



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 3 • OCTOBER 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 celebrated 5 years this summer!

In honor of our 5-year anniversary, we hosted a phenomenal reception on October 11th in Nashville, TN, at ACG 2026. From splashes of boba and henna to glimpses of garba and discussion around slashing stigma and barriers to care around GI conditions, it was an unforgettable evening! We hosted 275 people of 326 who registered. We gave out several travel scholarships for patients and caregivers who were beyond thrilled to experience the culturally immersive event. And if that wasn't enough, we were honored and thrilled to celebrate the launch of Dr. Bincy Abraham's best-selling debut book, *Success in Medicine*.

Thank you for attending and making our 5 years as impactful as possible!

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

**Always Committed to the GI Community,**

**Bincy Abraham, MD &**

**Tina Aswani-Omprakash, MPH**





# SAIA'S GROWTH AND NEW LEADERSHIP

## WELCOMING SAIA'S NEW TREASURER!

We're delighted to welcome **Dr. Nayantara (Naina) Coelho-Prabhu** as SAIA's new Treasurer as our organization continues to grow and expand.

Dr. Coelho-Prabhu is a Professor of Medicine in the Division of Gastroenterology and Hepatology at Mayo Clinic in Rochester, Minnesota.

She is an internationally recognized therapeutic endoscopist with expertise in dysplasia and colorectal cancer in IBD, GI bleeding, and applications of artificial intelligence in gastroenterology.

Read more about Naina [here](#).



## CELEBRATING SAIA'S GROWING COMMUNITY!

As our online community continues to grow, we're excited to share that we've surpassed **30,000 subscribers** on YouTube and **6,000 followers** on Instagram!

From our Educational Webinars and Gastro Gyan series on YouTube to the digital resources and important updates we share on Instagram, we're grateful to everyone who engages with, shares and helps amplify our content.

A **huge thank you** to the patients and clinicians who share their voices, experiences, and expertise with us, and to our dedicated community for continuing to learn, engage and grow alongside us.

New to SAIA? Subscribe to our YouTube channel [here](#). And follow our Instagram page [here](#).



# 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!

SAIA  
STRATEGIC ALLIANCE FOR INTERCULTURAL ADVOCACY IN GI

## 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](http://www.saia-gi.org)

**DONATE**

**CLICK HERE TO DONATE**



saia-gi.org



# SAIA AT EVENTS & CONFERENCES

## Advance the Future of IBD Care for All Ages

### Who Can Participate?

- Adults and children (Minor participation requires parent/guardian consent)
- Patients diagnosed with IBD (Crohn's disease or ulcerative colitis)
- Patients with Inflammatory Bowel Disease-undetermined (IBD-U), fistula or strictures will be considered
- Currently experiencing symptoms or in remission (Study-dependent)
- Patients with J-pouch and/or ostomy are NOT eligible at this time

### What's Involved?

- This is a non-invasive test and no bowel prep is needed
- Complete sign-up to include information about health and symptoms (Parent/guardian may assist for children)
- Record needs to be provided that shows proof of Crohn's disease or ulcerative colitis (GI doctor's note, last colonoscopy or imaging)

- Possible review of medical records: MyChart or medical record portal proof of colonoscopy, MRI or CT scan showing IBD diagnosis
- Alternative can be a letter from your physician showing proof of IBD

### Why Participate?

- Have your IBD monitored in person in real time by experts for FREE
- Help advance research in pediatric and adult IBD treatment
- Contribute to improving quality of life for patients of all ages

### Compensation

- Participants will receive:
- Gift card for time and participation
  - Travel reimbursement (Illinois, Indiana and Wisconsin)

### Interested? Contact Us Today!

ASGE Staff: Viviana Rodriguez,  
Coordinator, Education Programs  
Email: [education@asge.org](mailto:education@asge.org)  
Phone: (630) 570-5615

Sign Up:



Your Privacy is Important  
All information will be kept confidential. Participation is voluntary, and parents/guardians must provide consent for children.

Learn more at [ASGE.org/IBUS](https://ASGE.org/IBUS)

## SAIA PARTNERS WITH ASGE & IBUS FOR AN INTESTINAL ULTRASOUND (IUS) WORKSHOP!

We're so proud to partner with ASGE and IBUS for an Intestinal Ultrasound (IUS) Workshop, with SAIA's President Dr. Bincy Abraham serving as Course Director.

