

CURRICULUM VITAE

Dr Lim Yon Kuei Bernard
Director, Bernard Lim Specialist Surgery
Specialist in General Surgery
Senior Consultant Surgeon
Laparoscopic and Colorectal Surgery
MBBS (S'pore), FRCSEdin (Surgery), MMED (Surgery), FAMS (Surg)

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Current Appointments/ Memberships:

- President-elect, College of Surgeons Singapore 2022-2023
- Vice-president, Council College of Surgeons 2022-2023
- Honorary Secretary, Council, College of Surgeons Singapore 2020-2022
- Life Member, Endoscopic & Laparoscopic Surgeons of Asia.
- Member, Asian Surgical Association
- Member, Society for Continence (Singapore)
- Member, Society of Colorectal Surgeons, Singapore
- Advanced Trauma Life Support(ATLS) Instructor
- General Surgery Rep, Medical advisory Board, Mt Elizabeth Novena Hosp
- Member of CME, Endoscopy and operating theatre committee, Mt Elizabeth Novena Hospital 2015-2022

Singhealth HMDP (Minimally Invasive Advanced Colorectal Surgery) Fellowship

Honorary Clinical Surgical Associate(2009)

- Division of Colorectal Surgery, Dept of Surgery, Queen Mary Hospital, Hong Kong Medical Centre, Hong Kong.
- Dept. of Surgery, Tung Wah Hospital, Hong Kong
Li Ka Shing Faculty of Medicine, Hong Kong University

Past Appointments

- Adj Asst Professor, , Duke-Graduate Medical School (2011)
- Consultant, Dept of Colorectal Surgery, Singapore General Hospital
- Chairman, Chapter of General Surgeons, College of Surgeons, Singapore (2015-2019)
- Congress Chairman, Annual Combined Surgical Meeting, Grand Copthorne Hotel, 27th Aug 2016
- Specialty Board Member, Chapter of General Surgeons, College of Surgeons Singapore (2013-2015)
- Member of Medical Advisory Board (Mt Elizabeth Novena Hospital)
Representative for General Surgery (2013-2015)

- EXCO Committee Member , Society of Colorectal Surgeons (Singapore) ((2010-2011, 2013-2014)
- Supervisor, Advanced Laparoscopic Colorectal Surgery, Dept of Surgery, CGH (June2012-June 2013)
- Clinical teacher, Faculty of Medicine, National University of Singapore (2003-2011)
- Treasurer, Society of Colorectal Surgeons (Singapore) (2011-2012)
- Visiting Consultant, Surgical Oncology, National Cancer Centre (2011)
- Member, Screening Tests Review Committee(2017-2019)
- Commanding Officer, 8th Combat Hospital (2017-2021)

Minimally Invasive Colorectal Surgery Fellowship

Honorary Clinical Surgical Associate

- Division of Colorectal Surgery, Dept of Surgery, Queen Mary Hospital, Hong Kong Medical Centre, Hong Kong.
- Dept. of Surgery, Tung Wah Hospital, Hong Kong
Li Ka Shing Faculty of Medicine, Hong Kong University

Instructor/ Courses:

26 th Apr 2000	Seminar on Medical Ethics & responsibilities of Medical Practice
29 th Apr 2002	Fundamental Critical Care Support (FCCS) course
15 th Sep 2002	Minor Surgical Skills Instructional Course (TTSH)
17 th -19 th Sep 2003	Basic Surgical Skills Course (BSSC)
May- July 2004	Introduction to colonoscopy programme (TTSH)
28 th Sep 2004	Basic Cardiac Life Support (BCLS) course
12 th Dec 2004	Advanced Cardiac Life Support (ACLS) course
8 th Jan 2005	Basic Suturing Workshop, course coordinator
6 th May 2005	Clinical skills foundation course, NUS. Clinical tutor.
24 th Sep 2005	Laparoscopic colectomy workshop. Speaker, coordinator
17 th -19 th Nov 2005	SPSS course for health researchers.

