

The Editors' Musings

DR TINA TAN

Editor

Dr Tan is a psychiatrist in private practice and an alumnus of Duke-NUS Medical School. She treats mental health conditions in all age groups but has a special interest in caring for the elderly. With a love for the written word, she makes time for reading, writing and self-publishing on top of caring for her patients and loved ones.



We have all asked “Dr Google” for advice before. I doubt there is anyone reading here who has not done so. It is quick, easy and readily available at our fingertips, especially now that Google can generate an “artificial intelligence (AI) overview” with links included. That being said, one pitfall is the staggeringly vast amount of information available – a balance must be achieved between patients (who have a right to empower themselves) and healthcare professionals (who would be considered domain experts).

This month, Dr Clive Tan and Dr Chie Zhi Ying share their perspectives on how

doctors can work with patients on health literacy, even as we progress into a world with increasing reliance on AI as well as increasing amounts of misinformation. Similarly, Dr Miina Ohman and her team have written about the role of evidence-based lifestyle medicine and how it is more than just “common sense”.

Meanwhile, Dr Ng Chee Kwan has stepped down after a three-year tenure as SMA President, with Dr Daniel Lee Hsien Chieh taking over the reins. Congratulations, Dr Lee!

DR CLIVE TAN

Guest Editor

Dr Tan is a public health specialist, Director of Medical Services for Home Team at Singapore’s Ministry of Home Affairs, and President of Precision Public Health Asia Society. He works using a strong population health approach, with a focus on precision public health, digital health, integrated care and behavioural change. He is married with three children aged 14, 13 and 10.



New discoveries in health and healthcare are happening at a rapid pace, and keeping up with the science of medicine, doctoring and healing in the current day can be daunting. As health knowledge is increasingly democratised through the Internet and AI technology, the skill of health communication grows in complexity and importance as both a preventive and a remedy for misinformation. Doctors are

valued by patients and the wider community as a stronghold of trust, knowledge and shared values – we need to work hard as a community and profession to keep that trust. In this issue, we feature several perspectives on health communications in the era of new discoveries and AI: snapshots of our thoughts in 2026 and a peek into the futures that we are tunnelling towards. ◆