



Lim Wee Shiong

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Research Interests:

- Sarcopenia and related disorders
- Frailty and Intrinsic Capacity
- Dementia and cognitive disorders
- Others: Caregiving, Health Professions Education

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Biography

A/Prof Lim is the Director at Institute of Geriatrics and Active Ageing and Senior Consultant at the Department of Geriatric Medicine, Tan Tock Seng Hospital. He is Adjunct Associate Professor at Lee Kong Chian School of Medicine, Nanyang Technological University; Adjunct Associate Professor at Yong Loo Lin School of Medicine, NUS; Fellow of the American Geriatric Society; Associate Fellow of the Association for Medical Education in Europe; and a member of the Research Management Committee, Geriatric Education and Research Institute.

His enthusiasm in his role as “Geriatrician Educator Researcher” is evidenced by his comprehensive track record of scholarly work, including over 180 peer-reviewed publications; Associate Editor of Journal of Frailty and Aging (JFA), and editorial board member of Journal of Nutrition, Health and Aging (JNHA), Annals of Geriatric Medicine and Research, Aging Medicine and Healthcare, and Aging Clinical and Experimental Research; reviewer for major national grants, international journals and conferences; and research and teaching awards in the fields of Geriatric Medicine and Health Professions Education.

A/Prof Lim completed fellowships in dementia and cognitive disorders at Washington University, St Louis, USA; Successful Aging Programme at St Louis University, USA; and Trans-disciplinary Frailty Research To Achieve Healthy Ageing at University of Adelaide, Australia. He is an active member of the Asian Working Group for Sarcopenia (AWGS), Asian Working Group for Cachexia (AWGC), and the Asia Pacific Geriatrics Network. He is also the principal investigator of the seminal GERI-LABS and GERI-LABS2 longitudinal cohort studies in frailty and sarcopenia.

Selected Publications

- E Dent, C Lien, WS Lim, WC Wong, CH Wong, TP Ng, J Woo, et al. The Asia-Pacific Clinical Practice Guidelines for the Management of Frailty. *JAMDA*. 2017; 18 (7):564-75.
- J Chew, L Tay, JP Lim, A Yeo, S Yew, CN Tan, YY Ding, WS Lim. Serum myostatin and IGF-1 as gender-specific biomarkers of frailty and low muscle mass in community-dwelling older adults. *J Nutr Health Aging*. 2019; 23(10):979-86.

- WS Lim, CH Wong, YY Ding, K Rockwood, C Lien. Translating the Science of Frailty in Singapore: Results from the National Frailty Consensus Discussion. *Annals Acad Singapore*. 2019; 48(1):25-31.
- WS Lim, JP Lim, J Chew, AWK Tan. Calf circumference as a case-finding tool for sarcopenia: influence of obesity on diagnostic performance. *JAMDA*. 2020; 21(9):1359-1361.
- E Chong, M Chan, HN Tan, WS Lim. COVID-19: Use of the Clinical Frailty Scale for critical care decisions. *J Am Geriatr Soc*. 2020; 68(6): e30-e32.
- WS Lim, CK Liang, P Assantachai, TW Auyeung, L Kang, et al. COVID-19 and older people in Asia: Asian Working Group for Sarcopenia calls to actions. *Geriatr Gerontol Int*. 2020; 20(6):547-558.
- LK Chen, J Woo, P Assantachai, TW Auyeung, MY Chou, ... WS Lim et al. Asian Working Group for Sarcopenia: 2019 Consensus Update on Sarcopenia Diagnosis and Treatment. *JAMDA*. 2020; 21(3):300-307.e2.
- K Pek, J Chew, A Yeo, S Yew, CN Tan, JP Lim, YY Ding, WS Lim. Social frailty is independently associated with mood, nutrition, physical performance and physical activity: Insights from a theory-guided approach. *Int J Environ Res Public Health*. 2020; 17(12):4239.
- EQE Khor, JP Lim, L Tay, A Yeo, S Yew, YY Ding, WS Lim. Obesity definitions in sarcopenic obesity: Differences in prevalence, agreement and association with muscle function. *J Frailty Aging*. 2020; 9:37-43.
- J Chew, JP Lim, S Yew, A Yeo, NH Ismail, YY Ding, WS Lim. Disentangling the relationship between frailty and intrinsic capacity in healthy community-dwelling older adults: a cluster analysis. *JNHA*. 2021; 25(9):1112-1118.
- HX Lee, A Yeo, S Yew, L Tay, YY Ding, WS Lim. Combined Impact of Positive Screen for Sarcopenia and Frailty on Physical Function, Cognition and Nutrition in the Community Dwelling Older Adult. *Ann Geriatr Med Res*. 2021; 25(3): 210–216.
- M Ong, K Pek, CN Tan, S Yew, A Yeo, JP Lim, J Chew, WS Lim. Social Frailty-Dysexecutive syndrome: Association with life space, geriatric syndromes and quality of life in healthy community-dwelling older adults. *J Frailty Aging*. 2021. doi: 10.14283/jfa.2021.43.

Notable Research Awards & Grants From Past 5 Years

Name of Awards & Grants	Year Obtained
Aging Research Institute for Society and Education (ARISE) grant for “Exercise Medicine as a core strategy for ageing health: Bridging the evidence gaps between community and clinical exercise programmes for chronic disease prevention and treatment in older population”	2017
ADL+: A Digital Toolkit for Cognitive Assessment and Intervention. Grant call on cognition, National Innovation Challenge (NIC) on Active and Confident Ageing, Healthy Ageing Innovation Grant	2017
SAIF: An end-to-end system for assessment and intervention of frailty. Grant call on frailty National Innovation Challenge (NIC) on Active and Confident Ageing, Healthy Ageing Innovation Grant	2017
Lee Foundation for “Longitudinal Assessment of Biomarkers for characterization of early Sarcopenia and Osetosarcopenic Obesity in predicting frailty and functional decline in community-dwelling Asian older adults Study (GeriLABS-2)”	2019
Healthy Longevity Catalyst Awards 2020, National Innovation Challenge (NIC) on Active and Confident Ageing for “CONGLOMERATE: Exploring a Converging TarGet of Cardiovascular Longevity in Ageing”	2020
NHG Research Impact Award – Longitudinal assessment of biomarkers for characterisation of early sarcopenia and osteosarcopenic obesity in predicting frailty and functional decline in community-dwelling Asian older adults (GeriLABS-2)”	2021

Translating Research Into Healthcare

- Caregivers 'performance stress' under study. *The Straits Times*. Published 11 May 2016.
- Singaporeans are living longer but some will face cash crunch as they battle multiple illnesses: Study. *Today Singapore*. Published 23 July 2019.
<https://www.todayonline.com/singapore/singaporeans-are-living-longer-many-will-face-cash-crunch-they-battle-multiple-chronic-illnesses>
- Healthy for 100 roundtable - Tackling ageing issues: Turning silver into gold as Singaporeans live longer. *The Straits Times*. Published 22 September 2019.
<https://www.straitstimes.com/singapore/turning-silver-into-gold-as-singaporeans-live-longer>
- First-of-its-kind study sheds new light on sarcopenic obesity. *Channel News Asia*. Published 4 October 2019.
<https://www.channelnewsasia.com/news/singapore/first-of-its-kind-study-sheds-new-light-on-sarcopenic-obesity-11971268>