



Benjamin Lam Chih Chiang

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Clinical Director, Integrated Care for Obesity and Diabetes (ICOD), KTPH

Research Interests:

- Obesity
- Metabolic Medicine
- Family Medicine

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Biography

Dr Benjamin Lam received his basic medical degree from the National University of Singapore in 2004. His post graduate training in Singapore includes a Master of Medicine in Family Medicine, and a Fellowship from the College of Family Physicians in Singapore. He has a keen interest in the areas of Obesity and Metabolic Medicine. He did a 1-year Clinical Research Fellowship with Imperial College, London in the United Kingdom in 2013, and pursued a Master of Science in Weight Management from the University of Chester while he was in the United Kingdom. He is currently pursuing a PhD at Lee Kong Chian School of Medicine to understand the obesity problem in Singapore better.

Selected Publications

- Lam BC, Lim SC, Wong MT, Shum E, Ho CY, Bosco JI ... Koh GC. **A Method Comparison Study to Validate a Novel Parameter of Obesity, the Body Adiposity Index, in Chinese Subjects.** *Obesity (Silver Spring)*. 2013; 21(12):E634-639. doi: 10.1002/oby.20504.
- Moh MC, Sum CF, Lam BC, Ng XW, Su C, Tavintharan S ... Lim SC. **Evaluation of Body Adiposity Index as a Predictor of Aortic Stiffness in Multi-ethnic Asian Population with Type 2 Diabetes.** *Diab Vasc Dis Res*. 2014. doi: 10.1177/1479164114554609.
- Lam BC, Koh GC, Chen C, Wong MT, Fallows SJ. **Comparison of Body Mass Index (BMI), Body Adiposity Index (BAI), Waist Circumference (WC), Waist-To-Hip Ratio (WHR) and Waist-To-Height Ratio (WHtR) as Predictors of Cardiovascular Disease Risk Factors in an Adult Population in Singapore.** *PLoS One*. 2015; 10(4):e0122985. doi: 10.1371/journal.pone.0122985.
- Chao AT, Sum CF, Lam BC, Cheng AK, Low SK, Lim SC. **Effect of Bariatric Surgery on Diabetic Nephropathy in Obese Type 2 Diabetes Patients in a Retrospective 2-year Study: A Local Pilot.** *Diab Vasc Dis Res*. 2017; 15(2):147916411774231. doi: 10.1177/1479164117742315.

Notable Research Awards & Grants From Past 5 Years

Name of Awards & Grants	Year Obtained
NHG-LKCMedicine Clinician Scientist Fellowship (CSF)	2018
National Medical Research Council (NMRC) Research Training Fellowship (RTF)	2019