



Ester Yeoh Chai Kheng

Senior Consultant, Diabetes Centre, Admiralty Medical Centre, KTPH
Adjunct Assistant Professor, Yong Loo Lin School of Medicine, NUS
Adjunct Assistant Professor, Lee Kong Chian School of Medicine, NTU

Research Interests:

- Type 1 Diabetes
- Hypoglycaemia
- Diabetes Technology (Devices and Sensors)
- Diabetes and Psychology

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Biography

Dr Ester Yeoh is a Senior Consultant Endocrinologist at the Diabetes Centre, Admiralty Medical Centre and Khoo Teck Puat Hospital. She is trained in Endocrinology and Internal Medicine. She graduated from the National University of Singapore, attained specialist accreditation in Endocrinology in Singapore and conducted her fellowship training at the Diabetes Centre and Diabetes Research Group in King's College Hospital, London UK where she was involved in clinical and research work in type 1 diabetes and hypoglycaemia.

She has special interests in hypoglycaemia, type 1 diabetes, diabetes technologies including devices and glucose sensors, patient education and mental health in diabetes. She contributes in training future doctors and specialists as Adjunct Assistant Professor at the Yong Loo Lin School of Medicine, National University of Singapore, and Lee Kong Chian School of Medicine, Nanyang Technological University. She received the KTPH Research Scholarship Award in 2015 and the NHG Young Achiever Award in 2018. Dr Yeoh leads the Flexible Insulin Therapy team, a clinic for people with type 1 diabetes on insulin injections or insulin pump therapy. She firmly believes in patient education, empowering her patients towards improved diabetes self-management and utilizing technology to improve quality of life for people with diabetes.

Selected Publications

- Yeoh E, Choudhary P, Nwokolo M, Ayis S, Amiel SA. Interventions that restore awareness of hypoglycaemia in adults with type 1 diabetes: A systematic review and meta-analysis. *Diabetes Care*. 2015; 38(8):1592-1609.
- Beato-Vibora P, Yeoh E, Rogers H, Hopkins D, Amiel SA, Choudhary P. Sustained benefit of continuous subcutaneous insulin infusion on glycaemic control and hypoglycaemia in adults with type 1 diabetes. *Diabetic Medicine*. 2015. doi: 10.1111/dme.1286.
- Yeoh E, Zainudin S, Loh WN, Chua CL, Fun S, Tavintharan S, Sum CF, Lim SC. Fasting during Ramadan and associated changes in glycaemia, caloric intake and body composition with gender differences in Singapore. *Ann Acad Medicine Singapore*. 2015; 44:202-6.
- Yeoh E, Choudhary P. Technology to reduce hypoglycaemia. *J Diabetes Sci Technol*. 2015; 9(4):911-6.

- Yeoh E, Beato-Vibora P, Rogers H, Amiel SA, Choudhary P. Efficacy of insulin pump therapy in elderly patients. *Diabetes Technol Ther.* 2015; 17(5):364-5.
- Goh SN, Yeoh E, Tan KY. Impact of perioperative hypoglycaemia in subjects with diabetes undergoing colorectal surgery. *Int J Colorectal Dis.* 2017; 32(2):209-214.
- Yeoh E, Lim BK, Fun S, Tong J, Yeoh LY, Sum CF, Tavintharan S, Lim SC. Efficacy of self-monitoring of blood glucose versus retrospective continuous glucose monitoring in improving glycaemic control in diabetic kidney disease patients. *Nephrology (Carlton).* 2018; 2393:264-268.
- Shao Y, Lim GJ, Chua CL, Wong YF, Yeoh E, Low SKM, Sum CF. The effect of Ramadan fasting and continuing SGLT2 inhibitor use on ketonemia, blood pressure and renal function in Muslim patients with type 2 diabetes. *Diabetes Res Clin Pract.* 2018; 142:85-91.
- Chee YJ, Tan SK, Yeoh E. Dissecting the interaction between Coronavirus Disease 2019 and Diabetes Mellitus. *J Diab Invest.* 2020. doi: 10.1111/jdi.13326.
- Chee YJ, Ng SJH, Yeoh E. Diabetic Ketoacidosis precipitated by Covid-19 in a patient with newly diagnosed diabetes mellitus. *Diabetes Res. Clin Pract.* 2020; 164:108166.
- Yeoh E, Png D, Koh PL, Sum CF, Lim SC, Tan HH, Ubeynarayana C, Tavintharan S. Glucose Awareness to Motivate and Enable Solutions (GAMES) in diabetes mellitus using flash glucose monitoring: A clinical programme. *Diabet Med.* 2022; 39(1):e14733. doi: 10.1111/dme.14733.

Notable Research Awards & Grants From Past 5 Years

Name of Awards & Grants	Year Obtained
Annals Academy of Medicine Singapore Best Publication Gold Award for “Fasting during Ramadan and associated changes in glycaemia, caloric intake and body composition with gender differences in Singapore”	2015
Alexandra Health Fund for “Continuous glucose monitoring in diabetic end-stage renal disease patients on peritoneal dialysis”	2016
Alexandra Health Fund for “Driving practices and risk of hypoglycaemia among patients with diabetes mellitus”	2016
Alexandra Health Fund for “Performance of flash glucose monitoring versus real-time continuous glucose monitoring”	2018
Alexandra Health Fund for “Long term change in metabolic control and glycaemic variability for type 2 diabetics of BMI 27-32 undergoing either Roux-en-Y Gastric Bypass or Best medical therapy via Continuous glucose monitoring”	2018
Singapore Health and Biomedical Congress 2021, Singapore Clinician Investigator Award (Gold Award) for “Continuous Glucose Monitoring glycaemic indices in a 5-year randomized controlled trial of Roux-en-Y gastric bypass vs. best medical treatment for type 2 diabetes in adults with Class I Obesity”	2021
Alexandra Health Fund for “Assessing Burnout in Type 1 diabetes”	2021

Translating Research into Healthcare

- Body & Soul – Ramadan-fasting and diabetes. *News Radio Channel 938 Live.* Aired 14 July 2015.
- Paradigma with Zaza – Obesity and diabetes. *Radio Segment on Warna 94.2 FM.* Aired 7 October 2015.

- News Segment - Roux-en-Y gastric bypass in obese patients. Channel News Asia. Aired 1 June 2016.
- Mistakes that diabetics make when fasting. *The Straits Times*. Published 13 June 2017.
<https://www.straitstimes.com/singapore/ramadan-mistakes-that-diabetics-make-when-fasting>
- Mind & Body - Managing the highs and lows of diabetes. The Straits Times. Published 20 August 2017.
- Managing the highs and lows of diabetes. *The Straits Times*. Published 29 August 2017.
<https://www.straitstimes.com/singapore/managing-the-highs-and-lows-of-diabetes>
- Health Matters - Tech apps to control diabetes. *Channel News Asia 938*. Aired 7 December 2021.