

YEARBOOK 2025



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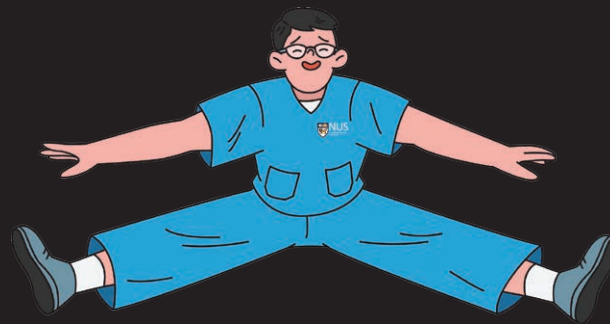


120



NUS YONG LOO LIN
SCHOOL OF MEDICINE

HOW TO LIVE TO 120



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FIND PURPOSE



STAY ACTIVE

120



NUS YONG LOO LIN
SCHOOL OF MEDICINE



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By Prof Chong Yap Seng

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LEARN BETTER

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DEAN'S FOREWORD

HOW TO LIVE TO 120

The title and cover of this yearbook suggest that people could live to 120 years of age, and that this is influenced by at least four factors — nutrition, exercise, sleep and purpose. The right quantity and quality of the first three are definite drivers of human health, while clarity and persistence of purpose keep us on track.

While we may not all want to live to 120, all of us certainly want to stay healthy for as long as we live. And that is the challenge. The average life expectancy at birth in Singapore was estimated to be 83.9 years by the World Health Organization in 2021, while our healthy life expectancy was 73.6 years. Singapore's healthspan-lifespan gap of 10.3 years is one of the lowest among advanced nations. According to a December 2024 publication,* the healthspan-lifespan gap is largest in the US at 12.4 years, and lowest in Lesotho in Southern Africa at 6.5 years. This publication separately reported Singapore's latest healthspan-lifespan gap to be 9.6 years. Socioeconomic disparities and chronic lifestyle diseases drive the healthspan-lifespan gap in highly developed countries, while lower overall life expectancy often narrows the gap in less developed countries.

Closing Singapore's healthspan-lifespan gap substantially further will not be straightforward. It will require a closer examination of the key drivers of health and more effective ways of shaping them at a population level. Better healthcare can only take us so far before costs become unsustainable. While wider uptake of health screening and vaccinations will help, a more fundamental rethink in the approach to health is required. Importantly, the World Health Organization's 1948 Constitution reminds us that health is "not merely the absence of disease or infirmity".

Medical schools around the world, including ours, have traditionally focused on diseases and their management rather than on health and its optimisation. This has to change if societies are to narrow the healthspan-lifespan gap without compromising life expectancy. Better nutrition, exercise, sleep and purpose may sound easy, but how do populations achieve these scalably and sustainably? Will these be sufficient for everyone or will some segments of the population require more intensive support and interventions because of their intrinsic circumstances or risk factors? What are some new, untried strategies and interventions that can move the needle on human health longitudinally over the life course?

NUS Medicine has been considering these questions very carefully over the last decade and formalised our intentions by launching the Healthy Longevity Translational Research Programme in 2020, the NUHS Centre for Healthy Longevity in 2022, and the NUS Academy for Healthy Longevity in 2023. At the same time, our School is also

revising the preclinical curriculum to place greater emphasis on the biological and socio-environmental foundations of health, while our clinicians are exploring how best to embed lifestyle modifications and new understanding of the biology of ageing into patient care and population health. The incorporation of this more encompassing approach of health optimisation alongside the current practice of medicine and healthcare is long overdue.

NUS Medicine celebrated our 120th anniversary on 3 July 2025, and is now ranked consistently among the top medical schools in the world. How did we, a colonial-era medical school on an island nation in Southeast Asia, achieve this? Like the newly independent Singapore in 1965, our transformation has been underpinned by a deep sense of purpose. Singapore's remarkable development and progress from third world to first was centred on economic survival, sovereignty and self-reliance, enabled by unity, meritocracy, integrity, pragmatism and an aspiration for a brighter future. For our medical school, founded in 1905, the imperative was articulated by the Honorable Sir John Anderson, Governor of the Straits Settlements, who in his speech at the opening of the School, described the critical state of public health at that time where "the death rate in Singapore was more than 50 per 1,000 inhabitants each year," and "in 1904, out of the 5,400 children born, 1,715 had died before they reached the age of one". The urgent need to train doctors to provide care for the local population and improve public health gave the School a clear and pressing purpose that persisted through two World Wars, multiple outbreaks, political turmoil, rapid waves of modernisation and globalisation, to achieve ascendancy in an ultra-competitive field.

As we enter the second half of the third decade of the 21st century, we again find ourselves in uncertain times: geopolitical tensions rising forcefully, multilateralism receding whimperingly, state-based armed conflicts springing up unexpectedly, geo-economic confrontations between superpowers, extreme weather events, societal polarisation, economic downturns, the promises and threats of artificial intelligence, and the rampant spread of dis- and misinformation. Life, medicine and healthcare have never been more complex. Perhaps this is precisely the moment to rediscover a simple but profound truth that when health comes first, the way forward becomes clear.

