

# Hyperlipidemia Skills Course

Course Structure

## 1. Distance Learning Course Contents

### Unit 1: Epidemiology of Hyperlipidemia

Dr Tan Chee Eng, Head of Department of Endocrinology

- Disease Burden
- Pathophysiology of Hyperlipidemia
- Framingham Study
- Multiple Risk Factor Intervention Trial
- Risk Factors

### Unit 2: Review of Evidence on the Efficacy of Treatment

Dr Peter Yan Chee Hong, Cardiologist

- Oslo Diet-Heart Study
- Lipid Research Clinics Coronary Primary Prevention Trial
- Helsinki Heart Study
- West of Scotland Coronary Prevention Study
- Scandinavia Simvastatin Survival Study
- Atorvastatin Versus Revascularization Treatments
- Treating to New Targets
- Myocardial Ischaemia Reduction and Aggressive Cholesterol Lowering study
- Other Studies and Trials

### Unit 3: Screening and Classification of Hyperlipidemia

Dr Loh Keh Chuan, Senior Consultant, Endocrinology

- Principles and Pitfall in Hyperlipidemia Screening
- Interpreting Blood Test Results
- Cutpoints for Dyslipidemia
- Fredrickson Phenotyping
- Primary and Secondary Hyperlipidemia

### Unit 4: Coronary heart disease risk assessment

Dr Kurugulasigamoney Gunasegaran, Consultant, Department of Cardiology

- Concept of risk factor assessment
- Major coronary heart disease risk factors
- Assessment of a patient's overall risk for coronary heart disease

### Unit 5: Pharmacological Treatment of Hyperlipidemia

Dr Sum Chee Fang, Senior Consultant, Endocrinology

- Identifying and treating underlying causes
- Initiation of Therapy
- Choice of pharmacological agents
- Monitoring patients during follow-up
- Treatment Goal

### Unit 6: Non-pharmacological treatment

Dr Mabel Yap, Department of Nutrition

- Determining the need for non-pharmacological treatment
- Risk factor management
- Diet • Weight • Exercise

## 2. Seminars

(2 CORE FM CME Points each)

**Seminar 1: 11<sup>th</sup> October 2003**

2.00pm – 4.00pm

- 1) Epidemiology of Hyperlipidemia
- 2) Review of Evidence on the Efficacy of Treatment
- 3) Screening and Classification of Hyperlipidemia

**Seminar 2: 12<sup>th</sup> October 2003**

2.00pm – 4.00pm

- 1) Coronary heart disease risk assessment
- 2) Pharmacological Treatment of Hyperlipidemia
- 3) Non-pharmacological Treatment of Hyperlipidemia

**\* Seminars are on 1st come 1st serve basis and are limited to the first 200 participants**

## 3. Workshops Session (2 CORE FM CME Points)

### Workshops

(11th October 2003 OR 12th October 2003)

4.00pm – 6.00pm

#### 11th October 2003

Group A: Case discussion and Implementing Disease Management Strategies (A/P Goh Lee Gan, Dr Lee Kheng Hock)

Group B: Dietary Counselling Skills (Dr Tan Chee Eng, Dr Loh Keh Chuan)

#### 12th October 2003

Group A: Case discussion and Implementing Disease Management Strategies (A/P Goh Lee Gan, Dr Lee Kheng Hock)

Group B: Dietary Counselling Skills (Dr Sum Chee Fang, Dr Tavintharan Subramanian, Ms Gladys Wong)

**\* Workshops are on 1st come 1st serve basis and are limited to the first 200 participants**

**Date: 11<sup>th</sup> & 12<sup>th</sup> October 2003  
Time: 2.00pm – 6.00pm  
Venue: MOH Auditorium**

*The development of this Family Practice Skills Course is supported by an educational grant from Pfizer Pte Ltd*

Register

## Hyperlipidemia Skills Course Registration Form

Please tick  appropriate boxes.