People living with IBD in and around Illinois are invited to take part in this **FREE** workshop on November 6-7, 2026 at ASGE Endoscopy in Downers Grove, IL.

Interested in taking part? Scan the QR code or email [education@asge.org](mailto:education@asge.org) to sign up.



## SAIA REPRESENTS AT THE CLINTON GLOBAL HEALTH INITIATIVE

Our very own CEO, Tina, spoke on September 22nd, 2026 in New York City at Clinton Global Initiative's Health Working Session on "Where Trust Lives." The purpose of the discussion panel was to start developing solutions on creating and rebuilding trust in healthcare, a topic at the heart of SAIA's work.

As conversations continue to head in the direction of building trust, SAIA is committed to effectively designing solutions to build trust in GI care via cultural sensitivity and humility.





# SAIA AT EVENTS & CONFERENCES

## SAIA ATTENDS AGA ADVOCACY DAY!

We're proud to have once again taken part in the American Gastroenterological Association's Advocacy Day in Washington, D.C. on September 24th, 2026.

Representing SAIA Leadership were **Dr. Parakkal Deepak**, **Tina Aswani-Omprakash** and **Dr. Nayantara Coelho-Prabhu**, alongside Patient Volunteers **Ian Goldstein** and **Max Chaudhary**.

We advocated for increased NIH research funding, improved physician reimbursement for Medicare, and reduced health insurance prior authorizations and step therapy. To herald this change, nearly 20 patient advocates went on Capitol Hill with almost 100 doctors and researchers to tell our stories and share why we must do better on all three fronts.



## SAIA AT IBD CONCLAVE 2.0



## SAIA SHINES AT IBD CONCLAVE 2.0!

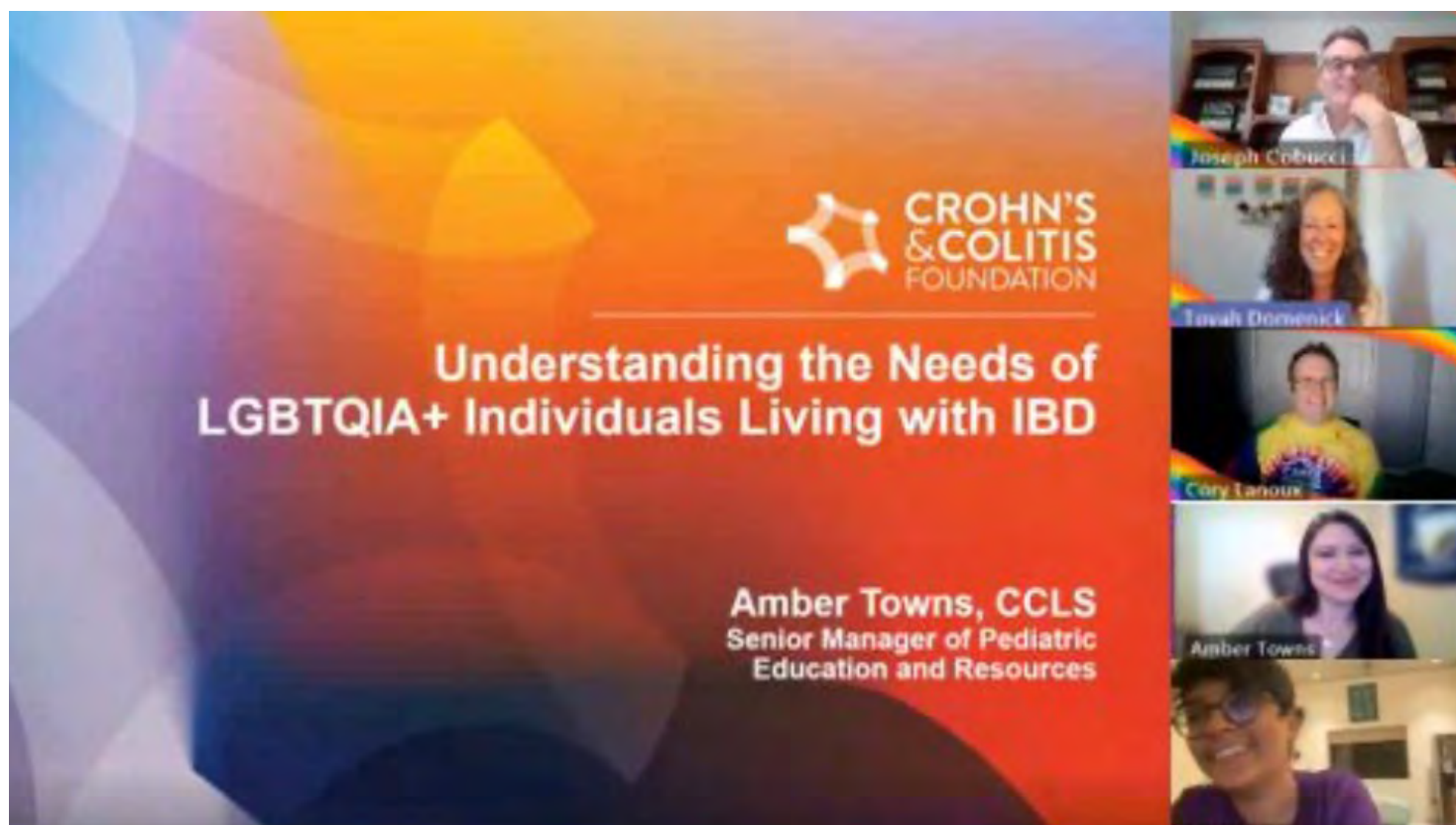
SAIA had an incredible few days at **IBD Conclave 2.0** in **Hyderabad, India**, beginning with our Guinness World Record-setting patient awareness session alongside **SAIA Medical Advisor Dr. Kiran Peddi**.

