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Bios for Claire Snyma

2-line bio

Claire Snyma is an author, blogger and advocate for patient and healthcare collaboration. She is passionate about inspiring people to put their health in their own hands.

Short Bio

Claire Snyma is an author, blogger and advocate for patient and healthcare collaboration. She is passionate about inspiring people to put their health in their own hands. She has co-authored a scientific study between neurosurgeons and patients and developed a TEAM Approach for Empowering patients. Claire is speaking at TEDxStanleyPark 2018 on putting your health in your own hands.

Medium Bio

Claire Snyma is an author, blogger and advocate for patient and healthcare collaboration. She is passionate about inspiring people to put their health in their own hands. Since being diagnosed in 2010 with a non-malignant brain tumor and brain surgery in 2012, she realized the importance of partnering with her healthcare team and becoming her body's own advocate. She has co-authored a scientific study between neurosurgeons and patients and developed a TEAM Approach for Empowering patients – all with the end goal of achieving better patient outcomes. Claire is speaking at TEDxStanleyPark 2018 on putting your health in your own hands.

Long Bio

Claire Snyma is an author, blogger and advocate for patient and healthcare collaboration. She is passionate about inspiring people to put their health in their own hands. Since being diagnosed in 2010 with a non-malignant brain tumor and brain surgery in 2012, she realized the importance of partnering with her healthcare team and becoming her body's own advocate. She co-authored a collaborative study between patients and neurosurgeons at Johns Hopkins University: *The impact of surgical resection on headache disability and quality of life in patients with colloid cyst (Cephalalgia, May 10, 2016)*. She presented this work at Medicine-X|Ed in April 2017: Patient and health care professional collaborations – shaping the future. She recently initiated a new study focused on quality



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of life in patients with Glioblastoma multiforme, keen to ensure more information is available about this aggressive form of brain cancer.

Her key focus is looking for ways to guide people to put their health in their hands and work with their healthcare partners to achieve better outcomes. She has developed a TEAM Approach for Empowering Patients, which individuals can use to facilitate their transition to an engaged patient – one who can collaborate effectively with their healthcare team. She is always focused on the end goal of improving patient outcomes and quality of care. Claire is speaking at TEDxStanleyPark 2018 on putting your health in your own hands.

In her spare time she volunteers with the Brain Tumour Foundation of Canada as the chair of the BrainWAVE BC program.

5 Fun Facts You Didn't Know About Me

1. Although I studied and originally worked as a Clinical Dietitian, this does not make me a great cook – but I am proud when I make a dish that satisfies my family – this is not my forte; it is a work in progress!
2. I grew up trout fishing from a young age and my boyfriend (now husband) had to learn to fish when we started to date.
3. I love being in hospitals, not as a patient but as a healthcare professional, and ultimately should have been a surgeon.
4. Brunch is my favourite meal of the day.
5. I have lived in three of the most beautiful places on earth: Africa, Australia and Canada – Lucky me!