

Dr Ivy Lim MBBS (Singapore), MMed (Family Medicine)

Sports Physician, Changi Sports Medicine Centre

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Dr Ivy Lim received her basic medical degree from NUS, and did further training in Family medicine and Sports medicine. She practices at the Singapore Sports Medicine Centre at Novena and the Changi Sports Medicine Centre in CGH. 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 has provided medical coverage for several sports events, including the **Asian Fencing Championships 2015 where she was medical delegate**, and the 8th Asean Para Games 2015 where she was team physician for Singapore. She is also a **member of the Fencing Confederation of Asia Medical Commission**.

Dr Lim is the Research Director for Exercise is Medicine Singapore (EIMS), and has presented her work at local and international conferences. She is regularly featured in the media and healthcare forums, and is co-editor of the book “Exercise is Medicine Singapore Exercise Prescription Guide”, and co-author of a chapter in the book “Boys to Men: a complete guide for National Servicemen”.

She is currently **vice-president of the Sports Medicine Association of Singapore**, 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 part of the clinical faculty for Yong Loo Lin School of Medicine.

As an athlete, Dr. Lim has been active in Air Rifle Shooting since her student days, and represented Singapore in the 10m Air Rifle event at the **Southeast Asian Games** as well as numerous world cups and regional championships.