

# Understanding and Managing Obstructive Sleep Apnea



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**ON 23 JULY, IN A SESSION ORGANISED IN PARTNERSHIP WITH FARRER PARK HOSPITAL,** Dr Paul Mok (Medicine '91) delivered an informative talk on Obstructive Sleep Apnea – what it is and how to manage it. Dr Mok, who is a Senior Consultant and Medical Director of My ENT Specialist Clinic at Farrer Park Medical Centre, actively addressed numerous inquiries and concerns posted by participants via the Q&A feature on Zoom. Overall, participants were better able to understand the main causes and possible treatments and solutions to resolve Obstructive Sleep Apnea.