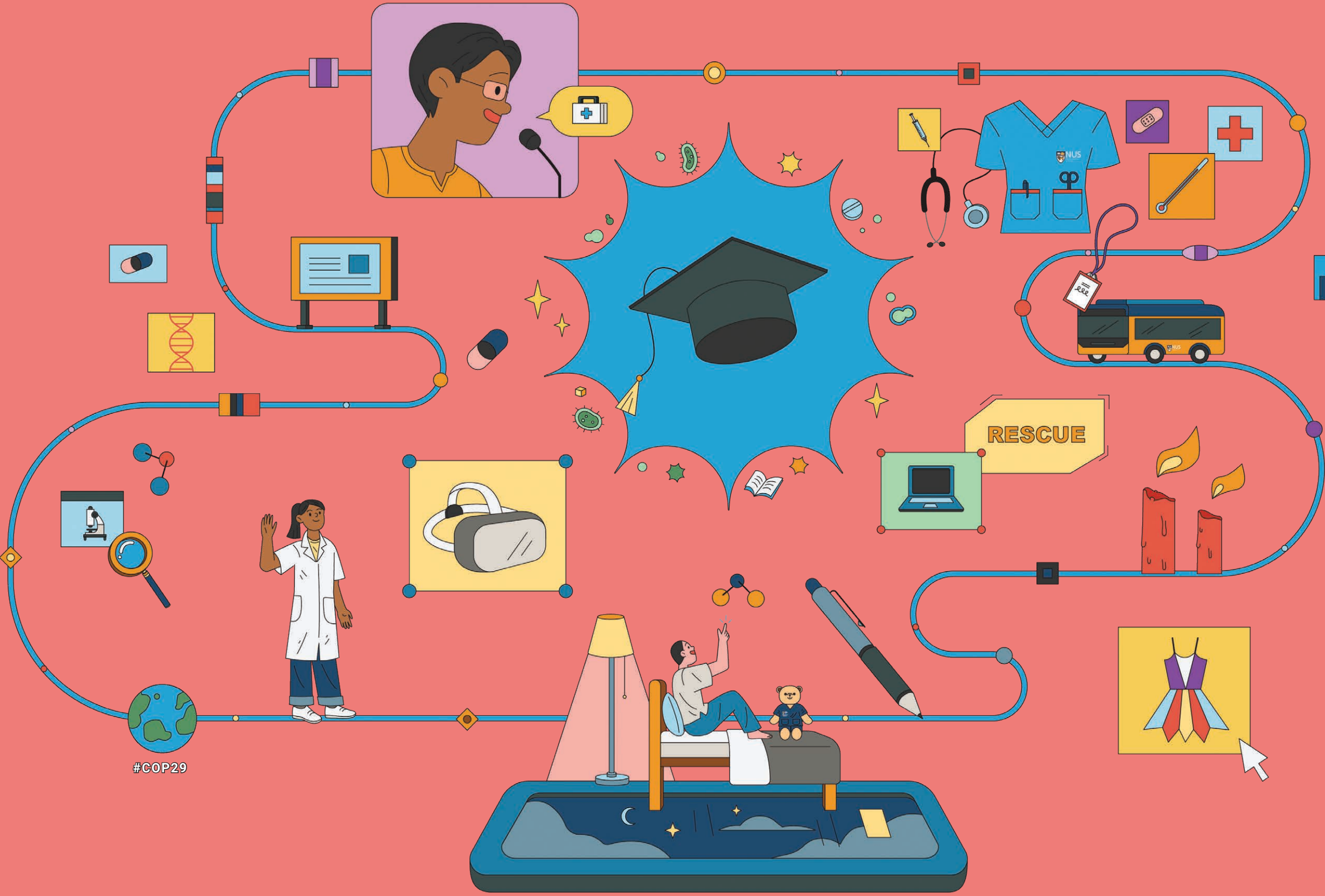
CHONG YAP SENG

Lien Ying Chow Professor in Medicine
Dean, NUS Yong Loo Lin School of Medicine,
National University of Singapore
28 Dec 2025

*Garmany A, Terzic A. Global Healthspan-Lifespan Gaps Among 183 World Health Organization Member States. JAMA Netw Open. 2024 Dec 2;7(12):e2450241. doi: 10.1001/jamanetworkopen.2024.50241.

SLEEP WELL,

LEARN BETTER



#COP29

CHAPTER 1 | EDUCATION

SLEEP WELL, LEARN BETTER

Sleep isn't just lazy — it's brain fuel. The well-rested remember more, solve faster and learn for life.

"2025 marks NUS Medicine's 120-year legacy of teaching and training healthcare professionals. We are deeply grateful to our alumni, faculty and students, the medical community and international collaborators for helping the School to consistently fly our flag high in medical education and scientific advancement. We are also excited and inspired to develop new ways to help us nurture our learners into caring, compassionate and skilled doctors and nurses, ready to transform the practice of medicine and improve health around the world."



ADJ PROF LAU TANG CHING
Vice-Dean, Education

Our guiding principle, "Sleep Well, Learn Better", is more than a slogan; it is our belief that a well-rested mind is the foundation for cultivating compassionate and skilled healthcare professionals of tomorrow.

