



## Public Forum

Time	Programme	Speaker
1130	Registration	
1200	Opening Address	Dr Colin Teo, SMHS President
1205	Metabolic Syndrome: A Health Crisis in Plain Sight	Dr Matthew Tan, Endocrinologist Farrer Park Hospital
1225	Let's Have a High T	Dr Ronny Tan, Urologist Tan Tock Seng Hospital
1245	How to Start Exercising... and Keep Exercising	Dr Lim Yii Hong, Clinical Exercise Physiologist Myos Health Clinic
1305	Eating Right for Your Age	Dr Richard Swinbourne Senior Sport Dietitian Singapore Sport Institute
1325	Protecting You and Your Loved Ones from Financial Hardship	Mr Christopher Loh Senior Manager Aviva Singapore
1345	End of Forum	



## **Dr Matthew Tan**

Dr Matthew Tan Zhen-Wei is the Medical Director and Consultant Endocrinologist of Dr Matthew Tan Diabetes and Endocrine Care, at Farrer Park Medical Centre. He was a Consultant with the Department of Endocrinology at Singapore General Hospital. He held academic appointments as Adjunct Assistant Professor at the Yong Loo Lin School of Medicine, National University of Singapore, Adjunct Assistant Professor at Duke-NUS Graduate Medical School and Physician Faculty Member of the Singhealth Endocrinology Residency Program.

He was the Treasurer and Executive Committee member for the Endocrine and Metabolic Society of Singapore (EMSS) from 2015 to 2018, and Executive Committee member of The Society for Men's Health Singapore (SMHS) from 2017 to present and a member of the Osteoporosis Society Singapore.

His clinical interests include Diabetes Mellitus, Thyroid, General Endocrinology and subspecialty interests in the area of Calcium and Metabolic Bone Disorders and Osteoporosis.



### **Dr Ronny Tan**

Dr Ronny Tan is a Consultant and Director of Andrology in the Department of Urology Tan Tock Seng Hospital. He is trained locally and is board certified by the Specialist Accreditation Board and is a Fellow of the Academy of Medicine, Singapore.

He sub-specializes in Andrology, Male Subfertility, Sexual Medicine and Urological Prosthetic Surgery and is the first Singaporean to be fellowship trained in USA in this niche specialty.

He is also an Adjunct Assistant Professor of the Lee Kong Chian School of Medicine, Nanyang Technological University as well as a Senior Lecturer of the Yong Loo Lin School of Medicine, National University of Singapore.

He serves as Honorary Treasurer in the Society for Continence Singapore and is on the executive committee of Society for Men's Health Singapore and Singapore Urological Association. He is an advocate for Men's Health Issues and is always looking for ways to add life to years and to engage men to take charge of their health issues.



### **Dr Lim Yii Hong**

Dr Lim is the Medical Director of Myos Health Clinic. He was the Principal Resident Physician at Singapore Sports Institute looking after the medical and sporting needs of Singapore's elite and top national athletes. He has been the team physician supporting Singapore's National teams and athletes since 2009 and was the Chief Medical Officer for the Singapore contingent in both the 2nd Asian Youth Games 2013 in Nanjing as well as in the 17th Asian Games 2014 in Incheon.

A graduate of the National University of Singapore, Dr Lim also obtained his Clinical Exercise Specialist Certification with the American College of Sports Medicine and Sports Medicine Certification with the Singapore National Olympic Committee-International Olympic Committee. He is actively involved in the local sports medicine community in Singapore and has served in the Sports Medicine Association, Singapore (SMAS) since 2006 having served in the executive committees in many positions including as the Vice-President.

Dr Lim's clinical practice focuses on musculoskeletal injury and rehabilitation, muscle disorders and lifestyle intervention with a focus on rehabilitative and functional therapy. His practice encompasses patients throughout the functional spectrum from sedentary to active, professional athletes to para-athletes, youth to masters athletes. He is also a regular speaker at public health talks on the topics of musculoskeletal conditions, sports injuries, lifestyle and exercise.



### **Dr Richard Swinbourne**

Richard is a New Zealand trained Dietitian through the University of Otago, New Zealand, and completed his Sports Dietitian course with Sport Dietitians Australia. Richard worked with the New Zealand Rugby Union as their High Performance Nutritionist for National All Black Teams between 2007-2014.

In 2011, Richard stepped sideways to explore the world of sleep among elite athletes, completing his doctorate with the Auckland University of Technology. Richard's work has been published, and he is currently the head of sport nutrition at the Singapore Sports Institute. Richard is enjoying applying both his nutrition and sleep knowledge to our elite swimming environment here in Singapore, and helping Jo Schooling shoot for his second Olympic gold medal in 2020!



### **Mr Christopher Loh**

Christopher Loh is a Senior Manager from Aviva Ltd and has been with the financial industry for the past 20 years.

He entered the insurance industry with AIA as a financial advisor, then joined Prudential, managing the bancassurance partnership with Maybank. He was later recruited by AXA Singapore to develop partnership with Independent Financial Advisory firms (IFA). He has spent the last 9 years with Aviva Ltd handling the fast growing IFA channel.

Besides managing the business relationship with the FA partners, Christopher also bring ideas to Aviva Product and Marketing team to develop the next generation of protection solutions.