



STRATEGIC ALLIANCE FOR INTERCULTURAL ADVOCACY IN GI

SAIA NEWSLETTER

The first global patient-clinician led organization advocating for culturally sensitive GI care.

VOLUME 3 • ISSUE 2 • JULY 2026

A MESSAGE FROM SAIA'S LEADERSHIP TEAM

To Our Amazing Supporters & Members:

Building on our momentum of addressing the multiple unmet needs of our community through patient education, professional development, and research, SAIA had an exceptional 2nd quarter!

During Q2, in line with our expansion into Colorectal Cancer (CRC) and Disorders of the Gut Brain Interaction (DGBI), we welcomed

Dr. Aasma Shaukat as SAIA's new Secretary and Dr. Joy Liu as a new Medical Advisor. Dr. Tiffany Taft also moved into the Chief Research Officer role given SAIA's growing research needs.

Also, during Q2, we attended and launched multiple IBS awareness activities during IBS Awareness Month in addition to contributing to a World IBD Day Roundtable in Singapore and hosting our very own Clinical Research Roundtable with the AGA at DDW in Chicago!

As we head into the summer, we have some special announcements to make:

(1) We are co-hosting IBD Conclave 2.0 in Hyderabad, India alongside Medical Advisor, Dr. Kiran Peddi, at Yashoda Hospitals. Register [here](#) for the July 10th Patient Awareness Session and Register [here](#) for the Conference on July 11th-12th!

(2) SAVE THE DATE: We are hosting another one of our legendary SAIA receptions at ACG 2026 in Nashville, TN, USA on October 11th!

More than anything though, we want to reiterate how integral you all are to our Alliance. In 2026, we plan to continue to involve you all in our initiatives, whether they be professional events, research or patient education and advocacy.

Best wishes for a wonderful summer season from all of us & we hope you all will tune in to our future events and initiatives!

Always Committed to the GI Community,

Bincy Abraham, MD, Neilanjan Nandi, MD & Tina Aswani-Omprakash, MPH



Location: Auditorium, 10th Floor, Yashoda Hospitals, Somajigutta, Hyderabad, India

IBD CONCLAVE 2.0

Friday, July 10th
7-9PM IST

Patient Awareness Session
(In-Person & Virtual Live Streaming)

7:00PM - 7:15PM
Welcome & High Tea
Dr. Chandrashekhar Reddy

7:15PM - 8:00PM
Topic: Inflammatory Bowel Disease
What is it? How to diagnose & treat?
Dr. Kiran Peddi, Director, Center for IBD

8:00PM - 9:00PM
East Meets West:
Optimizing IBD Care Globally, A Panel Discussion
Dr. Parakkal Deepak, Dr. Bincy Abraham
Tina Aswani-Omprakash, Dr. Sumit Bhatia
and Madhura Balasubramaniam

9:00PM Vote of Thanks & Close

Sponsored by

**SHINING A LIGHT ON
SAIA IN GI**

**SAVE THE
DATE!**

OCT 11TH
@ 7PM CT

NASHVILLE, TN, USA
MORE DETAILS SOON!

SAIA
#ACG2026



YOUR MEMBERSHIP, YOUR IMPACT

BECOME A MEMBER TODAY!

We are delighted to continue to build and grow our membership. We invite you to join us as a SAIA Member today!

We include SAIA Members in various initiatives and spotlight members having a positive impact on the SAIA community through our new Member of the Month series.

JOIN THE SAIA FAMILY TODAY!



Become a member today!

Membership Benefits

- Community Impact Initiatives
- Newsletters & Impact Reports
- Culturally Sensitive Clinician Registry
- Networking & Collaboration Opportunities
- Multi-Language Formats
- Educational decks for HCPs

► \$50 for Physicians from High Income Countries (USA, UK, Canada, etc.)