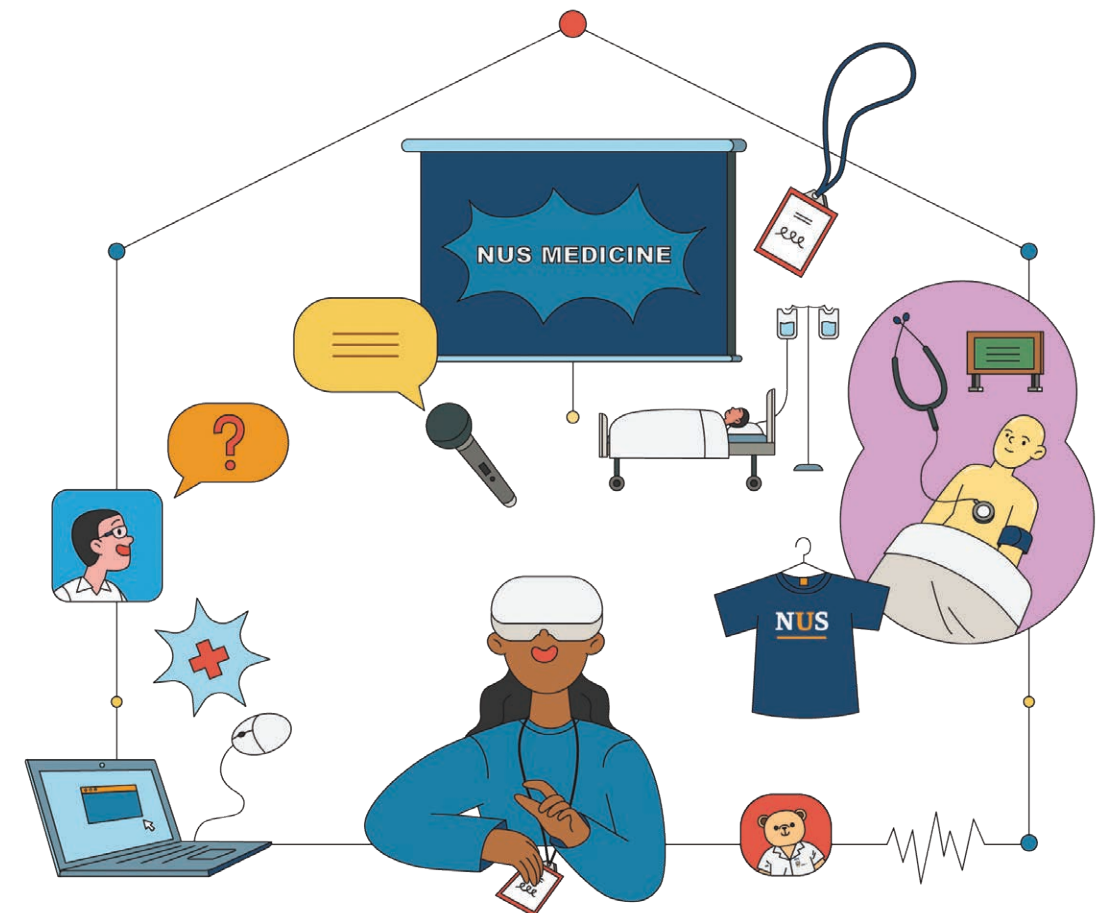
As we celebrate the School's 120th anniversary, we are proud to uphold our legacy of excellence while boldly embracing innovation. From our immersive Open Houses and orientation activities to our pioneering of digital tools like the RESCUE simulation and our interdisciplinary Beyond Medicine programme, we are creating a vibrant ecosystem for learning. The School is also immensely proud of the strides in nursing education with our new Doctor of Nursing Practice, designed to build leadership and strengthen our healthcare system.

Our enduring mission remains unchanged — to inspire our community to integrate knowledge with humanistic care, empowering every one of our students to become architects of a healthier future.

REFRESH AND RECHARGE

Acquiring healthcare expertise and medical knowledge at NUS Medicine starts with an introduction to a campus alive with the energy and vitality of learning, sharing and serving. It's a journey that requires much fuel, so be well rested to embark on a deeply fulfilling lifelong learning journey with us.

GETTING ACQUAINTED



The School's Open House 2025 in March 2025 was the highlight of our admissions cycle. Prospective students could choose to attend either the virtual or in-person event to learn from our faculty, current students and alumni about life at NUS Medicine and beyond. Visitors at the physical event could try, for the first time, the innovative Arterial Blood Gas Task Trainer used to practise the drawing of blood from the arteries. Simulation training, one of the innovative teaching tools at the School, offers unique and powerful learning opportunities in key competency areas in a risk-free, supportive environment. As part of the School's 120th anniversary celebrations, visitors could learn more about the School, from its founding to the present day, at a special feature wall at the open house.

Those offered a place at the School could engage with faculty members and senior

students at the 10 May 2025 Meet & Greet event. Candidates' parents were invited too. A series of student-led activities was held at the Medicine+Science Library, including information booths and special performances by NUS Medicine dancers who were awarded Gold at the 2024 NUS Receiving and Giving (RAG) & Flag Day competition. At a live simulation, attendees saw how NUS Medicine alumnus Assoc Prof Suresh Pillai, from the Emergency Medicine Department of the National University Hospital (NUH), guided students to save the life of a seriously injured patient in a simulated operating theatre. Participants also enjoyed a campus tour and a visit to the Anatomy Museum. In addition, the 2025 event introduced a dedicated Parent Question & Answer segment for parents to speak with the Dean, Vice-Dean, faculty members and student representatives.



FORGING NEW TIES

Kicking off the start of the Freshmen Orientation Programmes, the incoming cohort of Medicine and Nursing freshmen attended Camp MedNurse from 25 to 27 June 2025. The camp theme, “Once Upon a Cure”, was chosen to reflect the shared journey of growth and discovery of future healthcare professionals. MediCamp for Medicine students was held from 1 to 4 July 2025 with a “Mediverse” theme requiring students to work together to defeat a mysterious villain. As part of the Freshmen Orientation Collaborative Community Involvement Project, themed “You’ve Got a Friend in Me”, students partnered with APSN — a social service agency providing education to children with special needs. Student volunteers organised carnival-style games and lessons at three APSN schools on 9, 14 and 21 July 2025.