Throughout the conference, SAIA leaders contributed to important discussions spanning fistulizing Crohn's disease, emerging therapies in ulcerative colitis, and the microbiome in IBD care, while **COO Madhura Balasubramaniam** served as **Master of Ceremonies**.

We're grateful to everyone who helped make the conference a success and proud to continue advancing IBD awareness, education and care in India and beyond.



# SAIA AT EVENTS & CONFERENCES



## MADHURA'S LGBTQIA CONVERSATION CORNER WITH THE FOUNDATION

We are proud to share that SAIA's COO, Madhura Balasubramaniam, was a featured Patient Advocate Speaker at Crohn's & Colitis Foundation's Pride Month Conversation Corner hosted by the Foundation's Rainbow Club Employee Resource Group. Attended by several employees of the Crohn's & Colitis Foundation, this was an incredible opportunity where Madhura discussed the intersectionalities of chronic illness, LGBTQIA+ identities and cultural identities and the importance of inclusive clinical practice and advocacy work and care in India and beyond.



# RESEARCH



## THE LANCET Gastroenterology & Hepatology

Volume 11, Issue 8, P650-652, August 2026

### All in her head: dismantling medical misogyny in disorders of gut-brain interaction

[Tiffany H Taft](#)<sup>a,b</sup> [Tina Aswani-Omprakash](#)<sup>b</sup>  
[Johannah Ruddy](#)<sup>c</sup>

Gender is a crucial determinant in the navigation of a multi-tiered health-care system. Medical misogyny and medical misogyny, as applied to women of colour, encompass systemic biases, discrimination, and neglect of women's health, and are rooted in historical and patriarchal viewpoints. We know that structural sexism within health care leads to poor outcomes, but how does medical misogyny manifest in gastroenterology practice, specifically as it relates to the management of disorders of gut-brain interaction (DGBIs)?

## SAIA EXPANDS INTO DGBI RESEARCH!

SAIA is proud to mark our first foray into disorders of gut-brain interaction (DGBI) research, with a new commentary published in The Lancet Gastroenterology & Hepatology.

Co-authored by Dr. Tiffany Taft, SAIA CEO Tina Aswani-Omprakash, and Johannah Ruddy, Senior Director of Patient Advocacy at Ardelyx, the commentary explores the impact of medical misogyny in DGBI and the important role of cultural sensitivity in improving training and patient outcomes.

Read the full article [here](#).

## NEW RESEARCH EXPLORING SEXUAL WELL-BEING IN IBD

Dr. Simona Fourie of the University of Oxford, alongside Dr. Neil Nandi and Tina Aswani-Omprakash of SAIA, recently published new qualitative research exploring intimacy and sexual well-being among ethnically diverse people living with IBD.

The study included 26 participants from South Asian, Middle Eastern, Hispanic, Arab and African backgrounds, including LGBTQIA+ participants, and highlighted how cultural and societal norms can add further challenges and stigma when discussing sexual health and IBD.

Read the full study [here](#).