► \$25 for Multidisciplinary Clinicians from High Income Countries

We are offering **FREE membership for one year** to ALL Physicians & Multidisciplinary Clinicians from Non-High income Countries (Upper-middle income, Lower-middle income, & Low income countries), ALL Trainee Clinicians, ALL Patients & Caregivers, and ALL Non-profit Partners.



LET'S BREAK THE SILENCE ON GI CONDITIONS

Donate today & help us continue with our mission!

www.saia-gi.org 

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saia-gi.org

STRATEGIC ALLIANCE FOR INTERCULTURAL ADVOCACY IN GI • JULY 2026 2



SAIA ANNOUNCEMENTS

WELCOMING DR. AASMA SHAUKAT AS SAIA'S SECRETARY

We're thrilled to welcome **Dr. Aasma Shaukat** as our new **Secretary** as SAIA expands into GI cancers!

Dr. Shaukat is a leading Gastroenterologist and Physician Scientist, whose work in Colorectal Cancer prevention and screening has made a global impact. Currently serving as the Robert M. and Mary H. Glickman Professor of Medicine at NYU Grossman School Medicine, she contributes to national cancer prevention recommendations through the USPSTF.

Read Dr. Shaukat's full bio [here](#).



ANNOUNCING DR. TIFFANY TAFT AS SAIA'S CHIEF RESEARCH OFFICER

We're delighted to welcome **Dr. Tiffany Taft, PsyD** as our new **Chief Research Officer**!

Tiffany is a clinical psychologist specializing in the mental health needs of people living with chronic digestive illnesses. With her experience in research, clinical practice, and lived experience with IBD and EoE, she brings a valuable perspective to our team.

Read Dr. Taft's full bio [here](#).



SAIA ANNOUNCEMENTS



DR. JOY J. LIU JOINS SAIA'S MEDICAL ADVISORY PANEL

We're so excited to welcome **Dr. Joy Liu as a Medical Advisor**, as we continue to grow SAIA's expertise in digestive disorders of gut-brain interaction (DGBI), including IBS and Gastroparesis.

She is a physician specializing in Neurogastroenterology and Motility and serves as an Assistant Professor of Medicine at Northwestern University.

Read Dr. Liu's full bio [here](#).

CONGRATULATIONS TO DR. BINCY ABRAHAM & DR. PARAKKAL DEEPAK

SAIA's President, Dr. Bincy Abraham, and Board Member / Research Committee Co-Chair, Dr. Parakkal Deepak, have been appointed as members of the American Gastroenterological Association (AGA) new Council Section leadership team!

Their continued dedication to advancing GI care and research also drives SAIA's commitment to strengthening representation in GI research and improving access to high quality healthcare for all patients.





EVENTS

SAIA has hosted and participated in several high impact events across the globe this quarter. We are proud to highlight cultural considerations in chronic GI conditions and the need for culturally informed GI care through our events.

SAIA HOSTS A 2ND CLINICAL RESEARCH ROUNDTABLE AT DDW 2026 IN CHICAGO!

Our **2nd Clinical Research Roundtable** was a tremendous success, bringing together patients, clinicians, and researchers from around the world to explore the importance of trust, inclusion, and culturally sensitive shared decision-making.

Hosted in collaboration with the **American Gastroenterological Association (AGA)**, the event created a meaningful space for open conversations and collaboration to help shape the future of patient-centered care.

Our recently released Executive Summary highlights the key themes that had arisen out of the Roundtable. Sign up for SAIA Membership and read the Executive Summary today in our [Membership Portal](#).



SAIA JOINS ARDELYX AT THEIR WORLD IBS DAY RECEPTION IN NYC!

We were delighted to join Ardelyx's World IBS Day event near Times Square in New York City, where our CEO, Tina Aswani-Omprakash, shared her IBS-C journey and highlighted SAIA's expansion into IBS.

Through her story, Tina emphasized the importance of culturally informed care in improving experiences and outcomes for people living with chronic GI conditions.

A special thank you to Ardelyx for hosting this important event, and to our Board Member, Smruti Govan, and patient volunteer, Ian Goldstein, for attending and representing SAIA!





