

PiCC

PULSE

Newsletter

September 2025



Welcome!

Introduction to Sheila
Khawaja
PiCC United Board Member

Welcome to PiCC Pulse



We hope you have had a nice summer.

This month we take the opportunity to introduce another one of our board members. We feel its important that you get to know who is behind the scenes and what makes us unique.

Also in this month, is a round up of our latest news and activities, including the launch of our first podcast episode, and an opportunity to give us feedback and influence our direction.

Thanks for joining us. Natalie (PiCC Pulse Editor) and the PiCC Board.

Introducing Sheila Khawaja

Say Ciao to Sheila! Sheila is our September cover girl and board member. Sheila represents the community through her role as Community Manager and she is here to tell you a little about herself.



"I'm Sheila, and I'm fortunate to call Italy home.

I was born in Trieste, a border city that once stood at the edge of the Iron Curtain. Growing up here meant understanding borders in a very personal way: my grandfather needed a special document called a prepustnica just to travel in the region and cross into what

was then Yugoslavia. My region, Friuli-Venezia Giulia, is full of these complex border stories: nearby Gorizia was even divided like Berlin after WWII, with a wall running through its main square until Slovenia joined the EU in 2004.



"In early 2025, I joined PiCC United as Community Manager and Board Member, drawn by the opportunity to collaborate with patients and stakeholders across diverse disease areas. After a decade of advocacy in acromegaly and related endocrine disorders, I was ready to broaden my perspective and share what I had learned with other communities.



"Languages became my gateway to connection"

"Travel has shaped me since childhood, instilling curiosity and respect for cultures and traditions. Languages became my gateway to connection, eventually leading me to teach English and later to develop expertise in technical and scientific translation. Alongside this, patient engagement has been a central part of my journey for over ten years. Since 2023, I've been contributing to the EURORDIS Mental Health and Wellbeing project, developing resources to support the rare disease community. I've also served on international boards and advisory groups, and as an EUPATI Fellow and journal reviewer, I work to ensure that research speaks not only to experts but also to the people it affects most.



"Outside of work, I'm happiest with a cup of tea in hand, a nod to my Indian heritage, or out walking in the mountains or late afternoons along beaches. And since I caught the travel bug as a child, I can still pack a suitcase in under fifteen minutes, a skill I'm oddly proud of, and one that comes in handy!"

PiCC News Update

Here we highlight the latest news from the PiCC Community, including new events, webinars, developments and improvements.



Tell us what you think...

Since we launched PiCC United we have consistently been reflecting, rebuilding and developing our approach, to provide a better service to you, the community.

However to help us develop further we would love to have your input.

If you haven't already given your feedback, please add your thoughts by completing our short survey: [PiCC United Pulse check](#).

Your input will really help us!

SEARCHING for PiCC Lounge.....

Find the PiCC Lounge Podcast on your normal podcast provider and sign up, follow and get the latest episodes delivered right into your ears!

We are now on most platforms, including [Apple](#), [Spotify](#), [Amazon](#), [PlayerFM](#), and [Podchaser](#)!

If you have an idea for a topic or want to share your story with the community, [email us](#) or [follow this link](#).



Do you have something to share?

PiCC United is here for everyone, whether you are a patient, advocate, carer, healthcare or Pharma professional or anyone with a role in this field.

We would love to help share your ideas, experiences or opinions. No matter how you like to share, we can find the perfect platform to help get your voice heard. Talk to us: hello@piccunited.org or click here: [Tell us more](#)

