

Researcher Spotlight

Exploring How the Brain and Microbiome Interconnect

**Dr. Robin
Voigt-
Zuwala**

In 2024, Dr. Voigt-Zuwala completed her double-blind, placebo-controlled Phase IIA trial combining cognitive processing therapy (CPT) with a prebiotic to improve outcomes in veterans with PTSD.

Dr. Voigt-Zuwala is an Associate Professor of Internal Medicine at Rush University Medical Center and has received several awards and a fellowship from the NIH. Her research of lifestyle and societal factors impacting neurology is expansive: from mental health (such as PTSD) to neurodegenerative diseases (such as Parkinson's and Alzheimer's). Her published research ranges from light pollution as a risk factor in Alzheimer's to the microbiota's impact on the brain and cognitive function.

She credits her early interest in medicine from her grandfather's multiple sclerosis diagnosis and her passion for improving care for veterans from her great-grandfather's experience as a POW in the Korean War.

Profile



Dr. Robin Voigt-Zuwala is an Associate Professor at Rush University Medical Center and the Director of Operations at the Rush Center for Integrated Microbiome & Chronobiology Research. She earned her PhD in Molecular Pharmacology and Therapeutics from Loyola University Chicago.

CWR Funding

This completed **randomized Phase IIA trial** combined Cognitive Processing Therapy (CPT) with a prebiotic to assess the impact on PTSD symptoms in veterans. Dr. Voigt-Zuwala and this trial represent three of Cures Within Reach's Communities:

- Neurology
- Veterans
- Chicago



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driving more treatments to more patients more quickly

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