Orientation season culminated in the vibrant and creative NUS RAG & Flag Day on 8 August 2025.

As one of the highlights of the new academic year, RAG & Flag brought together first-year students working under the leadership and guidance of their seniors to raise funds for charity. Our students did the School proud by not only winning the Gold award for the live performance segment but also being crowned the Overall RAG & Flag 2025 winner.

The NUS MBBS Commencement launched NUS’ commencement season to celebrate the academic milestones of our graduates. Coinciding with the School’s 120th anniversary, the 10 July 2025 event commemorated the transition of the newly qualified doctors from students to healthcare professionals. The ceremony brought together graduates, families, faculty and distinguished guests, including guest speaker Dr Kanwaljit Soin, a respected alumna whose medical career has been both impactful and inspirational.

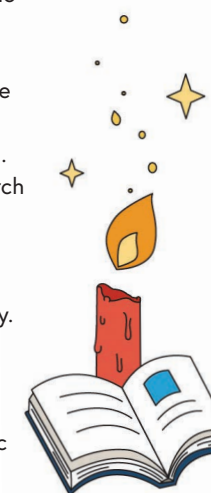


COMMEMORATING HIGHLIGHTS



The White Coat Ceremony is a symbolic initiation into the medical profession for our incoming cohort, marking the transition of their learning journey from pre-medical studies to formal clinical education. Central to the 14 August 2025 event was the presentation of the white coat, a universal emblem of medical professionalism and humanistic care, to each student by members of the faculty. This act not only symbolises the students’ entry into the medical fraternity but also affirms their obligation to uphold the highest standards of ethical conduct and compassionate service.

The NUS Medicine Welcome Dinner was hosted by the School’s Dean on 1 August 2025 to officially welcome the incoming Class of 2030 to start their medical education. A ceremonial flag-bearer march symbolising the School’s rich heritage and the unity of its Houses was followed by the Light of Knowledge ceremony. Faculty members, starting with the Dean, followed by House Master Mentors, House Mentors and academic faculty, presented lit candles to students to represent the transfer of wisdom and the enduring mentorship that defines their medical journey.



The NUS120 Gala Dinner on 3 July 2025 marked a historic milestone in the University’s rich and endearing legacy. The event brought together members of our academic, alumni and professional communities to honour the University’s founding values and reaffirm our shared commitment to education, innovation and service to society. Jointly organised by the NUS Office of Alumni Relations and NUS Medicine, the NUS120 Gala Dinner saw the formal launch of our anniversary theme, “Celebrating the Past, Shaping the Future”, to pay tribute to the contributions by individuals and communities to the University’s development while looking forward to the institution’s evolving role in Singapore, the region and the wider world.



The 22nd Asia-Pacific Medical Education Conference (APMEC) in Singapore was organised by the Centre for Medical Education and NUS Medicine from 13 to 18 January 2025. The conference theme was “Developing a Holistic Healthcare Practitioner for a Sustainable Future – Trends • Issues • Priorities • Strategies”. The key focus of APMEC 2025 was the integration of physical, mental and social well-being in healthcare delivery to create a more comprehensive and patient-centred approach. As the largest medical education conference in the Asia-Pacific region, the event attracted over 1,000 healthcare professionals, educators and thought leaders from more than 40 countries.