3 rd - 4 th Nov 2006	Singhealth Emerging Clinical Leadership programme
2006	Advanced Trauma Life Support (ATLS) Instructors Course
9-10 th Jan 2007	Instructed at ATLS student course, SMM
29 th -30 th Mar 2007	Instructor at ATLS course, SGH
16 th -17 th Apr 2007	1 st Asean Society of Colorectal Surgeons (ASCS) Laparoscopic Colectomy workshop, Shanghai
1-3 rd Nov 2007	Medical ethics, Professionalism and Health law course
12, 19 th Jan 2008	Division of Surgery, foundation surgical skills course, SGH. Teaching faculty
25 th Mar 2008	Instructor, ATLS course
11 th -12 th Apr 2008	Instructor, ATLS course
12 th Sep 2008	Singhealth “Leading with yourself “workshop
4 th Feb 2010	Instructor, ATLS course, SGH
20 th Mar 2010	Organiser/ speaker, Robotic surgery training for Major OT Nursing staff
4 th Aug 2010	Course Director, Precongress Laparoscopic colectomy workshop
13 th Jan 2011	Course Instructor, Advanced Trauma Life Support (ATLS) course
11 th June 2011	Invited speaker, live colonoscopy demonstration. Hasan Sadikan Hospital, Bandung Indonesia.
10 th Aug 2011	Speaker and table instructor, Singapore General Hospital Single Incision Laparoscopic Surgery Workshop (in conjunction with ELSA 2011)
30-31 st Jan 2012	Course Instructor ATLS course, Nee Soon Camp.
17 th Oct 2012	Instructor ATLS, Nee Soon Camp
16th July 2014	Teaching Faculty, NUH, ASCS PreCongress workshop, Live animal Laparoscopic workshop.

3-4th June 2015	Teaching Faculty, Asia Pacific Association for Gynecologic endoscopy and Minimally Invasive Therapy(APAGE) Live Animal Laparoscopic Workshop
20 th Jan 2016	ATLS instructor at Nee Sonn ATLS centre
19 th Mar 2016	Instructor, Laparoscopic suturing course , Academia, SGH
21 st -22 nd Feb 2017	BEST course TTSH (Basic Emergency Sonography for Trauma)
15 th Apr 2017	Instructor, Laparoscopic suturing course , Academia, SGH
May 2018	Instructor, Laparoscopic suturing course , Academia, SGH
11 th May 2019	Instructor and organizer, Lap suturing course , Academia, SGH

Speeches /Presentations at Conferences (Local & International)

Singhealth Scientific Meeting, 2003, 2004, 2005. Participant

10th Congress of Asian Federation of Coloproctology, 24th-26th Mar 2005. Participant

SGH Clinicopathological Conference: A case of PR bleeding, SGH proceedings. Case protocol presenter.

EACP/ECCP 2nd joint meeting.15th-17th Sep 2005 Bologna, Italy. Poster presentation on audit of stapled haemorrhoidectomy.

Combined Scientific Meeting Nov 2005. Participant.

17th Annual International Colorectal Disease Symposium. Cleveland Clinic Florida . Free paper presentation on analysis of Idiopathic proctocolitis in Asian adults

10th Colorectal week, SGH. 23-24th Mar 2006. Participant.

1st Scientific and Annual General Meeting, European Society of Coloproctology-ESCP. Lisbon, Portugal 13-16 Sep 2006. Poster presentation. Synchronous colon and pancreatic cancer.

25th -27th Feb 2007 International Colorectal Disease Symposium Hong Kong

29-31st Mar 2007 11th Colorectal week, SGH. Local Faculty

21ST-22nd Apr 2007 The Lancet, Asia Medical Forum. Participant

27th- 28th Apr 2007 Singapore General Hospital, Annual Scientific Meeting. Participant

20th- 22nd Sep 2007 11th AFCP (Asian Federation of Coloproctology) Poster presentation. Evaluation of post-operative migration of abdominal drain.

19th – 23rd Nov 2007 3rd ASCS (Asean Society of Colorectal Surgeons) Free paper presentation. CEA screening – How far should we go?

23rd – 24th Feb 2008 1st Asia-pacific inflammatory bowel disease conference and post-graduate course. Delegate

12th July 2008 Gastroenterologist Society of Singapore and Singapore Colorectal Surgeon Society Combined Annual Scientific Meeting (GIHep Singapore)

12th – 16th May 2008 Speaker/ Local faculty. 12th Annual Colorectal Week, Singapore General Hospital.

