

Lim Wee Shiong



Senior Consultant, Department of Geriatric Medicine, TTSH
Director, Institute of Geriatrics and Active Aging, TTSH
Associate Professor (Clin Practice), Lee Kong Chian School
of Medicine

Adjunct Associate Professor, Yong Loo Lin School of
Medicine

Research Interests:

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

Email: Wee_Shiong_Lim@ttsh.com.sg

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 Associate Professor (Clinical Practice) 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. 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.

His enthusiasm in his role as “Geriatrician Educator Researcher” is evidenced by his comprehensive track record of scholarly work, including over 200 peer-reviewed publications; Associate Editor of Journal of Frailty and Aging (JFA); reviewer for major national grants, international journals and conferences; and research and teaching awards in the fields of Geriatric Medicine and Health Professions Education. He is actively involved in international, regional and national workgroups in sarcopenia and frailty, including the Asian Working Group for Sarcopenia (AWGS), Asian Working Group for Cachexia (AWGC), and Global Leadership Initiative in Sarcopenia (GLIS). He is also the principal investigator of the

Selected Publications

- E Chong, T Ong, **WS Lim**. Front-Door Geriatrics: Frailty-Ready Emergency Department to Achieve the Quadruple Aim. *J Frailty Aging*, Published 25 Sep 23. <https://doi.org/10.14283/jfa.2023.42>
- H Arai, K Maeda, H Wakabayashi, T Naito, M Konishi, .. J Chew, **WS Lim**, et al. (2023). Diagnosis and Outcomes of Cachexia in Asia: Working Consensus Report from the Asian Working Group for Cachexia. *J Cachexia, Sarcopenia Muscle*. Published 05 September 2023. <https://doi.org/10.1002/jcsm.13323>
- EV Frolova, B Arosio, **WS Lim** (2023). Editorial. Intrinsic Capacity and Resilience versus Frailty: on the Way to Healthy Aging. *Front Med*, 10:1155648.
- E Chong, B Zhu, SHX Ng, H Tan, EF Goh, J Molina, MJ Pereira, P Kaur, J Baldevarona-Llego, JQ Chia, A Chong, S Cheong, CL Foo, Chan M, **WS Lim** (2022). Emergency department interventions for frailty (EDIFY): improving functional outcomes in older persons at the emergency department through a multicomponent frailty intervention. *Age Ageing*, 51(2):afab251
- L Calcaterra, M Cesari, **WS Lim** (2022). Long term care facilities (LTCF) during the COVID-19 Pandemic: lessons from the Asian approach. A Narrative Review. *JAMDA*, 23(3);399-404.
- J Chew, JP Lim, S Yew, A Yeo, NH Ismail, YY Ding, **WS Lim** (2021). Disentangling the relationship between frailty and intrinsic capacity in healthy community-dwelling older adults: a cluster analysis. *JNHA*, 25(9):1112-1118.
- **WS Lim**, CK Liang, P Assantachai, TW Auyeung, L Kang, et al. (2020) COVID-19 and older people in Asia: Asian Working Group for Sarcopenia calls to actions. *Geriatr Gerontol Int*. 20(6):547-558.
- LK Chen, J Woo, P Assantachai, TW Auyeung, MY Chou, ... **WS Lim**, et al (2020). Asian Working Group for Sarcopenia: 2019 Consensus Update on Sarcopenia Diagnosis and Treatment. *JAMDA*. 21(3):300-307.e2
- K Pek, J Chew, A Yeo, S Yew, CN Tan, JP Lim, YY Ding, **WS Lim** (2020). 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*. 17(12), 4239.
- J Chew, L Tay, JP Lim, A Yeo, S Yew, CN Tan, YY Ding, **WS Lim** (2019). Serum myostatin and IGF-1 as gender-specific biomarkers of frailty and low muscle mass in community-dwelling older adults. *J Nutr Health Aging*. 23(10):979-86.

Notable Research Awards & Grants

Name of Awards & Grants	Year Obtained
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
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). Lee Foundation	2019
CONGLOMERATE: Exploring a Converging TarGet of Cardiovascular Longevity in Ageing. Healthy Longevity Catalyst Awards, National Innovation Challenge (NIC) on Active and Confident Ageing	2020
Tackling Disruptions to Frailty Interventions: Developing Personalized Interventions Targeted for Older Persons with Cardiac Frailty. National Innovation Challenge (NIC) on Active and Confident Ageing	2022
Targeting osteosarcopaenia and multimorbidity for frailty prevention through identification and deep phenotyping methods in healthy aging and high-burden disease cohorts (OPTIMA-C). National Healthcare Group Translational Research Seed Funding.	-

Translating Research Into Healthcare

- “Worry about performance” caregiver stress (11 May 2016, Multiple print, radio and TV reports)
- Economist Ready for 100 Interview and roundtable discussion. Part 2: Healthcare. (23 July 2019, Media launch).
<https://sg.news.yahoo.com/singaporeans-unprepared-on-rising-medical-costs-of-living-to-100-healthcare-survey-072434720.html?guccounter=1>
- <https://www.todayonline.com/singapore/singaporeans-are-living-longer-many-will-face-cash-crunch-they-battle-multiple-chronic-illnesses>
Straits Times roundtable: [Healthy for 100](#) (22 Sep 2019, The Straits Times).
- [First-of-its-kind study sheds new light on sarcopenic obesity](#). (4 Oct 2019, Channel News Asia). News also reported on News at 5, Suria, Vasabtham, Channel 8 news, Channel U news, LHZB, LHWB, 93.8Now, CapitalRadio 95.8.