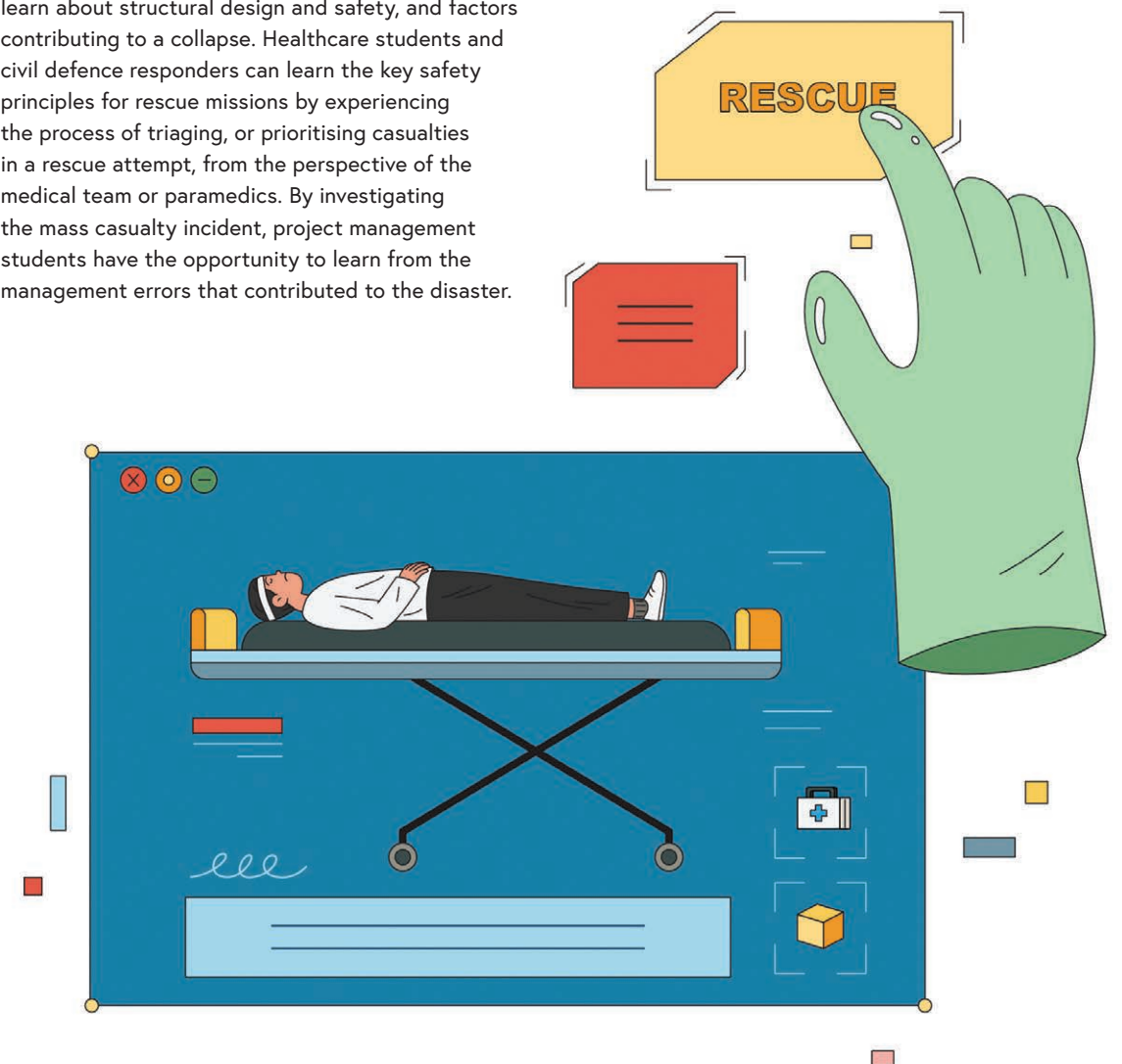
IMMERSE IN LEARNING

In line with our focus on harnessing technology to meet learning needs, NUS Medicine continues to develop innovative digital teaching tools that help take learning further.

To enhance student engagement, one of the School's innovations during the year was RESCUE (Response in Emergency Safety and Civil StrUcture Evaluation). RESCUE is a high-fidelity simulation of a mass casualty incident caused by structural failures. Leveraging the capabilities of virtual and mixed reality technologies in producing realistic environments, the programme provides opportunities for students to learn from disaster scenarios safely, anytime and almost anywhere. Through RESCUE, civil engineering students can learn about structural design and safety, and factors contributing to a collapse. Healthcare students and civil defence responders can learn the key safety principles for rescue missions by experiencing the process of triaging, or prioritising casualties in a rescue attempt, from the perspective of the medical team or paramedics. By investigating the mass casualty incident, project management students have the opportunity to learn from the management errors that contributed to the disaster.

"Mass casualty rescue incidents often require close and fast-paced coordination by professionals with different skill sets. By utilising immersive technology, our new learning tool is able to provide interdisciplinary training to enhance crisis communication and interactions between different professions."

ASSOC PROF ALFRED KOW WEI CHIEH
Lead Developer of RESCUE



UNLOCKING DREAM OPPORTUNITIES

To ensure that our students maximise their growth and development, we constantly look at ways not only to meet their learning requirements but also to equip them with the skills and expertise to adapt to changing needs.

The School incorporated the Beyond Medicine programme as part of the Phase II Medicine curriculum to build research capabilities in our students and inspire them to use research to improve health outcomes. This new initiative aims to help students distil information from data, generate knowledge from information and create new data from existing knowledge. In this way, students can develop into discerning consumers and meaningful producers of research.

Launched in January 2025, the programme comprises directed self-learning, interactive sessions, workshops and a Research Festival. The festival offers a platform for students to network with the School's research programmes and centres to understand how their research interests can be translated into clinical reality. Through the Beyond Medicine initiative, students may work on research projects to fulfil the requirements of the Undergraduate Research Opportunities Programme or their MBBS electives.

The School introduced the Minor in Integrative Health in 2023 for NUS students to learn about health and healthcare in an interdisciplinary manner over five courses. Topics covered include factors that impact health, barriers to health and approaches to improving health.

The programme is offered by NUS Medicine in collaboration with NUS'

College of Design and Engineering, and the School of Computing. The aim of the programme is to encourage students to integrate their discipline-specific knowledge to create innovative solutions that empower health and to support equitable healthcare for all. Open to all NUS undergraduates (excluding students from Medicine and Dentistry) on a full-time basis, students will have to complete the Minor as part of their undergraduate degree programme.



Year 2 NUS Business student Nerissa Ng Zi Ning was among the first batch of students to successfully complete the minor programme, which was designed to foster interdisciplinary learning about health and healthcare among students from non-healthcare majors.

“I have always aspired to join the health industry one day. But as a Business student with no prior science background, it felt like a stretch — until I came across this programme. I had my biggest ‘aha’ moment when I realised that the professor wasn’t from Medicine or Public Health but from the College of Design and Engineering. For the first time, it dawned on me how everything — even something seemingly unrelated like architecture or product design — could be linked to health.”

