

ISTRY NEWSLETTER

International Society for Tryptophan Research

PRESIDENT ADDRESS FROM A/PROF STEFANO COMAI

Dear friends, colleagues, and members of the ISTRY community,

Welcome to our 9th issue of the ISTRY Newsletter. With the 17th ISTRY Meeting, taking place in Padova, Italy, from June 10-12, 2026, fast approaching, there is a real sense of excitement as we prepare for this important gathering of our ISTRY family. The local organising committee, together with the ISTRY Media Team, have been busy behind the scenes, bringing together the scientific programme, coordinating presentations and sessions, and preparing to welcome colleagues from around the world to what promises to be an inspiring and memorable meeting.



Returning to Padova, the birthplace of ISTRY, makes this occasion especially meaningful. It is not only a chance to share the latest advances in tryptophan research, but also an opportunity to reconnect with old friends, meet new colleagues, support our early career researchers, and celebrate the community that continues to make ISTRY so special.

The 2026 meeting reflects the international strength and diversity of our Society. Based on the current participant list, we are delighted to welcome over 100 registered delegates from 17 countries across Europe, Asia, North America, Oceania, and Africa. While Padova provides a symbolic homecoming, the meeting is strongly international in scope, with nearly three quarters of participants joining from outside Italy. This broad participation highlights the continuing global interest in tryptophan research and the important role of ISTRY as an international platform and community, bringing people together, fostering collaboration, and enabling cutting-edge research across disciplines, career stages, and regions.

The scientific programme showcases the remarkable breadth and vitality of the field, bringing together basic, translational, and clinical perspectives on tryptophan metabolism and its relevance to health and disease. Sessions will cover the kynurenine pathway, serotonin biology, neuropsychiatry, neurodevelopment, neurodegeneration, immunometabolism, cancer, microbiome-gut-brain interactions, nutrition, exercise, aging, medicinal chemistry, and analytical innovation.

Over two and a half days, the meeting will provide a vibrant forum for scientific exchange, with keynote lectures, thematic symposia, oral presentations, poster sessions, Data Blitz presentations from our junior colleagues, and joint sessions with partner societies. Beyond the formal scientific programme, the meeting will create space for conversation, reconnection, and shared experiences in Padova's rich scientific and cultural heritage.

We are also grateful to our sponsors, **ImmuSmol SAS** and **Prodotti Gianni SRL**, for their generous support of ISTRY 2026. Their contribution helps make this meeting possible and supports our shared goal of fostering scientific exchange, collaboration, and the continued growth of the international tryptophan research community.

We look forward to welcoming you to Padova for an inspiring and memorable ISTRY 2026!

Best regards,

Stefano Comai

Chair ISTRY 2026

WHAT'S INSIDE THIS ISSUE:

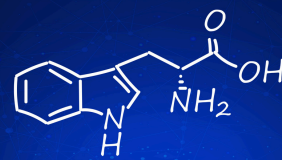
ISTRY President Address

ISTRY Media Team & EMCR Updates

Meet the ISTRY Media Team



ISTRY
ON LINKEDIN



BUILDING SOMETHING BIGGER: THE ISTRY MEDIA TEAM & EMCR COMMUNITY

Written by Prof Edwin Lim, ISTRY Executive Member and ISTRY Media Team Advisor

WHAT IS THE MEDIA TEAM?

Tryptophan research is an intimate and highly interdisciplinary field, which represents its greatest strengths, drawing together psychiatrists, neuroscientists, immunologists, biochemists, and clinical researchers in ways that larger fields rarely achieve. However, it also means that for students and postdocs entering the area, finding their footing, identifying mentors, and building a professional identity can feel more challenging than in larger, more established communities.



When I became Secretary of ISTRY in 2019, ISTRY already had a website, but what it didn't yet have was a continuously active presence or a way to stay connected with international members between conferences, to share research, and to keep the community moving. That gap is what the Media Team was created to address.

While the Media Team was initially conceived as a communication initiative, it has evolved into something much broader. In practice, being part of the team involves contributing to scientific communication, developing outreach activities, and engaging with a diverse international network of researchers. Members gain experience in writing, collaboration, and networking, often in ways that are not typically embedded within traditional research training. Importantly, these contributions are visible and attributable, allowing members to build a trackable portfolio of work that reflects their engagement beyond publications.

PROGRESS AND UPDATES

For me, one of the most rewarding aspects has been seeing how the Media Team changes the way researchers engage with the broader ISTRY community. From the [Featured Articles](#), [Newsletters](#), [Webinars](#), strong engagement across social media during ISTRY 2024 to the launch of our [new LinkedIn page](#), the Media Team has created opportunities for researchers to connect across disciplines, gain insight into different research cultures, and view their work through a broader tryptophan-focused lens.

AN INVITATION

One of the things I'm most focused on as we head into ISTRY 2026 is understanding how we can better support early- and mid-career researchers, and maximise the value people genuinely derive from an ISTRY membership. As part of this, we are hoping to establish a more formal **early- and mid- career researcher (EMCR) network** within ISTRY — one that is shaped collaboratively by the people it is intended to support. We want to better understand what students, postdoctoral researchers, and early-career scientists actually want from the Society, whether that be mentorship, networking, training opportunities, interdisciplinary collaboration, science communication experience, or simply stronger community connection within the field.

