

BIOGRAPHY

Dr. Ivy Lim

MBBS (Singapore), MMed (Family Medicine), FAMS (Sports Medicine)

Sports Physician, Changi Sports Medicine Centre

Sports Physician, Singapore Sports Medicine Centre

Dr. Ivy Lim is the first locally trained female sports physician in Singapore, and is also a qualified family physician. She practices at the Changi Sports Medicine Centre in Changi General Hospital and the Singapore Sports Medicine Centre at Novena. Her clinical interests include sports injuries, pre-participation screening, sports safety, exercise in women and the role of physical activity in chronic disease management.

Dr. Lim is the Public Outreach Director for Exercise is Medicine Singapore (EIMS), an affiliate of the American College of Sports Medicine, and has presented her work at local and international conferences. She is regularly featured in the media and healthcare forums, where she contributes her expertise on sports and exercise related topics for the public and her fellow medical professionals. She is co-editor of the book "Exercise is Medicine Singapore Exercise Prescription Guide", and has co-authored a chapter in the book "Boys to Men: a complete guide for National Servicemen".

Dr Lim is currently president of the Sports Medicine Association of Singapore, medical delegate for Asian Fencing Confederation, and is part of the National Sports Safety Committee. She is also a tutor for the Graduate Diploma in Family Medicine (GDFM) Programme, a physician faculty member for the Singhealth Family Medicine Residency Programme, and clinical faculty member of the Yong Loo Lin School of Medicine.