NERISSA NG ZI NING



GOING FURTHER IN NURSING EDUCATION

The Alice Lee Centre for Nursing Studies (NUS Nursing) is the pioneering institution in Singapore to offer an undergraduate Nursing programme for A-level and polytechnic graduates. Established in 2005, NUS Nursing was recently ranked among the world's top eight nursing institutions. The School offers a full spectrum of academic pathways ranging from baccalaureate to doctoral degrees to shape the next generation of nursing leaders, educators and researchers.

On 1 August 2025, in conjunction with Nurses' Day, NUS Nursing celebrated two decades of pioneering nursing education and developing nurse leaders. The 20th anniversary event was graced by Mr Ong Ye Kung, Minister for Health and Coordinating Minister for Social Policies. Mr Ong lauded the School's growth from a modest cohort of 49 students in 2005 to over 3,500 graduates and 1,000 current students. In particular, he highlighted NUS Nursing's global recognition as a leading nursing institution.

NUS Nursing introduced several new initiatives for teaching and learning at its 20th anniversary celebrations.

The School launched Singapore's first Doctor of Nursing Practice, a two-year, part-time programme to equip nurses with competencies to lead clinical innovation without having to put their careers on hold. The doctorate programme is designed for experienced nurses with master's degrees to gain advanced clinical expertise, critical thinking and leadership capabilities. Aligned with international standards, the programme prepares nurses to deliver high-quality, evidence-based care, lead multidisciplinary teams and drive healthcare innovation and policy.

The introduction of the programme marks a significant milestone in the evolution of Singapore's nursing education, underscoring the profession's expanding role in managing complex patient needs and delivering patient-centred care. The programme is structured to support nurses' professional development through a work-study arrangement, allowing them to upskill in tandem with their job responsibilities. The inaugural run of the programme in August 2025 welcomed 16 local and international students.

"The Doctor of Nursing Practice programme aligns with my vision to shape nursing leadership and strengthen healthcare infrastructure. The programme will equip me with advanced competencies in clinical practice, healthcare policy and organisational leadership, which are critical for my current role and the future demands of nursing in Singapore. The doctorate journey is both a personal aspiration and a professional commitment to excellence in nursing leadership."

KATHERINE LEONG

Deputy Director of Nursing, NUH; Nursing Lead, Tengah General and Community Hospital

To further strengthen professional development across the nursing and healthcare workforce, the School introduced new stackable Graduate Certificate-to-Master's pathways to meet the growing demand for highly competent nurses in community health as well as in critical care nursing and infection control.

The three pathways are the Master of Community Health, Master of Science in Critical Care Nursing and Master of Science in Infection Prevention and Control. These programmes are designed to support work-study integration, enabling participants to pursue postgraduate qualifications while remaining active in the workforce. Those joining the programmes can choose to use government subsidies (SkillsFuture credits) to pay for their courses.



"Nurses, as architects of care and patient advocates, are increasingly taking on leadership roles not only in management but also in specialised clinical areas that address the needs of Singapore's healthcare system. With the introduction of the Doctor of Nursing Practice and the three Master's programmes, we aim to provide a platform for current nurses to upskill, lead care teams and drive better patient outcomes. This is also a means to attract and retain nurses, and further professionalise and elevate the nursing profession in Singapore."

PROF LIAW SOK YING

Head, NUS Nursing

On 1 August 2025, NUS Nursing officially opened its new office with a Nursing Education Gallery to commemorate the evolution, milestones and impact of nursing education and practice in Singapore over the past 20 years. In addition to showcasing Singapore's nursing history, the Nursing Education Gallery highlights the School's research work and the achievements of its alumni.



EAT HEALTHY,

THINK DEEPER



CHAPTER 2 | RESEARCH

EAT HEALTHY, THINK DEEPER

Great discoveries begin with a nourished mind.
Fuel your body, feed your thinking.

“Celebrating the School’s 120th anniversary in a young nation like Singapore is indeed an achievement to be proud of. We are grateful for the groundwork laid by our alumni and predecessors to help NUS Medicine attain world-class standards in innovation and research.

At the same time, we are humbled by how much more there is to learn, especially about evolving diseases and their impact on our Asian population. It is only with the support and collaboration of our medical and academic communities, our counterparts in the region and worldwide, that we are able to continue advancing research and development while nurturing curious lifelong learners.”



PROF ROGER FOO
Vice-Dean, Research

In our quest for knowledge, continuous, reflective learning helps us think further and deeper in research and innovation. Intellectual nourishment for our students thus begins with fuelling up on medical knowledge and skills. To satisfy the thirst for more knowledge, the School’s faculty shows our students the way to explore research opportunities.

For those interested in research, the School has in place strategically organised Translational Research Programmes (TRPs). Our TRPs provide a dynamic platform for researchers to pursue biomedical investigation with clinicians, engineers and scientists in and also beyond the medical school. Such a platform helps spark creative thinking and gives research the flexibility to evolve to meet changing needs.

FOOD FOR THOUGHT

In translating scientific innovations into health gains, NUS Medicine focuses on research projects and collaborations that fill gaps and extend the horizons of current medical practice. Our research efforts have not only enhanced knowledge and understanding but also helped create greater awareness among our population to spur proactive preventive measures to ensure health. In this section, we take a look at some of the School's notable projects by our TRPs.

TUMOUR FIGHTERS



The School's Cancer TRP, also known as the NUS Centre for Cancer Research (N2CR), undertakes bench-to-bedside research to develop innovative ways to detect, cure and prevent cancer.

