



Dr. Saigal has been Professor of Pediatrics since 1984 and is currently Professor Emerita at McMaster University. She continues to run the follow-up clinic as well as her ongoing research. She is internationally recognized for her studies that focus on the quality of life and consequences of having been born extremely prematurely and she has published extensively on the same. Dr Saigal is the co-Founder of 'Adults born Preterm International Collaboration' (APIC), a network that facilitates collaboration and sharing of data with investigators interested in the long-term health and disease of this vulnerable population.

Dr Saigal is the recipient of many prestigious awards. Among them, the highest awards from the Canadian Pediatric Society, Distinguished Neonatologist Award, 2005, and the American Pediatric Society, The Virginia Apgar Award, 2018, for distinguished contributions to Perinatal Medicine; and her alma mater with the McMaster Faculty of Health Sciences Community of Distinction Award, 2018.

Dr Saigal has written a book for a lay audience, "Premie Voices" (Friesen Press, 2014), that incorporates letters written by the former preemies now in their 30s, and the research findings on them. It is accompanied by a 25-minute video documentary - [www.premievoicesbook.com](http://www.premievoicesbook.com).