



RETHINK OBESITY MASTERCLASS

27th February 2021 (Saturday)

Speakers:
Dr Tan Kok Kuan & Dr Benjamin Loh




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<p>2.00 pm Opening & welcoming the participants Dr Yash Gupta</p> <p>2.15 pm A brief recap of session 1 & 2 Dr Tan Kok Kuan</p> <hr/> <p>Session 3: Weight Loss goal setting</p> <p>2.25 pm Case presentation Dr Benjamin Loh</p> <p>2.35 pm Discussion & sharing ALL</p> <p>2.45 pm Bringing it all together Dr Benjamin Loh</p> <p>2.50 pm Sharing the learnings Volunteer</p>	<p>Session 4: Discussing weight management options with patients</p> <p>3.00 pm Case presentation Dr Tan Kok Kuan</p> <p>3.10 pm Discussion & sharing ALL</p> <p>3.20 pm Bringing it all together Dr Tan Kok Kuan</p> <p>3.25 pm Learnings from GP Masterclass Volunteer</p> <p>3.30 pm Closing Remarks Dr Praful Chakkarwar</p> <p>Virtual Photo-session ALL</p>
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Dr Tan Kok Kuan

MBBS (S'pore), 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 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-specialty 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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