Jan 2009 Hong Kong Winter Surgical Forum

19th-21st Feb 2009 International Colorectal Disease Symposium 2009 Hong Kong

19th – 21st Mar 2009 17th Asian Congress of Surgery. Taipei, Taiwan.

28th Mar 2009 Minimally Invasive Hernia Surgery Workshop. Dept of Surgery, Li Ka Shing Faculty of Medicine, University of Hong Kong. Table instructor for porcine hands-on model

17th – 20th Nov 2009 20th International Colorectal Scientific Congress, Singapore.

9th Jan 2010 Hong Kong Surgical Forum – Winter

17th – 20th June 2010 GI HEP congress, Singapore. Public Speaker

4th – 6th Aug 2010 21st International Colorectal Scientific Congress, Singapore. Speaker

8th – 10th Oct 2010 Invited speaker, “Advances in Colorectal Surgery” Mandalay, Yangon, Myanmar.

28th- 30th Jan 2011 Invited speaker (Progress in Laparoscopic Colorectal Surgery) 18th biennial Surgeon’s congress, Myanmar

10 th - 13 th Aug 2011	Speaker, 10 th Asia Pacific Congress of Endoscopic Surgery, Singapore
3-4 th Mar 2012	Participant, MSD Musculoskeletal / Pain management Seminar. Mira, Hong Kong
4 th Aug 2012	Invited faculty and speaker, Robotic and single-port surgery , Colorectal Symposium on Minimally Invasive Surgery, Annual Combined Surgical Meeting, Chapter of General Surgeon, College of Surgeons Singapore
6-9 th Nov 2013	Faculty, 3 rd Biennial ECTA Meeting, Singapore
1 st May 2014	Invited Speaker, CME talk for General Practitioners on “FIA” at Jurong Country Club
5 th Aug 2014	Invited Speaker, CME talk on “Complex FIA” at Mt Elizabeth Novena Hospital
21 st Mar 2015	Invited Speaker S’pore Cancer Society- S’pore Medical Association Cancer Education series for GPs “care of the Colorectal Cancer Patient: Recovery and Function”
28 th June 2015	Invited Speaker, English talk on Faecal Incontinence, on behalf of Society for Continence, Singapore, Public forum at Suntec City Singapore
17 th April 2016	Invited speaker, 1st Robotic Colorectal Workshop for Society of Colorectal Surgeons of Singapore (SCRS)
11 Apr 2017	Speaker, CME talk on Colorectal Polyps , MENH
23 Feb 2019	Speaker , Society Colorectal Surgeons GP CME talk
12July 2019	Speaker, Pain Masterclass . Menarini , Bangkok
18 Aug 2019	Faculty, Singapore Colorectal Week 2019
14 Sep 2019	Organizing faculty. Combined College of Surgeons & College of Anaesthesiology scientific congress (UTOPIA)
22-24 th July 2022	Speaker, chairman, Singapore- Malaysia HK congress
12 th Nov 2022	Chairman, Robotic congress , Colorectal Surgery. , Shangri-la hotel

4-6th Dec 2022 International Faculty, Speaker and panelist. Philippine College of Surgeons 78th Annual congress.

Public Education/ Community projects

10th Mar 2010 Radio interview on Colorectal Cancer on Body & Soul, LIVE 93.8 FM

13th Mar 2010 Singapore Cancer Society, Public forum, Kallang Community Club

保持健康生活 ,降低患病风险

(Live Life Healthily, What It Takes To Stay Risk-Free)

June 2010 Author: SingHealth - Reader's Digest book - The Asian Woman's Guide to Health and Wellness: Haemorrhoids / Piles

19th Jan 2011 Invited speaker, “Colorectal Cancer awareness talk”, Singapore Police Coast Guard

24th Sep 2011 Public speaker, “Mind your body” Public forum on “Cancer Management”

24th Oct 2011 Speaker: “How to lower your risk for Colorectal Cancer”, Paragon.