TARGETING SLC1A5 PROTEIN IN METASTATIC CANCERS

One of the biggest challenges in cancer treatment is addressing the ability of cancer cells to adapt and become resistant. While treatments like chemotherapy or targeted therapies may initially shrink tumours, they often lose their effectiveness after a period. In metastatic tumours, treatment resistance can be conveyed from cancer cell to cancer cell, allowing the tumours to evolve and survive.

A study led by N2CR's Prof Goh Boon Cher and Prof Shazib Pervaiz researched how tiny particles released by cancer cells, known as tumour-derived extracellular vesicles (TDEs), communicate with surrounding cells and induce resistance in cancer cells. The researchers, including first author Dr Jayshree Hirpara from NUS' Cancer Science Institute, found that the SLC1A5 protein, an amino acid transporter on TDE membranes, could be taken up by distant cells, allowing an increased influx of cell nutrients in the form of the amino acid glutamine, thus leading to treatment resistance.

By isolating TDEs and analysing their protein levels, the team noted that SLC1A5 levels were significantly higher in late-stage treatment-resistant tumours than in early-stage sensitive tumours. In further tests, when SLC1A5 was blocked using pharmacological inhibitors or through glutamine depletion, treatment of the cancer cells was found to be significantly more effective. Furthermore, these TDEs could potentially prevent the non-malignant supporting cells in the tumour environment from promoting cancer growth. The team's findings were published in the journal *Theranostics* on 30 September 2024.

"Our discovery offers a new way to tackle one of the biggest challenges in cancer treatment: resistance to therapy. By targeting the proteins which make it easier for cancer cells to survive when treatments are trying to kill them, doctors could improve existing therapies and create more personalised approaches for patients whose cancers no longer respond to treatment."

PROF GOH BOON CHER AND PROF SHAZIB PERVAIZ

Read more about the paper here:



COMBATING DRUG RESISTANCE IN MULTIPLE MYELOMA

Multiple myeloma is a type of cancer that affects plasma cells in the bone marrow. Standard-of-care treatments like lenalidomide, an immune-stimulating drug, have improved survival rates for many multiple myeloma patients. Lenalidomide kills multiple myeloma cells by binding to a protein called cereblon, which breaks down several proteins essential for multiple myeloma cell survival and growth. However, a significant number of patients experience relapses due to the development of drug resistance. While 20 to 30 per cent of the

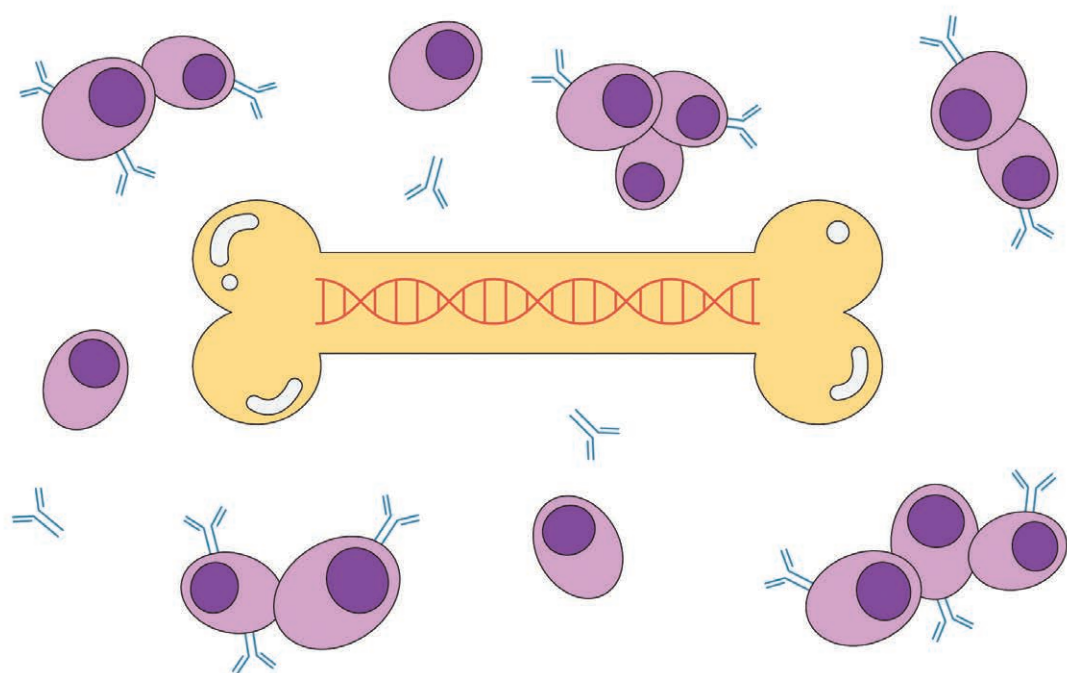
resistance cases have been linked to defects in cereblon, the underlying mechanisms in most resistance cases have remained poorly understood.

A team led by Prof Chng Wee Joo and Dr Teoh Phaik Ju identified a key mechanism of a gene called *ADAR1* that suppresses the immune response triggered by lenalidomide. Their study reports new findings demonstrating that abnormalities in the *ADAR1* gene lead to a suppressed immune system in lenalidomide-resistant multiple myeloma cases. The team's findings were published in the high-impact scientific journal *Blood* on 13 March 2025.

“Our findings suggest that targeting the *ADAR1* gene could provide a more effective approach to manage drug resistance. *ADAR1* inhibitors are currently in preclinical development, while clinical trials for new immunomodulatory drugs are ongoing. Combining both types of treatments holds great promise for improving outcomes for multiple myeloma patients.”

