Exercise is Medicine: Prescription for Non-Communicable Diseases

Biography

Dr. Ivy Lim is Consultant at Singapore Sport and Exercise Medicine Centre at Novena Medical Center and Changi General Hospital. She is the first locally-trained female sports physician and a registered family physician. Dr. Lim is the Public Outreach Director for Exercise is Medicine Singapore (EIMS), which is part of a global initiative managed by the American College of Sports Medicine, and has presented her work at local and international conferences. She also participates in various professional committees, such as Sports Medicine Association Singapore and Fencing Confederation of Asia Medical Commission.

Dr. Lim 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 the co-editor of the book “Exercise is Medicine: Singapore Exercise Prescription Guide”, and has co-authored chapters in the book “Boys to Men: A Complete Guide for National Servicemen” and the medical textbook “Principles of Rehabilitation Medicine”. Her clinical interests include sports injuries, pre-participation screening, sports safety, exercise in women and the role of physical activity in chronic disease management. She is also actively involved in undergraduate and postgraduate education in various institutions. Dr. Lim holds an MBBS and MMED in Family Medicine.

Abstract

Physical activity has been shown to be integral in the prevention and management of many chronic medical conditions, such as heart disease, diabetes, obesity and cancer, etc. However, many individuals with these conditions do not participate in sufficient physical activity. Common barriers include the fear that they might be at higher risk of activity-related adverse events due to their medical conditions, as well as the lack of knowledge on the part of healthcare providers on how to advise the specifics of physical activity to their patients. As such, the global health initiative known as Exercise is Medicine (EIM) was set up in the United States of America. Aimed at encouraging healthcare providers to include physical activity as part of the plan in managing their patients, it has spread to more than 40 countries worldwide, including Singapore, which is also the regional EIM center for Asia.

This presentation aims to introduce the audience to the benefits of physical activity in some of the common non-communicable diseases, such as diabetes and high blood pressure. It also aims to highlight how to ‘prescribe exercise’ to manage these conditions, including the available resources to do so.