

# BOUNCING FORWARD: GETTING ACTIVE AFTER SURGERY

20<sup>th</sup> November, Sat | 2pm

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Register today

Join our Patient Summit - bringing ostomates, nurses and caregivers together for open discussions on patient issues, fostering awareness, education and advocacy. Do you know about the resources available for support? Whether it is support from a nutritionist to learn about fiber intake, or from an exercise therapist to get guidance on hernia prevention. Get to know the different types of pre- and post-operative support available. – Together we will have conversations that matter!



**Mr Ellil Mathiyan  
Lakshmanan**

President  
Ostomy association  
of Singapore

What is the inspiration behind his advocacy work and what challenges did he face on the road to recovery?



**Dr Dean Koh**

Senior Consultant  
Colorectal Clinic  
Associates

Get valuable insights on colorectal surgery and stoma care from his experience as a specialist.



**Ms Joan Heng**

Vice President  
Ostomy Association  
of Singapore

What does she wish she had known before her surgery? Listen to her story of strength, courage and resilience.



**Ms Aw Hui Zhen**

Deputy Head  
Singapore Cancer  
Society Rehabilitation  
Centre

How do you get moving early safely and minimise the risk for parastomal hernia?

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