	College Member	Non-College Member
Seminar 1	\$10.00	\$20.00
Seminar 2	\$10.00	\$20.00
Workshop	\$20.00	\$40.00
Please tick your preferred date for workshop:	<input type="checkbox"/> 11 <sup>th</sup> Oct '03	<input type="checkbox"/> 11 <sup>th</sup> Oct '03
	<input type="checkbox"/> 12 <sup>th</sup> Oct '03	<input type="checkbox"/> 12 <sup>th</sup> Oct '03
Distance Learning Module	FREE	\$40.00
<b>TOTAL</b>		

Name: Dr \_\_\_\_\_ MCR No : \_\_\_\_\_

### Mailing Address:

Please indicate:  Residential  Practice Address

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Please make cheque payable to :

College of Family Physicians  
Singapore

### Mail to:

College of Family Physicians  
Singapore  
16 College Road #01-02  
College of Medicine Building  
Singapore 169854

### IMPORTANT:

**Participants with fever should not attend the seminars and workshops.**

# Men's Health Skills Course

Course Structure

## 1. Distance Learning Course Contents

### Unit 1: Male Aging

Dr Mukherjee Jagat Jyoti, Consultant

- Pathophysiology of Aging
- Endocrinology of the Aging Male
- Rational Approach to Males Hormones Replacement

### Unit 2: Diagnosis and Understanding of Erectile Dysfunction

Dr Chia Sing Joo, Head and Senior Consultant

- Male Sexuality
- Pathophysiology of Erectile Dysfunction
- Clinical Assessment
- Psychosocial Assessment
- Investigations
- Pitfalls in Diagnosis

### Unit 3: Managing Erectile Dysfunction

Dr Enoch Gan, Consultant

- Drug Therapy
- Vacuum Devices
- Surgery

### Unit 4: Approach to Urinary Symptoms in Men

Dr Micheal Wong, Senior Consultant

- Urinary symptoms in Men
- Pathophysiology of urinary symptoms
- Diagnostic approach
- Common Pitfalls in history taking and interpreting urinary symptoms

### Unit 5: Diseases of the Prostate

Dr Christopher Cheng, Head and Senior Consultant

- Benign Prostate Hypertrophy
- Prostatitis
- Prostate Cancer

### Unit 6: Stress and Coping

Prof Kua Ee Heok, Senior Consultant

- Counseling and Psychotherapy in Erectile Dysfunction
- Mood Disorders in Men
- Coping with Aging

## 2. Seminars

(2 CORE FM CME Points each)

**Seminar 1: 29th November 2003**

2.00pm – 4.00pm

- 1) Male Aging
- 2) Diagnosis and Understanding of Erectile Dysfunction
- 3) Managing Erectile Dysfunction

**Seminar 2: 30th November 2003**

2.00pm – 4.00pm

- 1) Approach to Urinary Symptoms in Men
- 2) Diseases of the Prostate
- 3) Stress and Coping

**\* Seminars are on 1st come 1st serve basis and are limited to the first 200 participants**

## 3. Workshops Session

(2 CORE FM CME Points)

### Workshops

(29th November 2003 OR 30th November 2003)  
4.00pm – 6.00pm

Group A: Case discussion and Implementing Disease Management Strategies

Group B: Relaxation Therapy

**\* Workshops are on 1st come 1st serve basis and are limited to the first 200 participants**

**Date: 29<sup>th</sup> & 30<sup>th</sup> November 2003**

**Time: 2.00pm – 6.00pm**

**Venue : To be Confirmed**

*The development of this Family Practice Skills Course is supported by an educational grant from Pfizer Pte Ltd*

Register

### Men's Health Skills Course Registration Form

**Please tick  appropriate boxes.**

	College Member	Non-College Member
Seminar 1	\$10.00	\$20.00
Seminar 2	\$10.00	\$20.00
Workshop	\$20.00	\$40.00
Please tick your preferred date for workshop:	<input type="checkbox"/> 29 <sup>th</sup> Nov '03	<input type="checkbox"/> 29 <sup>th</sup> Nov '03
	<input type="checkbox"/> 30 <sup>th</sup> Nov '03	<input type="checkbox"/> 30 <sup>th</sup> Nov '03
Distance Learning Module	FREE	\$40.00
<b>TOTAL</b>		

Name: Dr \_\_\_\_\_ MCR No : \_\_\_\_\_

#### Mailing Address:

Please indicate:  Residential  Practice Address

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

**Please make cheque payable to :**

College of Family Physicians  
Singapore

#### Mail to:

College of Family Physicians  
Singapore  
16 College Road #01-02  
College of Medicine Building  
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