EVENTS

SAIA REPRESENTS AT IFCCA & CCSS' ROUNDTABLE IN SINGAPORE

World IBD Day was truly one to remember for us this year, as our CEO, Tina Aswani-Omprakash, and COO, Madhura Balasubramaniam, represented us in Singapore at IFCCA (International Federation of Crohn's & Colitis Associations) and CCSS (Crohn's & Colitis Singapore)'s World IBD Day Roundtable!

Joining many of the co-founders of World IBD Day (IFCCA, Crohn's & Colitis Foundation, Crohn's & Colitis Australia, and Crohn's & Colitis Canada), we were proud to unite with global and regional partners in Asia to address stigma, minimize financial barriers, and collaborate on a global charter to improve outcomes for people living with IBD worldwide.



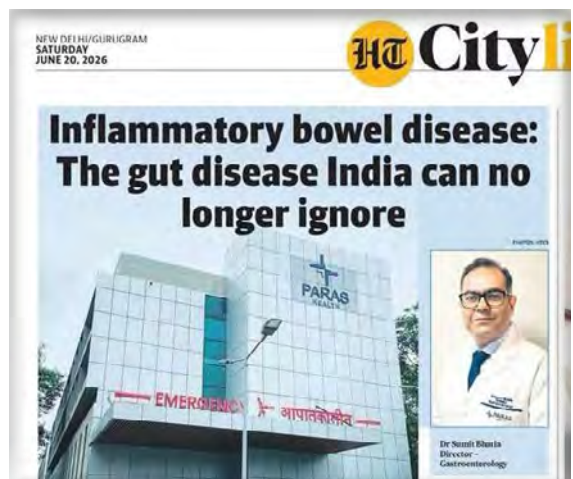
SAIA A PART OF IVI'S STEERING COMMITTEE ON TIME-COST BURDEN OF HEALTHCARE FOR PATIENTS & CAREGIVERS

Our CEO, Tina Aswani-Omprakash, participated in an important research meeting that The Center for Innovation & Value Research (IVI) hosted in Washington, D.C. in June. The meeting was to set a research agenda for administrative time-cost burden for patients and caregivers in a manner that can accurately reflect what the time and cost of being a patient or being a caregiver might be. The goal is to eventually herald policy change that removes redundancies and facilitates earlier diagnosis and treatment access across disease areas. Interestingly, the meeting set the stage with Tina's Crohn's journey to really begin to understand the exceedingly huge time-cost burden that patients and caregivers face when living with chronic illness. Tina left the event inspired by new opportunities for collaboration and policy work to ensure AI supports patients and nonprofit initiatives effectively.



SAIA IN THE MEDIA

We are delighted to represent SAIA's mission of bringing awareness to IBD and ostomy surgery to shattering stigma in major news outlets!



DR. SUMIT BHATIA'S FEATURE IN HINDUSTAN TIMES CITY: THE GUT DISEASE INDIA CAN NO LONGER IGNORE

Grateful to have Dr. Bhatia featured in Hindustan Times as IBD is increasingly being diagnosed in India, particularly amongst young adults. Persistent diarrhea, blood in stools, abdominal pain, weight loss, urgency, or unexplained anemia should not be brushed aside. Early diagnosis and modern treatment options can greatly improve quality of life. Awareness for IBD is much-needed in India and we thank HT City for this important article! Read the article [here](#).

TINA SHARES THE REALITIES OF LIVING WITH IBD IN USA TODAY

It's such an honor to see our CEO, Tina-Aswani Omprakash, featured in USA Today for 'The 5 Hidden Realities of Living with IBD'.

This piece helps shine a light on the often unseen realities of living with IBD and strengthens our ongoing mission to raise awareness and amplify patient voices. Check out the full article [here](#).



TINA FEATURED IN WEBMD ON CHANGES TO EXPECT WITH AN OSTOMY

SAIA's very own Tina Aswani-Omprakash joined stoma nurse and fellow ostomate Becky McElyea in sharing their perspectives on adjusting to life with a new ostomy. Check out the full article [here](#).