JCC JOURNAL of  
CROHN'S and COLITIS



European  
Crohn's and Colitis  
Organisation

First published: 17 July 2026 <https://doi.org/10.1002/jcc.5.70059>

### The Added Shame of IBD: A Qualitative Exploration of Ethnically Diverse Individuals Addressing Concerns About Sexual Well-Being Within Clinical Contexts

[Simona Fourie](#) [Tina Aswani-Omprakash](#) [Neilanjan Nandi](#)

Sexual well-being is an important aspect of care for people living with inflammatory bowel disease, as the condition and its symptoms can negatively impact quality of life. Despite this, there is limited evidence on how concerns related to sexual well-being are addressed in clinical care, particularly among people from diverse cultural and ethnic backgrounds. This study aimed to explore the experiences of individuals from diverse ethnic backgrounds and to examine how cultural and religious factors influence discussions about sexual well-being in clinical settings worldwide.



[saia-gi.org](https://saia-gi.org)



# EDUCATIONAL VIDEOS AND RESOURCES

## SUPPORTING A SUCCESSFUL TRANSITION FROM PEDIATRIC TO ADULT GI CARE

Drawing on our [Pediatric to Adult Transition of Care webinar](#), SAIA has developed expert-reviewed digital resources exploring how we can better support young people as they transition from pediatric to adult GI care.

The resources cover transition **readiness**, building **confidence and independence**, navigating the **transfer of care**, and the important roles that culture, **family and mental health** can play in shaping a young person's transition journey.

Together, they highlight ways to create a more supportive, inclusive, and personalized transition experience for young people and their families.

Explore the Resources: [Part 1](#) | [Part 2](#)

**TRANSITION FROM PAEDIATRIC TO ADULT CARE**

Transitioning starts with a planned shift over many years towards independence and starts **early**. Patients are then transferred to their new care team.

**GOALS OF PAEDIATRIC CARE**

- Focuses on growth, puberty & development
- Involves family in shared decision-making
- Learning to understand GI conditions

**GOALS OF ADULT CARE**

- More responsibility on the patient
- Long-term management of GI condition
- Self-management & autonomy

Without a structured transition, young people can feel lost between systems. This can lead to **delays in support, reduced confidence** managing GI conditions, and **challenges maintaining good disease control**.

SAIA IMPROVECARENOW Medically reviewed by Drs. Ashish Patel, Sabina Ali, and Tiffany Taft

**gastrogyan**  
Gyan (ज्ञान) - Knowledge

**Pursuing Higher Education with GI Conditions**

Dr. Sandra Kim  
Chandershekhar Shori

BROUGHT TO YOU BY SAIA & IBDEIS

**WATCH HERE**

## GASTRO GYAN: PURSUING HIGHER EDUCATION WITH A GI CONDITION

In our latest Gastro Gyan episode, Patient Advocate and medical student Chandershekhar Shori is joined by Dr. Sandra Kim, Chair of Pediatric Gastroenterology, Hepatology, and Nutrition at Cleveland Clinic, to discuss navigating education while managing your health.

From understanding good disease control and staying on top of your health to self-advocacy and accessing academic accommodations, the episode shares practical strategies to help students feel confident and supported throughout their educational journey.

Watch the full episode [here](#).



# LAUNCH OF GUT MASALA RECIPES!

We're so excited to have officially launched Gut Masala, SAIA's new collection of cultural recipes shared by patient advocates and their loved ones from around the world.

Food is more than what we eat. It's culture, family, memories and connection. Gut Masala celebrates those connections by sharing the stories behind meaningful dishes, alongside thoughtful adaptations to help make cultural foods more accessible for people living with chronic GI conditions while avoiding unnecessary restrictions.

We're delighted to share our first two Gut Masala recipes, with many more to come!

**GUT MASALA**  
Navigating Cultural Diets with Chronic GI Conditions

**Ta'ameya**  
Egyptian Falafel

Made with ❤️ by: **Basmah Ali**  
Reviewed by: Shehnaz Bashir, RD

🕒 30 MINS

"I can't think of anything that says Egyptian breakfast more than ta'ameya. It reminds me of mornings with my Teta (grandmother). I can recall sitting with her, the aroma of the breakfast spread filling the room, and the window open for us to hear the early busy streets of Cairo."

