



Bios for Claire Snyman

2-line bio

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Short Bio

Claire Snyman 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 spoke at TEDxStanleyPark 2018 on putting your health in your own hands.

Medium Bio

Claire Snyman 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 spoke at TEDxStanleyPark 2018 on putting your health in your own hands.

Long Bio

Claire Snyman 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. After her diagnosis with a non-malignant brain tumor and brain surgery, she realized the importance of partnering with her health care team and being her body's own advocate. Claire is a marketing and business development consultant (BSc. BComm), whose work focuses primarily in the health care sector. Her skills and experience allowed her to develop a *TEAM Approach for Empowering Patients*®, to help people transition to being activated patients – ones who can collaborate effectively with their health care team.



She spoke at TEDxStanleyPark 2018 and speaks at various other health-related conferences. Claire is co-author of a collaborative patient-neurosurgeon scientific study with Johns Hopkins University. 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 of life in patients with Glioblastoma multiforme, keen to ensure more information is available about this aggressive form of brain cancer.

Claire is recognized for her advocacy, her collaborative spirit and passion for empowering people and organizations. She also volunteers with the Brain Tumour Foundation of Canada as the chair of the BrainWAVE BC program.

Her books *Two Steps Forward – Embracing life with a brain tumor* and most recently published, *How to Save your Life in a Complex Health Care System*, can be purchased on Amazon.com.

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!