From diet and nutrition to fatigue, bathroom routines, clothing, travel, and dating and intimacy, they discuss many of the common questions people have when preparing for or recovering from ostomy surgery.





RESEARCH

Our focus on producing high quality research shines through in our research programming and publications this quarter as we address unmet needs for patient communities living with IBD and other chronic GI conditions.

Gastroenterology

DIVERSITY, EQUITY AND INCLUSION IN GI Volume 170, Issue 5, P873-877, May 2026

Patient-Inclusive Recruitment in Inflammatory Bowel Disease Trials: Key Takeaways From the 2025 Strategic Alliance for Intercultural Advocacy in GI-American Gastroenterological Association Asian Clinical Research Roundtable

[Tina-Aswani Omprakash*](#) [Jaipa Devi*](#)

[Madhura Balasubramaniam](#) [Ashwin N. Ananthakrishnan](#)

[Neilanjan Nandi](#) [Parakkal Deepak](#)

[SAIA Leadership Team](#)

Inflammatory bowel disease (IBD) has emerged as a global disease. Across Asia, IBD incidence has risen from historically low levels to ranges consistent with epidemiologic stage 2 (approximately 3–10 per 100,000), with prevalence increasing toward 0.03% to 0.1% as diagnostic capacity expands.¹

Clinical trials provide early access to promising therapies, yet people from Asian and Middle Eastern/North African communities, which account for 60% of the global population (people from South Asia account for 25%), remain underrepresented.

NEW PUBLICATION IN *GASTROENTEROLOGY* AND *CLINICAL GASTROENTEROLOGY & HEPATOLOGY*

We are pleased to share a new publication in the acclaimed journals, *Gastroenterology* and *Clinical Gastroenterology & Hepatology*, summarizing key findings from the SAIA-AGA Clinical Research Roundtable at DDW 2025.

The roundtable highlighted key cultural and systemic barriers to clinical trial participation, from both patient and healthcare professional perspectives.

SAIA is proud to continue advancing culturally informed and patient inclusive IBD care and research.

Read the full article [here](#).

SAIA PARTNERS ON NEW RESEARCH TO UNDERSTAND UNMET NEEDS IN PERIANAL CROHN'S DISEASE

We proudly partnered with St. Marks Hospital (UK) and global collaborators on a Priority Setting Partnership (PSP) using the James Lind Alliance methodology to identify unmet patient needs in perianal Crohn's disease.

SAIA's Tina Aswani-Omprakash, along with Dr. Parakkal Deepak (US), Dr. Shaji Sebastian (UK), and Dr. Vishal Sharma (India), contributed to defining key research priorities in this important area. This article was published in the prestigious *Journal of Crohn's and Colitis*.

As always, we remain committed to improving quality of life for people living perianal Crohn's disease, including fistulising disease, and advancing research to better support those affected.

Read the full publication [here](#).

JCC JOURNAL of CROHN'S and COLITIS ECCO European Crohn's and Colitis Organisation

What are the top 10 global research priorities for perianal Crohn's disease? The Global Perianal Crohn's Disease Priority Setting Partnership

Theo Peilly, Easan Anand, Jonathan Gower, Sameer Mannick, Tom Hough, Sarah Markham, Shaji Sebastian, Christianne Buskens, Jeffrey D McCurdy, Parakkal Deepak, Amir Reza Radmard, Jaap Stoker, Philip Lung, Paulo Gustavo Kotze, Lisa Young, Denise Robinson, Shivani Joshi, Eathar Shakweh, Luke Hanna, Harjeet Singh, Yarusnessa Khan, Katie Nightingale, Nick Powell, Phil Tozer, Ailsa Hart, PSP Collaborators

Journal of Crohn's and Colitis, Volume 20, Issue 4, April 2026, jicag018, <https://doi.org/10.1093/ecco-jcc/jicag018>

Published: 01 May 2026

Abstract

Background and aims

Perianal Crohn's disease (pCD) is a debilitating condition with a prevalence of approximately 20% in patients within 10 years of diagnosis of CD. The condition significantly impacts patient quality of life, and there remain a number of unmet needs relating to its optimal management. A global Priority Setting Partnership (PSP) was established to identify the top 10 research priorities for pCD.



