

Clinical Services in SGH Obesity Centre

Obesity is a global epidemic, and a serious public health issue in Singapore. Excess body fat in the body leads to numerous metabolic, mechanical and psychological complications including type 2 diabetes, hypertension, hyperlipidemia, ischemic heart disease, obstructive sleep apnea (OSA) and infertility.

Research shows that adopting a healthy lifestyle to achieve meaningful weight loss significantly reduces the risk of developing these diseases. The multi-disciplinary team at the SGH Obesity Centre adopts an evidence-based and integrated approach with the goal towards attaining long-term weight loss and maintenance of optimal weight and health.

Lifestyle Modifications - managed by Dietitians, Physiotherapists and Clinical Coordinators

Weight Loss Medications - managed by Endocrinologists

Endoscopic Bariatric Interventions - performed by Gastroenterologists

Metabolic-Bariatric Surgery - performed by Surgeons

SGH Obesity Centre Team Members

Dietitian

Provides personalised dietary advice and alternative diet strategies such as intermittent fasting, low-carb diet and very low calorie diet (VLCD). Crafts dietary plan for patients going for bariatric surgery and advises on changes to dietary habits pre and post surgery

Physiotherapist

Supports the individual's weight management goals with safe and effective exercise sessions for a healthier lifestyle.

Psychologist

Provide psychological interventions to: facilitate lifestyle behavioural change, cope with stress and emotional issues. Supports patients in the lifestyle adjustment after bariatric surgery.

Pharmacist / Advanced Practice Nurse

Reviews post-op patients and manages their stable chronic medical conditions and nutritional status together with the endocrinologist.

Clinical Coordinator

Coordinates referrals at the centre and reviews stable patients in the clinic.



Bariatric Surgeon

Performs bariatric surgical procedures such as intragastric balloon insertion, laparoscopic sleeve gastrectomy and Roux-en-Y gastric bypass. Largest surgical volume in Singapore and equipped to manage complex and severe cases of obesity.

Endocrinologist

Initiates weight loss medications. Manages complications of obesity such as diabetes and hypertension. Monitors nutritional and metabolic status of bariatric surgery patients before and after surgery.

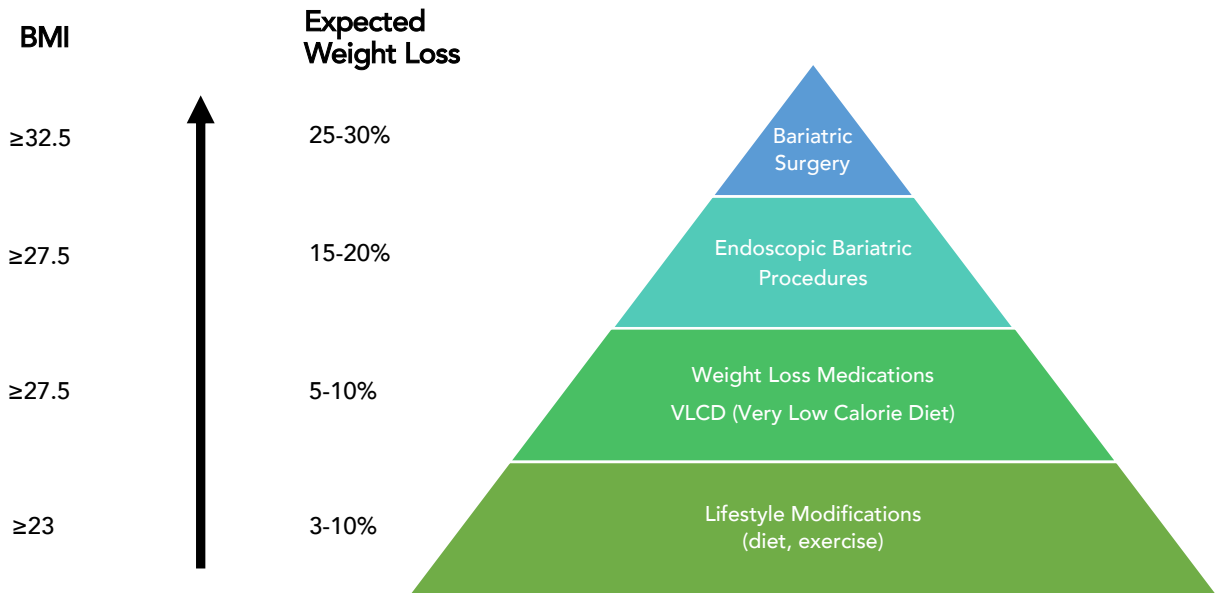
Bariatric Specialty Nurse

Provides counselling peri-operatively for patients in clinics and in wards. Point of contact for patients and provides crucial support and coordinates their care with the multi-disciplinary team.

Gastroenterologist

Performs insertion of intragastric balloons and minimally invasive bariatric procedures such as the endoscopic sleeve gastropasty.

Weight Loss Management



Weight Loss Methods

	Description	Indications	Amount of weight loss at 1 year	Advantages
VLCD program	Full meal replacements of <800 kcal/day.	BMI ≥27.5 or BMI ≥25 with risk factors.	10%	Non-invasive, non-pharmacological
Weight Loss Medications	Appetite suppressants (phentermine, liraglutide) & fat blockers (orlistat).	BMI ≥27.5	5-10%	Some may provide cardiometabolic benefits (e.g. liraglutide)
Endoscopic Bariatric Procedures	Intragastric balloons, sleeve gastropasty.	BMI ≥27.5–32.5 or BMI ≥32.5 who decline surgery.	10-15%	Less invasive than bariatric surgery. Reversible.
Metabolic Bariatric Surgery	Sleeve gastrectomy, Roux-en-Y gastric bypass.	BMI ≥37.5 or BMI ≥32.5 with risk factors.	25-30%	Most amount of durable weight loss. Can lead to diabetes remission.

Lifestyle modification via diet and exercise is the foundation of obesity management and will be advocated for all patients regardless of the treatment options chosen. Dedicated gym facilities managed by physiotherapists are available for patients to exercise at the SGH Obesity Centre.



PATIENTS. AT THE HE^{ART} OF ALL WE DO.®

Registration No. 198703907Z
Information correct as at Mar 2021

SGH Obesity Centre Outram Community Hospital
Specialist Outpatient Clinic, Level 3, SingHealth Tower
10 Hospital Boulevard
Singapore 168582
www.sgh.com.sg

Opening hours:
Mondays - Fridays : 8am to 6pm
Closed on Weekends and Public Holidays

Facebook: SGH Obesity Centre



For general enquiries, please contact:

Tel : (65) 6222 3322
Fax : (65) 6224 9221

For enquiries on weight management, please contact:

Email : obesitycentre@sgh.com.sg

International patients, please contact: Patient Liaison Service

Tel: (65) 6326 5656
Email: pls@signhealth.com.sg

<https://www.sgh.com.sg/patient-care/specialties-services/Obesity-Centre/#>