FLAVOR THAT FEELS like home

OUR FREQUENT INSPIRATION RECIPES FOR EVERYDAY LIFE MADE BY OUR COMMUNITY

**Basmah's Ta'ameya Recipe!**

**GUT MASALA**  
Navigating Cultural Diets with Chronic GI Conditions

**Khichdi**  
Rice Lentil Porridge

Made with ❤️ by: **Chandershekhar Shori**  
Reviewed by: Shehnaz Bashir, RD

🕒 25 MINS

"Growing up with Crohn's disease, khichdi was often one of the few foods I could tolerate during a flare, so it became a comforting constant during some of my hardest days. It still reminds me of home, my family's care, and how much a simple, familiar meal can mean when you are struggling."

FLAVOR THAT FEELS like home

OUR FREQUENT INSPIRATION RECIPES FOR EVERYDAY LIFE MADE BY OUR COMMUNITY

**Chandershekhar's Khichdi Recipe!**



# INDUSTRY PARTNER FEATURE



## The IBD Project

Living with inflammatory bowel disease (IBD) shouldn't mean navigating it alone. The IBD Project by Takeda connects the IBD community with trusted information and support. Healthcare professionals can visit [IBDIQ.com](http://IBDIQ.com) for educational videos on disease management at no cost, while patients and care partners can find practical resources on advanced treatment at [LivingWithIBD.com](http://LivingWithIBD.com).

Discover more resources available at

[TheIBDProject.com](http://TheIBDProject.com)

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## Ardelyx

A US based company is investigating Chronic Idiopathic Constipation (CIC), also known as Chronic Constipation (CC) or Functional Constipation (FC). Their goal is to better understand the process patients go through in seeking healthcare and receiving a diagnosis as well as experience with medications and other non-medication treatments patients try most frequently. The survey is completely anonymous and voluntary. Thank you in advance for your willingness to help inform better care by sharing your personal experiences living with this condition.

Access the survey [here](#).

LEARN ABOUT  
TAKEDA'S IBD PROJECT



# PARTNER FEATURE



## CROHN'S & COLITIS PHILIPPINES

Established in 2017, Crohn's and Colitis Philippines is the country's first and only patient-led support community for Inflammatory Bowel Disease (IBD). It delivers a compassionate peer-support network for patients and families while uniting clinicians, industry partners, and global advocates to advance local care.

To bridge severe baseline data gaps following IBD's reclassification from a psychosocial disability to inclusion under the Rare Diseases Act (RA 10747), the community spearheaded the nation's first patient-led IBD registry.

To ensure long-term impact, the organization is formalizing into the "Nicar Noemi Bartolome Crohn's and Colitis Foundation Philippines, Inc."—honoring its late co-founder following her passing in May 2026 after a courageous journey with Crohn's-related colorectal cancer. The Foundation remains dedicated to building a sustainable healthcare network that supports and empowers every Filipino IBD patient across every stage of their journey. Learn more [here](#).

## 2026 Whole Health Policy Summit

📍 Washington, D.C., November 10, 2026  
🕒 9:00 AM - 3:00 PM ET | In-Person | Livestream

### + Reframing What the U.S. Healthcare System Should Deliver

PARTNER



📍 The Dupont Circle Hotel  
1500 New Hampshire Avenue NW  
Washington, DC

🔊 Livestream Option



Join IVI on November 10, 2026, in Washington, DC, or via livestream, for the 2026 IVI Whole Health Policy Summit: Reframing What the U.S. Healthcare System Should Deliver.

The Summit will bring together leaders across healthcare policy, patient advocacy, research, innovation, employer health, and care delivery to explore what the U.S. healthcare system should deliver for patients and families.

Through keynote discussions and forward-looking policy sessions, participants will examine how policy, measurement, and incentives can better reflect real-world outcomes that matter most to patients and families, including health, emotional, social, time, and financial impacts.

Learn More [here](#).

Register here: [In-Person](#) [Livestream](#)



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

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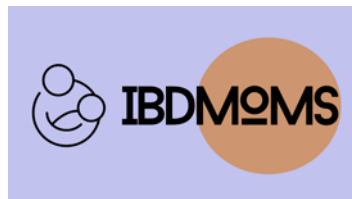
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# THANK YOU TO OUR PARTNERS FOR SUPPORTING OUR WORK AND COLLABORATING WITH US!



IMPROVECARENOW™





# 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\*\*](mailto:info@saia-gi.org).

**BECOME A MEMBER!**

**DONATE NOW**



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