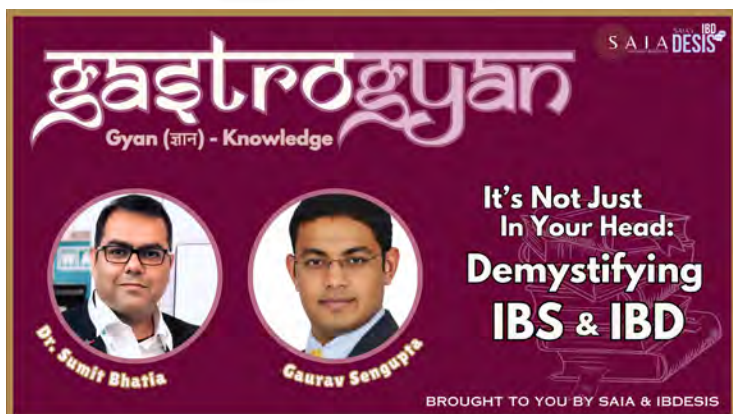
EDUCATIONAL PROGRAMS

As part of our educational efforts, SAIA is committed to creating and sharing high quality and accessible videos and digital resources on important topics in the GI space.

GASTRO GYAN: ASK THE EXPERT SERIES – SEASON 2!

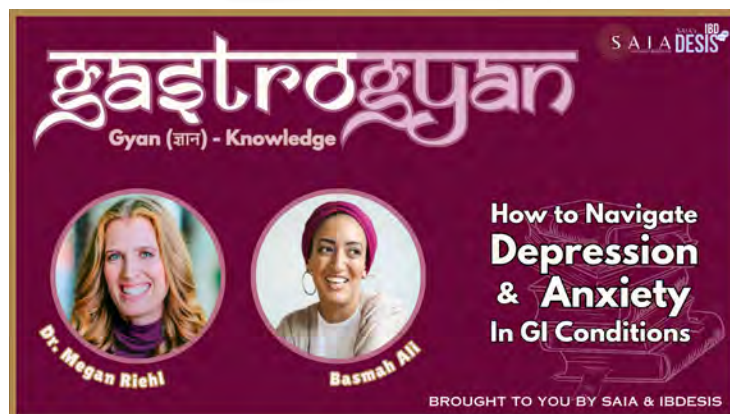
In episode three, Dr. Sumit Bhatia joins patient advocate, Gaurav Sengupta, to break down the common misconceptions between IBS & IBD, explore key symptom differences, the diagnosis process and why it's not "all in your head".

WATCH HERE



Episode four features GI Psychologist, Dr. Megan Riehl, and patient advocate, Basmah Ali. Together they explore how to recognize symptoms of anxiety and depression, practical strategies to help manage them.

WATCH HERE



SAIA'S WEBINAR SERIES: WHOLE PERSON-CENTERED CARE IN CHRONIC GI CONDITIONS

We proudly hosted our latest webinar exploring whole person-centered care in chronic GI conditions, bringing together an incredible panel of experts and patient advocates to discuss a holistic approach to health and wellbeing.

The conversation explored how patients, caregivers and clinicians can support their health through nutrition, stress management, sleep, movement, and navigating complementary and alternative medicine.

Watch the full webinar [here](#).





PATIENT CORNER

SAIA is so proud to continue highlighting the voices and perspectives of our patient community. This quarter, we shared inspiring blog posts featuring insights from Team SAIA at DDW, alongside powerful stories from our IBDesis patient & caregiver advocates.



