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Dr Thong graduated from the Faculty of Medicine, National University of Singapore in 1994. He subsequently underwent Advanced Specialty Training in Rheumatology and Clinical Immunology/Allergy at Tan Tock Seng Hospital (TTSH), Singapore from 1999-2002, followed by a Health Manpower Development Plan Fellowship in Adult and Paediatric Clinical Immunology and Allergy in Southampton, United Kingdom from 2002-2003.

He is currently Divisional Chairman, Medicine; and Senior Consultant, Department of Rheumatology, Allergy and Immunology at TTSH. He is Adjunct Associate Professor at the Lee Kong Chian School of Medicine, Singapore where he was involved in the undergraduate curriculum development and teaching for the Year 1 and 3 Musculoskeletal (Rheumatology) teaching block, Year 1 Immunology (autoimmunity, hypersensitivity, allergy and tolerance), and Year 4 Drug allergy/adverse drug reactions team-based learning sessions.

He was past-President of the Allergy and Clinical Immunology Society (Singapore) (2014-2017), and current Board Member of the Section of Clinical Immunologists and Allergists, College of Physicians, Singapore (from 2017). His involvement with the World Allergy Organization (WAO) were as the Asia-Pacific regional editor for the Web Editorial Board (2008-2013), and as member of the Anaphylaxis Special Committee and Drug Hypersensitivity Reactions committee. He also co-authored the WAO Allergic Diseases Resource Centre's article on Drug Allergies (posted from 2007-present), International Consensus (ICON) on Drug Allergy (2014), and WAO Anaphylaxis Guidelines (from 2011-present).

He is presently Associate Editor of APAllergy journal, and editorial board member for the journal Allergy. He has more than 80 peer-reviewed publications in clinical immunology/allergy and rheumatology.