

C O N T E N T S

EDITORIAL

4

Chronic Disease Management 2021 Update

Dr Xu Bang Yu

DISTANCE LEARNING COURSE ON “Chronic Disease Management 2021 Update”

6

Unit 1: Proteinuria and Hypertension with and without Type 2 Diabetes Mellitus: 2021 Update

A/Prof Goh Lee Gan

12

Unit 2: Insulin Therapy in Type 2 Diabetes Mellitus

Dr Tan Seng Kiong, Dr Tan Hwee Huan, A/Prof Sum Chee Fang

17

Unit 3: Obesity Updates: Understanding Obesity as a Disease and Intermittent Fasting

Dr Benjamin Lam Chih Chiang

22

Unit 4: Initiation of Urate Lowering Therapy (ULT)

Dr Richard Lee Meng Kam and Dr Anita Lim Yee Nah

26

Unit 5: Assessment and Management of Non-alcoholic Fatty Liver Disease

Dr Desmond Wai Chun Tao

29

Unit 6: Heart failure with Normal and Reduced Ejection Fraction – Assessment and Shared Care Management

Dr Rohit Khurana

34

Assessment of 30 MCQs

READINGS

39

A Selection of Ten Current Readings on “Chronic Disease Management 2021 Update”

Permit No. MCI (P) 103/11/2020

JOURNAL OF THE SINGAPORE FAMILY PHYSICIAN

Printed by Providence Company

The Singapore Family Physician is published quarterly by College of Family Physicians Singapore. All articles published, including editorials, letters and book reviews represent the opinion of the authors and do not reflect the official policy of College of Family Physicians Singapore or Institution with which the authors is affiliated unless this is clearly specified. The Publisher cannot accept responsibility for the correctness or accuracy of the advertisers' text and/or claim or any opinion expressed. The appearance of advertisements in this Journal does not necessarily constitute an approval or endorsement by College of Family Physicians Singapore of the product or service advertised. The contents of this publication are not to be quoted in the press without permission of the Editor.

C O N T E N T S

ORIGINAL PAPER

50

The AsthmaID Tool in Singapore: Four Simple Questions to Detect Patients in need of an Asthma Review by a Specialist
*Dr Bennett Ong, Assoc Prof Mariko Siyue Koh, Dr Maarten Beekman,
Dr Julie Hales, Adj Assoc Prof Tan Tze Lee*

54

Use of Continuous Glucose Monitoring (CGM) Technology in the Management of Type 2 Diabetes Mellitus in the
Primary Care Setting: A Case Report
Dr Teo Cheng Rong

58

Making Sense of Chronic Kidney Disease in Primary Care – Identification, Evaluation and Monitoring
Dr Chua Yan Ting, Dr Clara Ngoh Lee Ying, Dr Teo Boon Wee

64

Making Sense of Chronic Kidney Disease in Primary Care Part 2 – Management
Dr Kwek Jia Liang

69

Guidelines and Information for Authors