



Bruce E. Sands, MD, MS

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Dr. Bruce Sands is one of the world's foremost clinical investigators in inflammatory bowel disease (IBD). For more than three decades, he has helped redefine the treatment of Crohn's disease and ulcerative colitis through landmark clinical research that has fundamentally changed how these diseases are studied, evaluated, and treated. His work has advanced nearly every major therapeutic breakthrough in modern IBD, while helping establish the standards of care that now guide physicians around the world.

Dr. Sands received his B.A. summa cum laude and M.D. through the Boston University Liberal Arts Medical Program before completing residency training in Internal Medicine at the Hospital of the University of Pennsylvania and fellowship training in Gastroenterology at the Massachusetts General Hospital. He later earned a Master of Science in Epidemiology from the Harvard School of Public Health, combining rigorous clinical training with expertise in clinical investigation that would define his career. After more than two decades at Massachusetts General Hospital and Harvard Medical School, he joined the Icahn School of Medicine at Mount Sinai in 2010, where he serves as System Chief of the Division of Gastroenterology and Dr. Burrill B. Crohn Professor of Medicine.

Throughout his career, Dr. Sands has focused on a single goal: improving the lives of patients with IBD by generating the evidence needed to transform clinical practice. He has served as a principal investigator and scientific leader for many of the pivotal clinical trials that established biologic and targeted therapies—including anti-TNF agents, vedolizumab, ustekinumab, IL-23-directed therapies, JAK inhibitors, and numerous emerging treatments. These studies have directly contributed to the approval and optimal use of therapies that have altered the lives of millions of patients worldwide.

Beyond developing new therapies, Dr. Sands has been instrumental in reshaping how IBD is managed. His work has helped define objective treatment targets, validated disease activity and endoscopic outcome measures, advanced therapeutic drug monitoring, improved postoperative management, and

established patient-centered outcomes that are now incorporated into clinical trials and everyday practice. Through the Ocean State Crohn's and Colitis Area Registry (OSCCAR), one of the first prospective population-based IBD inception cohorts in the United States, he also generated important insights into the natural history of IBD and factors that predict long-term outcomes, helping move the field toward more personalized care.

Dr. Sands has authored more than 425 peer-reviewed publications and is among the world's most highly cited investigators in gastroenterology, with more than 85,000 citations to his work. His scholarship has influenced virtually every aspect of modern IBD care, from drug development and clinical trial methodology to disease monitoring and quality improvement.

His influence extends well beyond his own research. Dr. Sands has served as Chair of the International Organization for the Study of Inflammatory Bowel Disease (IOIBD), Chair of the American Gastroenterological Association Immunology, Microbiology and Inflammatory Bowel Disease Section, and in numerous leadership roles within the Crohn's & Colitis Foundation. Through these organizations, he has helped develop international consensus statements and research priorities that continue to shape the direction of the field.

Equally important has been Dr. Sands' dedication to mentoring future leaders. Over the course of his career, he has trained physician-scientists who now direct IBD programs at major academic medical centers throughout North America and around the world, extending his influence across generations of investigators and clinicians.

Dr. Sands' contributions have been recognized with numerous honors, including the Henry D. Janowitz Lifetime Achievement Award from the Crohn's & Colitis Foundation, and Mount Sinai's Jacobi Medallion. Through his pioneering clinical research, international leadership, and unwavering commitment to improving patient care, Dr. Sands has helped shape the modern era of inflammatory bowel disease medicine.

In 2026, Dr. Sands received the Sherman Prize for Excellence in Crohn's and Colitis.