10th Nov 2011 Speaker: “Colorectal Cancer Screening and awareness, for Singapore Cancer Society” at Tuas Power Station.

16th Nov 2011 Speaker, “Colorectal Cancer Talk” at Manulife , Singapore Cancer Society, in conjunction with Movember Men’s Cancer Awareness month

1st Dec 2011 Speaker: “How to lower your risk for Colorectal Cancer”, Paragon.

4th Jan 2012 Invited Speaker, Yishun Junior College. “Colorectal Cancer Screening and awareness”, Singapore Cancer Society

14th Jan 2012 Speaker, Continuing Medical Education talk for General Practitioners on “Piles and Colorectal Cancer”, Paragon

25th Feb 2012 Invited speaker, “Blood in your stools” Health Talk Series, Jurong Spring Community Club.

Feb 2012	“NEXT” Magazine interview: “Top priority for problems at the bottom” Feb 2012 p 40-41
1 st Mar 2012	LianHe WanBao Newspaper interview for “Colorectal Cancer and Screening.”
3 rd Mar 2012	Speaker, Public education talk on “Treatment and surgery for Colorectal Cancer”
Mar 2012	Expert interview, “How to Maintain your colorectal health” for Health No.1 Magazine, Mar 2012 issue
23 rd Mar 2012	Invited Speaker, “Colorectal Cancer Screening and awareness, for Singapore Cancer Society” at Sysmex Asia Pacific
31 st Mar 2012	Invited Speaker “Colorectal Cancer Surgery “Singapore Civil Service Club, Tessensohn Road.
14 th Apr 2012	Public speaker, Vivocity, “Colorectal Cancer treatment.”
21 st Apr 2012	Invited speaker. Public talk on Colorectal health at Pek Kio Community Club.
27 th Apr 2012	Invited speaker. Public talk on Colorectal health at Teck Ghee Community Club.
28 th Apr 2012	Invited speaker. Public talk on Colorectal health at Henderson Community Club
29 th Apr 2012	Lianhe Wanbao interview on laparoscopic colorectal surgery”
19 th May 2012	Invited speaker. Public talk on Colorectal health at Whampoa Community Club
26 th May 2012	Invited speaker. Public talk on Colorectal health at Tiong Bahru Community Club
18 th Aug 2012	Invited Speaker. Public talk on Colorectal Health at Radin Mas Community Club
15 th Sep 2012	Invited Speaker. Public talk on Colorectal Health at Buona Vista Community Club
15 th Sep 2012	Invited Speaker. Public talk on Colorectal Health at Yio Chu Kang Community Club

15 th Sep 2012	Invited Speaker. Public talk on Laparoscopic Colorectal Surgery at Paragon.
13 th Oct 2012	Invited Speaker. Public talk on Colorectal Cancer prevention at Singapore Civil Service Club.
1 st Oct 2012	Specialist Interview on “Colorectal Cancer and treatment” LianHe Wanbao Health Monthly feature.
1 st Nov 2012	“NEXT” Magazine interview: ‘Constipation: Let it out.’ Nov 2012 p 40-41
3 rd Nov 2012	Invited Speaker. Public talk on Colorectal Cancer prevention at Bukit Merah RC.
11 th Nov 2012	Invited Speaker. Public talk on Colorectal Health at Buona Vista Community Club
1 st Jan 2013	LianHe wanbao interview on “Hirschsprung’s Disease”
13 th Jan 2012	Invited Speaker. Public talk on Colorectal Cancer prevention at Whampoa CC
10 th Mar 2013	Invited Speaker: Colorectal Cancer Prevention. Keban Bahru CC
7 th Mar 2013	Public speaker, Cancer Awareness talk, Paragon
13 th Mar 2013	Invited Speaker, Public awareness talk on Colorectal Cancer. National Starch, Science Park
30 th Mar 2013	Invited Speaker, Public awareness talk on Constipation and Colorectal Cancer, Buona Vista CC
11 th Apr 2013	Invited Speaker, Colorectal Cancer awareness, ANZ bank
4 th May 2013	Invited speaker: GP CME talk: Updates on haemorrhoids management, Sheraton Hotel
8 th May 2013	Invited Speaker, Singapore Cancer Society talk on Colorectal Cancer at Keppel.
18 th July 2013	Public speaker, Cancer Awareness talk, Paragon
19 th July 2013	Invited Speaker, Singapore Cancer Society talk on Colorectal Cancer at UniVac, Woodlands.
21 st July 2013	Invited Speaker. Public talk on “Constipation” at Whampoa CC

