN**, Kumar A, Nitti VW. Artificial Urinary Sphincter vs Male Perineal Sling For Treatment of Post Prostatectomy Incontinence: What Do Patients Choose? Moderated Poster Presentation at American Urological Association Annual Meeting. Orlando, FL. May 17-22, 2008.

Ballert KN, Biggs GY, Isenalumhe Jr. A, Rosenblum N, Nitti VW. Outcomes of Patients Lost to Follow-Up After Midurethral Synthetic Sling: Successes or Failures? Podium Presentation at American Urological Association Annual Meeting. Orlando, FL. May 17-22, 2008.

Biggs GY, **Ballert KN**, Rosenblum N, Nitti VW. Pubovaginal sling for the Treatment of Female Stress Urinary Incontinence: Indications in the Midurethral Sling Era. Poster presented at Annual Winter Meeting, Society for Urodynamics & Female Urology. Las Vegas, NV. February 25- 28 2009.

Ballert KN. University of Kentucky Obstetrics and Gynecology Grand Rounds. Stress Urinary Incontinence and Midurethral Synthetic Slings. Lexington KY. March 3, 2009

Ballert KN. Evaluation and Surgical Management of Pelvic Organ Prolapse. Kentucky Urologic Association Meeting. Lexington KY. October 10, 2009.

Ballert KN. Female Urology. Family Medicine Review Course. Lexington, KY. November 5, 2009.

Ballert KN. Female Urology. Family Medicine Review Course. Lexington, KY. May 13, 2010.

Ballert KN. Key Concepts in Female Urology. CME Lecture for Kentucky Nurse Practitioners and Nursing Midwives Coalition. Lexington, KY May 25, 2010.

Ballert KN. Common Issues in Female Urology. "Women, it's All About You." Conference by UK HealthCare. Lexington, KY June 12, 2010.

Ballert KN. Key Concepts in Female Urology. University of Kentucky Internal Medicine Grand Rounds. Lexington, KY. December 17, 2010

Ballert KN. Key Concepts in Female Urology. Annual conference for Kentucky Coalition of Nurse Practitioners and Nurse Midwives. Cincinnati, OH. April 22, 2011

Bush H, Dawson T, Guo J, Mathies M, **Ballert KN**, Pagorek S, Crofford L, Kupperstein J. The Association of Back Pain and Urinary Incontinence: Results from the Kentucky Women's Health Registry. Scientific poster session at Women's Health 2012: The 20th Annual Congress. Washington DC., March 16-18, 2012.

Ballert KN. Surgical Management of Pelvic Organ Prolapse in Elderly Women. Plenary presentation at the American Urological Association annual meeting. Atlanta GA. May 12, 2012.

Ballert KN. Key Concepts in Female Urology. Annual Primary Care for Women Update. Lexington, KY. October 12, 2012.

Ballert KN. Complications of Transvaginal Mesh: Avoidance and Management. Kentucky Urological Association annual meeting. Lexington, KY. October 20, 2012.

Ballert, KN. Women in Surgery panelist. Ward O. Griffen Surgical Society and American Medical Women's Association Meeting. Lexington, KY. December 2014.

Ballert, KN. Women in Surgery panelist. Ward O. Griffen Surgical Society and American Medical Women's Association Meeting. Lexington, KY. December 2015

Public Service

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| 12/2008 | Prostate Cancer Screening, Markey Cancer Center, Lexington, KY |
| 10/2009 | Prostate Cancer Screening, Markey Cancer Center, Lexington, KY |
| 12/2009 | Prostate Cancer Screening, Markey Cancer Center, Lexington, KY |
| 04/2010 | Prostate Cancer Screening, Markey Cancer Center, Lexington, KY |
| 12/2010 | Prostate Cancer Screening, Markey Cancer Center, Lexington, KY |

Community Service

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| 10/2014 | Board Member for Adopt! Inc. Lexington, KY |
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Updated 12/29/15 - SS