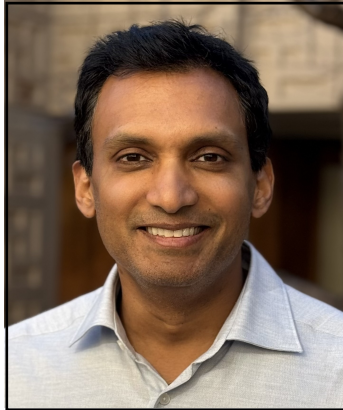




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Sidhartha R. Sinha, MD, is an Assistant Professor of Medicine in the Division of Gastroenterology and Hepatology at Stanford University School of Medicine, where he directs the Digital Health and Innovation program and leads the Digestive Disease Biobank for Precision Medicine. His research is organized around a single unifying principle: starting from what patients with inflammatory bowel disease describe as needing most and pursuing those problems with the rigor they deserve.

Dr. Sinha's scientific formation reflects an uncommon combination of training experiences. After completing his internal medicine residency at Stanford, he undertook a dedicated yearlong fellowship in Stanford Biodesign, acquiring a formal, repeatable framework for identifying and validating unmet patient needs. He then entered gastroenterology fellowship, during which he was selected as Chief Fellow, and completed a postdoctoral appointment in translational immunology. Together, these experiences equipped him with two complementary capabilities: the discipline to begin always with patient needs, and the mechanistic tools to understand why interventions work and how to design the next generation to work better.

The research program that has emerged from this training spans three areas of particular unmet need in IBD, each pursued with clinical and mechanistic depth. In precision nutrition, Dr. Sinha led the largest randomized controlled trial of a non-exclusionary dietary intervention in adult Crohn's disease, published in *Nature Medicine* in 2026, demonstrating that a fasting-mimicking diet can induce clinical remission and coupling that clinical result with analyses designed to understand mechanism and identify the biological response signatures needed to personalize therapy. In mechanistically informed drug repurposing, his propensity-matched epidemiologic studies identifying statins as candidates for modifying stricturing Crohn's disease and preventing primary sclerosing cholangitis, have directly launched two funded investigator-initiated trials now actively enrolling and anchored in high-dimensional biological profiling. And in foundational microbiome science, his Cell Host & Microbe paper demonstrating that dysbiosis-induced secondary bile acid deficiency drives intestinal inflammation has been cited more than 800 times and continues to inform his ongoing translational and dietary work. Parallel efforts in non-invasive disease monitoring, including small bowel sampling and an exhaled breath condensate metabolomics platform that distinguishes active from inactive ulcerative colitis, address the everyday burden of disease surveillance that his patients navigate.

Dr. Sinha is an American Gastroenterological Association Fellow and the recipient of the Rosenman Innovator Award and the Kenneth Rainin Foundation Innovator Award. He has served as the primary research mentor to more than 20 trainees, several of whom have gone on to faculty positions at leading academic medical centers. As a longstanding executive committee member and course director for the AGA Center for GI Innovation and Technology, he has worked to embed needs-driven innovation methodology into the training of the next generation of GI investigators. As a physician-scientist, Dr. Sinha is committed to the conviction that the hardest problems in IBD, pursued in partnership and grounded in patients, are the most worth solving.

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