3rd Dec 2013	Invited Speaker, ANZ bank on Colorectal Health.
23 rd Jan 2014	Article on “The myths of Colorectal Surgery” in “Mind your Body”
24 th Jan 2014	Invited Speaker on “Colorectal Cancer” for Singapore Cancer Society.
23rd Mar 2014	Invited Speaker, Singapore Cancer Society (UBI), Colorectal Cancer
18 th May 2014	Invited Speaker. Public Talk on “Blood in your stools” at Whampoa CC
15 th June 2014	Invited Speaker on “Top 3 Cancers in Singapore” in conjunction with PCC and Eu Yang Sen at Conrad Centennial Hotel
21st July 2014	Invited Speaker, Whampoa CC Colorectal Health talk (Mandarin)
1 st Aug 2014	Article on “Colorectal Cancer in Men” THIS Quarterly Magazine
7th Aug 2014	Invited Speaker, National Skin Centre, Colorectal Cancer prevention
26 th Aug 2014	Invited Speaker on “Colorectal Cancer” for Singapore Cancer Society at Toa Payoh care Corner (mandarin)
14th Jan 2015	Invited speaker, Public talk on colorectal cancer at Woodlands CC
11th Apr 2015	Invited Speaker. Singapore Cancer Society talk on Colorectal Cancer at Kyani, Beach Road.
28th June 2015	Invited Speaker. Singapore Cancer Society talk on Colorectal Cancer at Punggol walk.
28th June 2015	Invited Speaker. Lecture on Faecal Incontinence at Suntec for Singapore Continence Society, Continence Week 2015
5th Sep 2015	Invited Speaker. Colorectal Cancer awareness talk. Keban Bahru
11 th Nov 2015	Speaker, Public awareness talk on colorectal cancer for Singapore Cancer Society at Yong EN Care Centre
28 th Feb 2016	Speaker, Colorectal Cancer talk in Mandarin at Canberra CC

26 th Mar 2016	Speaker, Colorectal Cancer talk at Jurong Polyclinic
7 th May 2016	Speaker, Colorectal Cancer talk at Sims Ave, SCS
29 th June 2016	Speaker, Colorectal Cancer talk at Guthrie house, SCS
7 th Sep 2016	Speaker, Singapore Cancer Society ,Colorectal Cancer talk @Westgate
27 th Sep 2016	Speaker, Singapore Cancer Society ,Colorectal Cancer talk @Pasir Ris
3 rd Oct 2016	Speaker. Updates on Management of Diverticulitis to Specialist Surgeons (CME) at Mt Elizabeth Orchard
4 th Nov 2016	Speaker, Singapore Cancer Society ,Colorectal Cancer talk at AStar @Biopolis
18 th Mar 2017	Speaker, Colorectal Cancer talk at Hougang Polyclinic
24 th Mar 2017	Speaker, Colorectal Cancer talk at Merck
31 st Mar 2017	Speaker Colorectal Talk in Yangon , Myanmar
4 th Apr 2017	Speaker. Colorectal Polyps(CME) at Mt Elizabeth Novena
8 th Apr 2017	Speaker, Singapore Cancer Society ,Colorectal Cancer talk @Keban Bahru
6 th 13 th Apr 2017	KISS 92 FM radio talk on Colorectal screening and Cancer
13 th Mar 2019	Speaker, GP talk on “Perianal Management”, Lim ChuiHuay
5 th Apr 2019	Speaker, CRC awareness at Merck Life Science, for SCS
22 th Apr 2017	SPH 260 Health Seminar on “Change in bowel habits”
13 th April 2019	Speaker, World health day and colorectal carnival, SCS , TP Hub
25 th May 2019	Speaker, GP CME talk at Sheraton Towers
30 th May 2019	Speaker, CRC awareness at Metropolis,for SCS
6 th Sep 2019	Speaker, CRC awareness at Oracle Corporation for SCS
15 Oct 2019	Speaker, CRC awareness at National Library for SCS

