EDITORIAL

2021 Update: Malnutrition, Muscle Loss and Sarcopenia Dr Low Lian Leng

DISTANCE LEARNING COURSE ON "2021 Update: Malnutrition, Muscle Loss and Sarcopenia"

Unit 1: Sarcopenia: Update on Diagnosis and Treatment in an Asian Community Setting A/Prof Lim Wee Shiong

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Unit 2: Management Of Malnutrition In Community-dwelling Older Adults: The Importance Of Screening And Interventions To Improve Nutritional And Functional Outcomes Dr Tey Siew Ling

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Unit 3: Assessments and Multimodal Targeted Interventions for Muscle Health in Older Persons Adj Assoc Prof Samuel Chew Teong Huang

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Assessment of 15 MCQs

READINGS

A Selection of Ten Current Readings on "2021 Update: Malnutrition, Muscle Loss and Sarcopenia"

PRISM

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Multi-Prong Approach to Improve Outcome of Managing Adolescene Depression in Primary Care Dr Tan Hwee Mian Jane, Dr Tan Tat Hao Alon

CASE REPORT

Social Anxiety Disorder is not just shyness: A Common but Underdiagnosed Condition Dr Seow Su Yin, Dr Tan Chunzhen, Dr Kwok Kah Foo Victor

Guidelines and Information for Authors

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