



Lim Wee Shiong

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Associate Professor (Clinical Practice), Lee Kong Chian School of Medicine, NTU; Adjunct Associate Professor at Yong Loo Lin School of Medicine, NUS
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Research Interests:

- Sarcopenia and muscle health
- Frailty and intrinsic capacity
- Dementia and cognitive health
- Implementation science
- Mixed methods research

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Biography

A/Prof Lim Wee Shiong is the Director at IGA, and Senior Consultant at the Department of Geriatric Medicine, TTSH. He is Associate Professor (Clinical Practice) at Lee Kong Chian School of Medicine, NTU; Adjunct Associate Professor at Yong Loo Lin School of Medicine, NUS; Fellow of the American Geriatrics Society; and Associate Fellow of the Association for Medical Education in Europe.

A/Prof Lim's comprehensive track record of scholarly work as a "Geriatrician-Educator-Researcher" included over 250 peer-reviewed publications; Associate Editor of Journal of Frailty and Aging; involvement in international and national workgroups in sarcopenia and frailty (AWGS, AWGC, APGN, GLIS, and WHO peer review group for Sarcopenia Package); and research and teaching awards in Geriatric Medicine and Health Professions Education.

A firm advocate of Pasteur-quadrant use-inspired research, his research work spans the areas of sarcopenia and related disorders; multi-dimensional frailty; healthy ageing and intrinsic capacity; dementia and cognitive disorders; caregiving; and evidence-based medicine in the older person. He is among the top 2% most cited researchers within his field from 2023-2025 (Web of Science).

Selected Publications

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Summary Citation indices: H-index (All): 49 i10index (All): 140 (Correct as at 23 Oct 2025)

- J Chew, ZW Zeng, THB Tan, P Chew, H Wang, M Ong, R Raymond, K Pek, N Ali, D Wang, L Zhang, ZQ Shen, C Leung, JJ Chin, **WS Lim**. ADL+: a digital toolkit for cognitive assessment and multidomain intervention for prevention of cognitive decline in healthy community-dwelling older adults. *Int. J. Environ. Res. Public Health* 2025, 22(1), 42. <https://doi.org/10.3390/ijerph22010042>
- DZ Yang, EE Rodrigues, HHC Hernandez, EH Ong, L Heyzer, CN Tan, J Kua, N Hafizah, WS Lim. Validation of the revised Multi-Sensor-Based electronic Short Physical Performance Battery (eSPPB) kiosk in Community-Dwelling Older Adults. *Eur Geriatr Med* 2025;16:975-83. <https://doi.org/10.1007/s41999-024-01151-2>
- C Beaudart, J Alcazar, I Aprahamian, JA Batsis, Y Yamada, CM Prado, JY Reginster, D Sanchez-Rodriguez, **WS Lim**, M Sim, S von Haehling, J Woo, G Duque, and The Global Leadership Initiative in Sarcopenia (GLIS) group. Measuring outcomes of sarcopenia: A consensus Report by the Outcome Working Group of the Global Leadership Initiative in Sarcopenia (GLIS). *Aging Clin Exp Res* 2025;37:100. <https://doi.org/10.1007/s40520-025-02995-9>.
- J Chew, J Lee, HH Hernandez, YL Munro, F Lim, WS Lim. The Vitality Domain of Intrinsic Capacity: A Scoping Review of Conceptual Frameworks and Measurements. *JFA* 2025;14(4):100058. <https://doi.org/10.1016/j.tifa.2025.100058>.
- DZ Yang, J Kua, WS Lim. The impact of lifestyle factors across the life course on sarcopenia and physical frailty. *Curr Opin Clin Nutr Metab Care*. 2025;28(3):208-223. <https://doi.org/10.1097/MCO.0000000000001111>
- E Chong, A Tham, J Chew, WT Chen, HN Tan, M Chan, J Goh, **WS Lim** (2023). Novel Clinical Frailty Scale Scoring Tools for Community-Dwelling Older Persons – An Interim Analysis. *JAMDA*. Published 12 May 2023. <https://doi.org/10.1016/j.jamda.2023.03.039>
- 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*, 14:1949-1958. <https://doi.org/10.1002/jcsm.13323>
- 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. <https://doi.org/10.1093/ageing/afab251>

- **WS Lim**, CY Cheong, JP Lim, MMY Tan, JQ Chia, NA Malik, L Tay (2022). Singapore Clinical Practice Guidelines For Sarcopenia: Screening, Diagnosis, Management and Prevention. J Frailty Aging, 11(4):348-369. <https://dx.doi.org/10.14283/jfa.2022.59>
- 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.
- **WS Lim**, CH Wong, YY Ding, K Rockwood, C Lien (2019). Translating the Science of Frailty in Singapore: Results from the National Frailty Consensus Discussion. Annals Acad Singapore, 48(1):25-31.
- E Dent, C Lien, **WS Lim**, WC Wong, CH Wong, TP Ng, J Woo, et al (2017). The Asia-Pacific Clinical Practice Guidelines for the Management of Frailty. JAMDA, 18 (7):564-75

Notable Research/Innovation Awards & Grants from Past 5 Years

Name of 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 Osteosarcopenic Obesity in predicting frailty and functional decline in community-dwelling Asian older adults Study (GeriLABS-2). Lee Foundation 2019.	2019
Temasek Foundation Fund	2023
NMRC Population Health Research Grant (PHRG)	2023
ADL+ 2.0: Enhanced AI-assisted digital toolkit for multidomain intervention for prevention of cognitive decline in community-dwelling older persons. National Innovation Challenge (NIC) on Active and Confident Ageing, Grant Call on Translation	2024

Name of Awards	Year Obtained
Construct and predictive validity of SARC-F as a risk assessment community screening tool for sarcopenia. Best oral presentation (clinical), ANZSSR	2017
Asian Working Group for Sarcopenia: 2019 Consensus Update on Sarcopenia Diagnosis and Treatment. (Co-author). JAMDA 2020 Morley Award	2020
NHG Research Impact Award	2021
Most cited paper Geriatr Gerontol Int	2020-2021
Annals of Geriatric Medicine and Research. Best Paper Award	2022
JAMDA 2023 Morley Award	2023
Annals of Geriatric Medicine and Research. Most highly cited award	2024
Journal of Cachexia, Sarcopenia Muscle. Most highly cited award	2024

Translating Research Into Healthcare

- “Worry about performance” caregiver stress (11 May 2016, Multiple print, radio and TV reports)



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- 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>



Healthy for 100 -
Healthy Care in Sing

- [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.



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- Sarcopenia Series (Mandarin). Episode 1: What is sarcopenia? Episode 2: What are the signs of sarcopenia? Vintage Radio. (25 Feb 2023).
- 预防肌少症 保住行动力. (20 Jun 2023, LianHe Zaobao)
- Study flags loss of muscle and strength in people as they age. (9 Nov 2023, The Straits Times).
- 本地研究团队制定指南 助医生及早诊断肌少症.(8 Nov 2023, MediaCorp 8 World)