22 nd Jan 2020	Speaker, GP talk on “Current Haemorrhoid Management”
4 th Feb 2020	Speaker, Colorectal Cancer talk for SCS at JP Morgan
12 th Nov 2022	Chairman/ moderator, CME DKSH talk on Constipation updates

Awards:

- Human Manpower Development Program (2008-2009) for Advanced Minimally Invasive Colorectal Surgery in Queen Mary Hospital, Hong Kong.
- 1st prize for Video presentation category: *Robotic-assisted Surgery for low rectal dissection – From better views to better outcome* presented at the 2008 Gastroenterologist Society of Singapore and Singapore Colorectal Surgeon Society Combined Annual Scientific Meeting (GIHep Singapore 2008) on 12 July 2008
- Silver award, Singapore Health Quality Service Award (SHQSA) 2010.
- 10 year long service award, Singapore General Hospital. July 2011.
- National Day Award Nov 2019 Pingat Penghargaan (Tentera) Military

Book Contribution:

- “Beautiful Inside Out” The Singhealth-Reader’s Digest guide to women’s health.

Research projects:

1. *CSF otorrhea complicating temporal bone osteoradionecrosis in a patient with nasopharyngeal carcinoma.* YK Lim et al, published Ear Nose Throat J. 2005 Jan;84(1):39-40
2. *PPH03 stapled haemorrhoidectomy: Our experience.* YK Lim et al Techniques of Coloproctology Vol 10 No.1 Mar 2006 p43-46.
3. Sub-investigator. *A Multicenter, Randomized, Parallel-Group, placebo controlled, double-blind study with in-house blinding to determine the effect of 156 weeks of*

treatment with vioxx on the recurrence of neoplastic polyps of the large bowel in patients with a history of colorectal adenomas

4. Sub-investigator. *A 1 year off study extension to a multicenter, randomized parallel group, placebo-controlled, double-blind study with in-house blinding to determine the effect of 156 weeks of treatment with vioxx on the recurrence of neoplastic polyps of the large bowel in patients with a history of colorectal adenomas*
5. *Initial experience in Colorectal screening using immunochemical quantitative FOBT in Singapore.* : YK Lim et al SGH proceedings Vol16, No1 2007(s)
6. *Evaluation of postoperative drain migration of abdominal drains* IRB206/2006: YK Lim et al SGH proceedings Vol16, No1 2007(s)
7. *CEA screening- How far should we go?* : YK Lim et al. Singapore Med J. 2009 Sep;50(9):862-5
8. Sub-investigator: *A phase III double-blinded randomized parallel-group placebo-controlled study of intravenous methylnaltrexone bromide in the treatment of postoperative ileus.*
9. *Robotic-assisted Surgery for low rectal dissection – From better views to better outcome.* This paper was presented at the 2008 Gastroenterologist Society of Singapore and Singapore Colorectal Surgeon Society Combined Annual Scientific Meeting (GIHep Singapore 2008) on 12 July 2008, and won the first prize for Video presentation category. Ng KH, LimYK, Ooi BS, Ho KS, Eu KW.SMJ 2009;50(8):763-7
10. *Impact of multimodality treatment on total mesorectal excision (TME) surgery for ultra-low rectal cancers.* World Journal of Surgical Oncology. 2010 Mar 26; 8:23.
11. *Single Site laparoscopic right hemicolectomy: an oncologically feasible option.* YK Lim, KH Ng, KW Eu. *World Journal of Surgical Oncology* 2010, **8**:79 (8 September 2010)
12. *Evaluation of current devices in Single Incision Laparoscopic Colorectal Surgery: a preliminary experience in 32 consecutive cases.* MH Chew, Wong TCM, Lim YK. *World Journal of Surgery*, Jan 2011.35:873-880
13. *Toxic Haemorrhagic colitis: a rare presentation of eosinophilic colitis.* Yeo SA, Lim YK, Lim KH, Tang CL. *Case Rep Gastrointest Med* 2012:2012:279813. Epub 2012 Sep 10