SAIA'S PATIENT ADVOCATE TEAM REFLECTS ON KEY LEARNINGS FROM DDW 2026

A few members of our team of patient advocates were honored to attend DDW 2026 in Chicago this year, where they had the opportunity to engage with the latest research, innovations, and discussions shaping the future of GI care.

[Read the full blog post](#) to explore their key findings and takeaways.

SURAKHSHA SHARES HER MOTHER'S DAY SELF-CARE TIPS AS A CROHN'S WARRIOR & OSTOMATE

On Mother's Day, we were proud to feature self-care tips from IBDesis patient advocate, Surakhsha. A mother of two, Crohn's patient and ostomate based in Portugal.

She shared thoughtful tips on how she has learned to prioritize her own wellbeing while caring for her little toddlers, offering an honest insight into the realities of motherhood with a chronic condition.

Her message is a powerful reminder that self-care matters, even in our busiest and most demanding years. We send our love and appreciation to all our patient and caregiver mothers who show incredible strength every day.





PATIENT CORNER

VINCENT'S JOURNEY OF LIVING WITH PERIANAL CROHN'S DISEASE IN MALAYSIA

During Asian Pacific Islander Awareness month in May, we were delighted to feature Vincent, a Crohn's patient based in Malaysia.

Vincent's blog post highlights many of the challenges he has faced living with IBD in Malaysia. Despite these challenges, his experience has given him the drive to connect with other and help dismantle with stigmas surrounding IBD.

Read his full blog post [here](#).

BLOG

Patient Perspectives:
Vincent's Journey of living with Perianal Crohn's Disease in Malaysia

Hear from Patient Advocate, Vincent Tan, who bravely shares his experience of living with Perianal Crohn's Disease in Malaysia, where awareness for IBD remains low.

www.saia-gi.org/blog

BLOG

Caregiver Perspectives:
Srishti reflects on navigating the role of caregiver with her younger brother's diagnosis.

Hear from Srishti who shares her family's journey of immigrating from India, balancing caregiving with her studies, and helping her parents understand her brother's Ulcerative Colitis diagnosis.

www.saia-gi.org/blog

SRISHTI'S CAREGIVER PERSPECTIVES ON NAVIGATING HER YOUNGER BROTHER'S DIAGNOSIS

We were so honored to feature Srishti, a sister caring for her younger brother with Ulcerative Colitis.

In her heartfelt blog post, she reflects on her journey as the eldest daughter navigating the healthcare system, while striving to provide stability, care, and a sense of normalcy for her brother and family.

Read her full blog post [here](#).



INDUSTRY PARTNER FEATURE



Why Patients Like Jamie Drive Lilly's Work in IBD

At Eli Lilly and Company, our work in IBD is driven by the real needs of people living with Crohn's disease and ulcerative colitis, like Jamie.

For 16 years, Jamie has balanced life as a wife, mom and teacher while managing Crohn's disease. She's built a strong partnership with a gastroenterologist who understands how the disease affects her daily life and helps her manage it. This summer, after thoughtful planning around her treatment and symptoms, she is vacationing with her family in Hawaii. Her advice to others living with IBD: have open conversations with a healthcare provider about symptoms, goals and treatment options.

Jamie's "normal" often involves accommodations and sacrifices. That reality drives Lilly to take smart risks on bold science in gastroenterology, focusing on high unmet needs and working toward comprehensive IBD care that improves the experience for those navigating these complex diseases.



LEARN ABOUT LILLY'S
WORK IN IBD

READ JAMIE'S STORY
HERE



INDUSTRY PARTNER FEATURE

Johnson & Johnson

Living with inflammatory bowel disease (IBD) affects far more than the gut—85% of people report feeling isolated and misunderstood. To better understand how community can support care, Johnson & Johnson commissioned a white paper developed with patient advocates, including SAIA CEO Tina Aswani-Omprakash, healthcare providers, and insights from 500+ adults with IBD. The findings highlight how connection can strengthen patient-HCP relationships and support more informed, shared decision-making.

