

# RETHINK OBESITY

MASTERCLASS

## Speakers:

Dr Tan Kok Kuan, Dr Grace Kwan & Dr Benjamin Loh

**07** & **21**  
**NOV** **NOV**

Limited to 15 participants only

## Time

2pm - 4.20pm

Registration  
1.30pm



# RETHINK OBESITY MASTERCLASS

7<sup>th</sup> November

- 2.00 pm Opening & welcoming the participants  
Dr Praful Chakkarwar
- 2.05 pm Setting the scene & Introducing the speakers  
Dr Yash Gupta

## Session 1: Initiating discussions about weight

- 2.10 pm Case presentation  
Dr Tan Kok Kuan
- 2.30 pm Discussion & sharing  
ALL
- 2.50 pm Bringing it all together  
Dr Tan Kok Kuan
- 3.05 pm Sharing the learnings  
Volunteer

## Session 2: Focused weight history discussion

- 3.10 pm Case presentation  
Dr Grace Kwan
- 3.30 pm Discussion & sharing  
ALL
- 3.50 pm Bringing it all together  
Dr Grace Kwan
- 4.05 pm Sharing the learnings  
Volunteer
- 4.10 pm End

21<sup>st</sup> November

- 2.00 pm Opening & welcoming the participants  
Dr Yash Gupta

## Session 3: Weight Loss goal setting

- 2.05 pm Case presentation  
Dr Benjamin Loh
- 2.25 pm Discussion & sharing  
ALL
- 2.45 pm Bringing it all together  
Dr Benjamin Loh
- 3.05 pm Sharing the learnings  
Volunteer

## Session 4: Discussing weight management options with patients

- 3.10 pm Case presentation  
Dr Tan Kok Kuan
- 3.30 pm Discussion & sharing  
ALL
- 3.50 pm Bringing it all together  
Dr Tan Kok Kuan
- 4.05 pm Learnings from GP Masterclass  
Volunteer
- 4.15 pm Closing Remarks  
Dr Praful Chakkarwar
- 4.20 pm Virtual Photo-session  
ALL



### Dr Tan Kok Kuan

MBBS (Spore), Cert. Men's Health,  
Cert. Clinical Dermatology, Member,  
Academy for Men's Health (Singapore)

Dr Tan Kok Kuan graduated from the National University of Singapore in 2001. His residency was in the two largest public hospitals in Singapore; Tan Tock Seng Hospital and Singapore General Hospital. He was part of the SARS taskforce in SGH and tended to ill patients with suspected SARS during the outbreak. He also worked and trained at the Singapore National Eye Center, National Heart Center and National Skin Center. After leaving the government service, he joined Thomson Medical Center to focus on Pediatric care, followed by a GP Group before setting up Robertson Medical Practice in 2005.

Dr Tan Kok Kuan keeps abreast of developments in the medical world and participates at international Medical Conferences. His professional medical opinion is frequently sought after and he has contributed extensively to the local press. Dr. Tan is also active in community outreach; speaking on a variety of health topics to the general public as well as corporations.

Achievements: Certificate in Men's Health, Certificate in Clinical Dermatology, Advance Botox Certificate, Dermal Fillers Certificate of Competency and Certificate in Surgical Hair Transplant.

Dr. Tan Kok Kuan is currently practising at our Novena Clinic



### Dr Grace Kwan

Dr Grace Kwan graduated from National University of Singapore MBBS 1993. She is registered as Family physician since 2013 and Dr Grace runs a solo General practitioner clinic in Bishan since 2003 and has had more than 17 years of experience in private practice in acute disease, chronic disease, women's health and Men's health.



### Dr Benjamin Loh

MBBS (Australia), MRCS (Edinburgh)  
DOHNS (Diploma in ENT, London), DipDerm (Cardiff)  
Cert. Men's Health, Member,  
Academy for Men's Health (Singapore)

Dr Benjamin Loh is a primary care physician who currently runs the practice at DTAP@Raffles. He has obtained his primary medical qualification Bachelor of Medicine and Bachelor of Surgery (MBBS) from the University of Monash in Melbourne and holds various postgraduate qualifications awarded by different overseas examination boards.

Dr Loh is a well-rounded general practitioner with various sub-speciality interests. This includes area of men's health, sexual health, ENT, dermatology, allergy and obesity. During his years of practice, obesity is a commonly repeated topic in a significant number of patients. Obesity is known to be associated with metabolic syndrome, heart diseases, obstructive sleep apnea, osteoarthritis, erectile dysfunction or even a negative psychosocial impact such as low self-esteem.

Often, weight reduction is a heavy topic to both patients and physicians. Coupled with his holistic approach, Dr Loh believes by tackling obesity, weight-related health issues can be addressed concurrently.



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