

ADJ. ASSOC. PROF. DR. BENEDICT TAN

SESSION: SYMPOSIUM 1 (DAY 1: 1030 – 1055)

TOPIC: EXERCISE IS MEDICINE



Adj. Assoc. Prof. Ben Tan graduated in 1991 with an MBBS from the National University of Singapore and obtained his Masters in Sports Medicine in 1997 from the world-renowned Australian Institute of Sport. A pioneering Sports Physician, he is a Fellow of the Academy of Medicine Singapore (FAMS) and American College of Sports Medicine (FACSM). Dr Tan is presently Chief of Sport and Exercise Medicine at Changi General Hospital. The Department runs three of Singapore's leading Sport & Exercise Medicine Centers – Singapore Sport & Exercise Medicine Centre @ CGH (SSMC@CGH), SSMC@Novena, and SSMC@SSI, along with Sport & Exercise Medicine services at Singapore General Hospital, Seng Kang General Hospital, and KK Women's and Children's Hospital. In 2005, Dr Tan chaired the Sports Medicine Workgroup (Specialist Accreditation Board) that culminated in Sports Medicine being gazetted as a subspecialty in Singapore in 2011, and he continues to develop and grow the field of Sports Medicine as Chair of the Sports Medicine Subspecialty Training Committee, Head of the SingHealth Duke-NUS Sport & Exercise Medicine Centre (SDSC), and chair of the Advisory Board of the NTU Lee Kong Chian School of Medicine's Graduate Diploma in Sports Medicine. Dr Tan plays a pivotal role in the global Exercise is Medicine (EIM) movement as chair of EIM Singapore and Asia. Globally, Dr Tan contributes to the sports ecosystem as a Member of the International Olympic Committee (IOC) Medical and Scientific Commission, Chair of World Sailing's Medical Commission, and Vice President of the Singapore National Olympic Council.