

Organised by



Co-Supported by



SGH PGMI  
Postgraduate  
Medical Institute  
Patient Liaison  
Service (PLS)  
Department, SGH

Endorsed by



# SGH OBESITY AND METABOLIC UPDATE 2026

28 MARCH 2026, 12.00 PM - 5.00 PM

Level 3 Grand Ballroom, Amara Hotel,  
165 Tanjong Pagar Road, Singapore 088539

CME/CNE/CPE accredited



## REGISTRATION IS COMPLIMENTARY

Registration  
Deadline

12 MARCH 2026



SCAN TO REGISTER OR VISIT  
[sghobesityforum2026.com](http://sghobesityforum2026.com)

For enquiries, please reach out to  
[contact@avenewv.com](mailto:contact@avenewv.com)

## PROGRAMME HIGHLIGHTS

- Exercise as Medicine: Practical Activity Prescriptions for Patients with Obesity
- Practical Nutrition Approaches in the Era of GLP-1
- Motivational Interviewing for Weight Management: Tools for the Busy GP
- From Weight Loss to Outcomes: Integrating GLP-1 Therapies into Cardiometabolic Care
- From Biggest Loser to Long Term Winner - Keeping Bariatric Patients on track in the community
- Current Updates on Endoscopic Options for Obesity Management in SGH
- Optimising Medical Management of Obesity in Primary Care

## FACULTY



**Dr Lee Phong Ching**  
Director, SGH Obesity Centre  
Senior Consultant, Dept of Endocrinology, SGH



**Dr Tiffany Lye Jian Ying**  
Organising Chairperson  
Consultant, Dept of Upper GI & Bariatric Surgery, SGH



**Dr Natalie Koh Si Ya**  
Guest Speaker  
Senior Consultant, Department of Cardiology, NHCS



**Ms Lee Shi Hwee**  
Physiotherapist, Dept of Physiotherapy, SGH



**Dr Lee Zhen Jin**  
Consultant, Dept of Upper GI & Bariatric Surgery, SGH



**Dr Ravishankar Asokkumar**  
Senior Consultant, Dept of Gastroenterology and Hepatology, SGH



**Dr Sarah Tan Ying Tse**  
Consultant, Dept of Endocrinology, SGH



**Ms Tan Ai Shan**  
Principal Dietitian (Clinical), Dept of Dietetics, SGH



**Dr Tan Nan Guang**  
Consultant, Dept of Upper GI & Bariatric Surgery, SGH



**Ms Wen Siying**  
Psychologist, Dept of Psychology, SGH

Gold Sponsor



Silver Sponsor



Bronze Sponsors



**SANDOZ**



**Boston Scientific**  
Advancing science for life

