

Mathew Peter Silvaggio, MD

PHYSICIAN · AUTHOR · SPEAKER

SPEAKER ONE-SHEET

www.ThePrehabBook.com



The expert who became the patient.

Mathew Peter Silvaggio, MD, has seen major surgery from *both sides of the operating table*. A physician for sixteen years, he was diagnosed with two simultaneous cancers at forty-two — and used the science of prehabilitation to prepare for his own operation. He was on his feet the day after a major esophagectomy and home in five days, less than half the typical stay. His talks bring that science, and that hard-won experience, to the people preparing patients for surgery and to patients themselves.

5
DAYS

Home after a major esophagectomy — **less than half the typical stay**. He used the very principles he teaches.

— CREDENTIALS

- ◆ Board-certified physician
- ◆ MD, McMaster University
- ◆ Residency, University of Ottawa
- ◆ 16 years' clinical experience — Trillium Health Partners, Greater Toronto Area

— THE BOOK



Built to Recover

Your Guide to
Preparing for
Surgery

**EBOOK COMING
SOON**

— SIGNATURE TALKS

01

Preparing Your Body for Surgery

The prehabilitation advantage, made practical — what patients can do before an operation to recover faster and stronger.

FOR PATIENTS & FAMILIES

02

The Prehab Playbook for Surgical Teams

How to build prehabilitation into a care pathway — the evidence, the workflow, and the outcomes that follow.

FOR CLINICIANS & HOSPITALS

03

Both Sides of the Table

A physician's story of facing his own cancer surgery — and what it taught him about preparation, control, and recovery.

FOR GENERAL & WELLNESS AUDIENCES

— IDEAL AUDIENCES

Surgical centres

Patient education programmes

Medical conferences

Hospital systems

Community health groups