To help start these conversations, [we will be holding an informal EMCR meeting prior to the conference at ISTRY 2026](#). This will be an opportunity to discuss ideas for the future of EMCR engagement within the Society, connect with other researchers across disciplines and career stages, and hopefully continue conversations afterwards over a casual lunch and gelato. Scan the QR Code below to RSVP. If you are a student, postdoctoral researcher, or early-career researcher attending ISTRY 2026, I hope you'll come introduce yourself, share what you're working on, and tell us what you would find genuinely useful from a society like ours. The field is richer for every person who engages with it actively. The Media Team is one way to do that — but it is also a starting point for thinking more broadly about how ISTRY can continue to support the researchers who will carry this science forward.

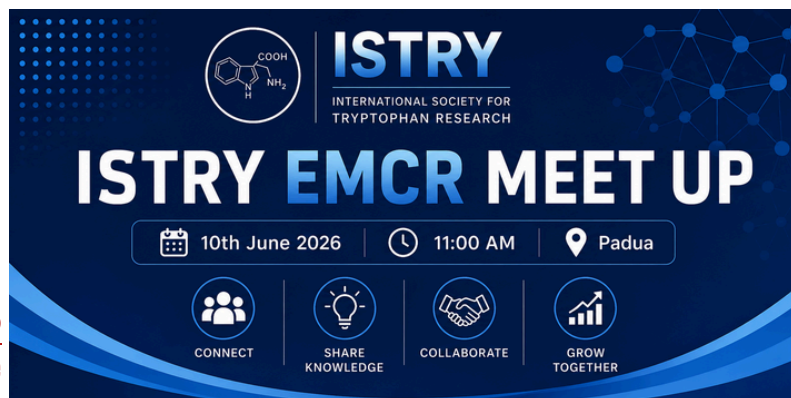
We look forward to meeting you in Padua.

Best Wishes,
Edwin Lim
Secretary & Treasurer



RSVP EMCR MEET UP

All students and early-mid career researchers welcome



ISTRY
INTERNATIONAL SOCIETY FOR
TRYPTOPHAN RESEARCH

ISTRY EMCR MEET UP

10th June 2026 | 11:00 AM | Padua

CONNECT | SHARE KNOWLEDGE | COLLABORATE | GROW TOGETHER

INSIDE THE ISTRY MEDIA TEAM

Insights from ISTRY Media Team members shaping communication and community across the ISTRY community



"I joined the media team because I wanted to connect more with the ISTRY community. Being in South Carolina, we are far from other members of the community, so when my PI informed me of the opportunity to join the media team, I was eager to join. By joining the ISTRY media team, I have been able to grow my personal network and learn so much about tryptophan research outside of my niche."

MARIA PIROLÌ | SOCIAL MEDIA ASSISTANT
UNIVERSITY OF SOUTH CAROLINA SCHOOL OF MEDICINE, USA
• PHD STUDENT

"Being part of the media team has helped me build meaningful connections within the ISTRY community. It's been especially rewarding to attend meetings like the 2024 conference and connect in person with people I had previously only worked with online, which has strengthened those relationships. The media team is such a supportive, collaborative team and a great way to meet people, build your network, and feel more connected at conferences and in the ISTRY community more broadly."

SAMARA WALPOLE | CHAIR,
MEDIA TEAM
UNIVERSITY OF WOLLONGONG,
AUSTRALIA • POSTDOCTORAL
RESEARCHER



SANDRA TATCHUM | INTERVIEWER, FEATURE
WRITER & WEBINAR COORDINATOR
UNIVERSITY OF PRETORIA, SOUTH AFRICA •
SENIOR TECHNICAL ASSISTANT

"During the ISTRY conference in 2024, I got the opportunity to meet some of the members of the ISTRY media team. After I found out about what they do, I could not wait to join the team. I am very grateful to be part of the team. Writing the monthly featured article gives me the opportunity to stay up to date with the latest research in tryptophan, it has also allowed me to improve my writing."



"Being part of the Media Team has allowed me to connect with like-minded EMCR researchers from across the world, while also applying my research and communication skills in more creative ways. I've particularly enjoyed adapting scientific writing for newsletters and feature articles, contributing to graphic design and visual communication for society materials, and helping build new ways for researchers within the tryptophan field to stay connected and engaged between conferences."

LORRAINE TAN | EVENTS COORDINATOR
MACQUARIE UNIVERSITY, AUSTRALIA • PSYCHOLOGIST & PHD
STUDENT

BENEDETTA BARZON | MEDIA ASSISTANT
UNIVERSITY OF PADUA, ITALY • PHD STUDENT

"When I began my PhD, I was offered the chance to join the Media Team, and I considered it a valuable addition to my doctoral path. What I've gained is a very practical understanding of the logistics and communication effort required to keep a global network running. Developing these organizational and networking skills has been a valuable addition to my PhD journey, providing a different perspective on how scientific knowledge is disseminated outside of traditional journals."



CONTACT US

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