Explore the full report and resources at IBDSocialCircle.com and follow [@IBDSocialCircle](https://www.instagram.com/IBDSocialCircle) on Instagram to hear real patient stories and find support.

LEARN MORE ABOUT
JOHNSON & JOHNSON

LEARN MORE ABOUT
IBD SOCIAL CIRCLE



Medical advances can only happen through the efforts of many people—and thousands volunteer to take part in clinical trials every year.

A clinical trial is a research study designed to learn how our bodies respond to medicines or other treatments. Who can take part in a clinical trial depends on the research question the trial is trying to answer. Some trials recruit patients with a disease or other health condition that the clinical trial is studying. Other trials enroll healthy volunteers, meaning they do not have a specific disease or health condition. The trial team will educate volunteers on what will happen during participation and can answer any questions that may arise. Additionally, there's nothing more important than making sure participants feel safe when taking part in a clinical trial. They can choose to leave a trial at any time, for any reason.

When considering a clinical trial, it may help to understand the process of participation to know what to expect.

LEARN MORE ABOUT THE STEPS OF BEING A
CLINICAL TRIAL PARTICIPANT



INDUSTRY PARTNER FEATURE

LEARN MORE ABOUT
PFIZER



LEARN MORE ABOUT
IBD HAS MANY FACES



‘Let’s Talk Poop: Guides About Gut Health for Every Community

Too many people live with IBD symptoms for years before getting answers. We want to change that.

That’s why Pfizer developed an IBD educational book series: bold, accessible guides designed to help people recognize symptoms, start conversations with their doctors, and advocate for their own care.

Building on the launch of our edition for the African American community, we’re excited to share that a Latinx edition and a South Asian edition — both developed in collaboration with SAIA — are coming soon. Together, these resources reflect our commitment to meeting diverse communities where they are, with education that is both medically grounded and culturally respectful.

SAIA’s deep community knowledge and commitment to authentic representation have been invaluable in bringing these materials to life.



PARTNER FEATURE



For many patients living with chronic inflammatory bowel diseases, effective treatment is only half the battle—how a treatment seamlessly integrates into daily life is equally vital. Subcutaneous infliximab marks a meaningful advancement, uniting the well-established efficacy of infliximab with the freedom of self-administration at home. By eliminating frequent infusion center visits, it delivers greater flexibility, saves valuable time, and reduces interruptions and minimizes disruption to work, family, and personal commitments. This patient-centered innovation empowers individuals with enhanced independence while ensuring consistent disease control. Backed by robust clinical data, subcutaneous infliximab provides sustained therapeutic drug levels, driving deep and durable outcomes without sacrificing convenience or quality of care. It truly redefines what potentially a successful long-term management can look like in IBD.

LEARN MORE ABOUT
CELLTRION



Sanofi's patient first approach to GI Care

“Unfortunately, many patients with ulcerative colitis and Crohn’s Disease are inadequately controlled. And over time, patients living with recurrent disease continue to wait for new treatment options to try to alleviate their symptoms and disease course.”

In his experience treating patients with gastrointestinal (GI) disorders, Phillip Levine, MD, Head of Gastroenterology Clinical Development, Immunology at Sanofi, sees this multi-faceted challenge first-hand.

That is why deepening our understanding of the unique needs of people with GI conditions is central to advancing innovative medicines. At Sanofi we are proud to work with members of the GI community, including groups such as SAIA, to understand their perspectives as we develop solutions that can address the real challenges and barriers for patients, their family members, and their healthcare providers.

LEARN MORE



THANK YOU TO OUR SPONSORS FOR MAKING OUR EVENTS AND INITIATIVES POSSIBLE!

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THANK YOU TO OUR PARTNERS FOR SUPPORTING OUR WORK AND COLLABORATING WITH US!



IMPROVE**CARENOW**™





CONTACT US

At SAIA, we are continually striving to educate and empower. We welcome you to reach out with any feedback, questions, or concerns anytime via info@saia-gi.org.

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