**PROF CHNG WEE JOO,
ASSOC PROF POLLY CHEN AND
DR TEOH PHAIK JU**

Read more about
the paper here:



HEALTHY HEARTS

The Cardiovascular-Metabolic Disease (CVMD) TRP aims to identify biomarkers and regulators of cardiovascular and cardiometabolic diseases, uncover new mechanistic insights into disease progression and conduct studies leveraging patient and population cohorts. In January 2025, Assoc Prof Choi Hyung Won took over from Prof Roger Foo to lead the CVMD TRP.

REGENERATING HEART CELLS

Once heart muscle cells are lost, they are not naturally replaced. CVMD researchers have uncovered two crucial pieces in the puzzle of heart regeneration. Using cutting-edge technology to develop laboratory models, the team found that the gene *Asns* encodes for a metabolic enzyme that marks the very first step when heart muscle cells “rewind” to a younger, repair-ready state. In another study led by Dr Mick Lee, researchers conducted a genome-wide clustered regularly interspaced short palindromic repeats (CRISPR) screening and gained mechanistic insight into the essential role of the gene *NF2*. The researchers found that early embryonic stem cells lacking *NF2* did not produce cardiac cells, which further demonstrates *NF2*'s indispensable role in the development of the heart.

“We are excited to have identified the *Asns* marker to better understand how cardiac regeneration can be initiated. Our discovery that *Asns* offers therapeutic potential for heart regeneration marks an important step in advancing our understanding of cardiac cell biology, with opportunities to re-engineer the cardiac cell repair machinery for heart regeneration. This paves the way for future therapies that could help damaged hearts heal themselves after injury, such as in heart failure or heart attack.”

DR YIKE ZHU AND DR MICK LEE

Read more about
the papers here:



RECOMMENDATIONS FOR SCREENING, DIAGNOSIS AND MANAGEMENT OF METABOLIC DYSFUNCTION-ASSOCIATED STEATOTIC LIVER DISEASE (MASLD) AND CARDIOVASCULAR DISEASE

There is new awareness of the widespread nature of MASLD (a chronic disease characterised by excessive fat in the liver) and its connection with cardiovascular disease. This has led to increased collaboration between multidisciplinary teams for earlier identification of those with MASLD who are at increased risk of cardiovascular disease. While there is mounting evidence of mechanistic pathways underpinning MASLD and cardiovascular disease, current recommendations have not clearly identified MASLD as a risk factor or target for cardiovascular disease intervention.

The CVMD study shines a light on the importance of a united strategy to tackle the growing burden of MASLD in the context of cardiovascular disease. It is also a call to action for healthcare providers and the public to prioritise prevention, early detection and collaborative care to ensure better health for all. The study outcomes were published in the renowned journal *Circulation* on 26 December 2024.

“Using the modified Delphi approach (a method of reaching expert consensus), we brought together international experts to bridge gaps in care by highlighting how MASLD should be addressed alongside heart disease. We focused on the diagnosis and screening of MASLD through the use of non-invasive serum and imaging tests, and the screening for cardiovascular disease in all individuals with MASLD regardless of established risk factors. We also looked at managing MASLD by preventing cardiovascular disease through lifestyle, pharmacologic and surgical strategies, and identified a series of evidence-based quality standard recommendations.”

DR NICHOLAS CHEW

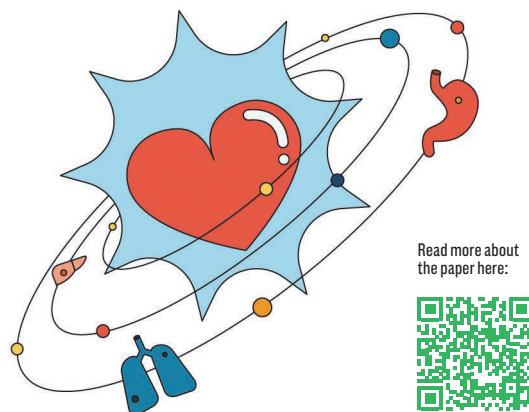
Read more about the paper here:



HEART FAILURE: IT'S ALSO ABOUT THE KIDNEY, LIVER AND METABOLIC SYSTEMS

The CVMD TRP conducted a review of existing preclinical models of heart failure and how they have enhanced our understanding of the role of multi-organ disease in the development of heart failure. The review challenges the traditional, organ-centric view of heart failure and comprehensively examines the interconnected roles of the heart, kidneys, liver and metabolic systems in interplay, fostering a more integrated understanding of heart failure as a systemic, multi-organ condition.

The review team also posed recommendations for clinical practice across multiple specialties to screen for and manage multi-organ involvement in heart failure. Across the current clinical landscape, the team highlighted a pressing need for the design of more inclusive multi-organ trials. The seminal review was published in the prominent journal *Circulation Research* on 22 May 2025.



“It has become increasingly important to understand the role extracardiac contributors and inter-organ communication play in heart failure. Whereas traditional epidemiological strategies have separately examined individual contributions of specific comorbidities (co-existing health conditions) to heart failure risk, these approaches may not capture the shared mechanisms and more complex, bidirectional relationships between cardiac and non-cardiac comorbidities.”

DR MICK LEE

IMPROVING QUALITY OF LIFE

The Healthy Longevity TRP investigates the multifaceted aspects of ageing to provide a more comprehensive understanding of the biology of ageing and to add healthy years of life.

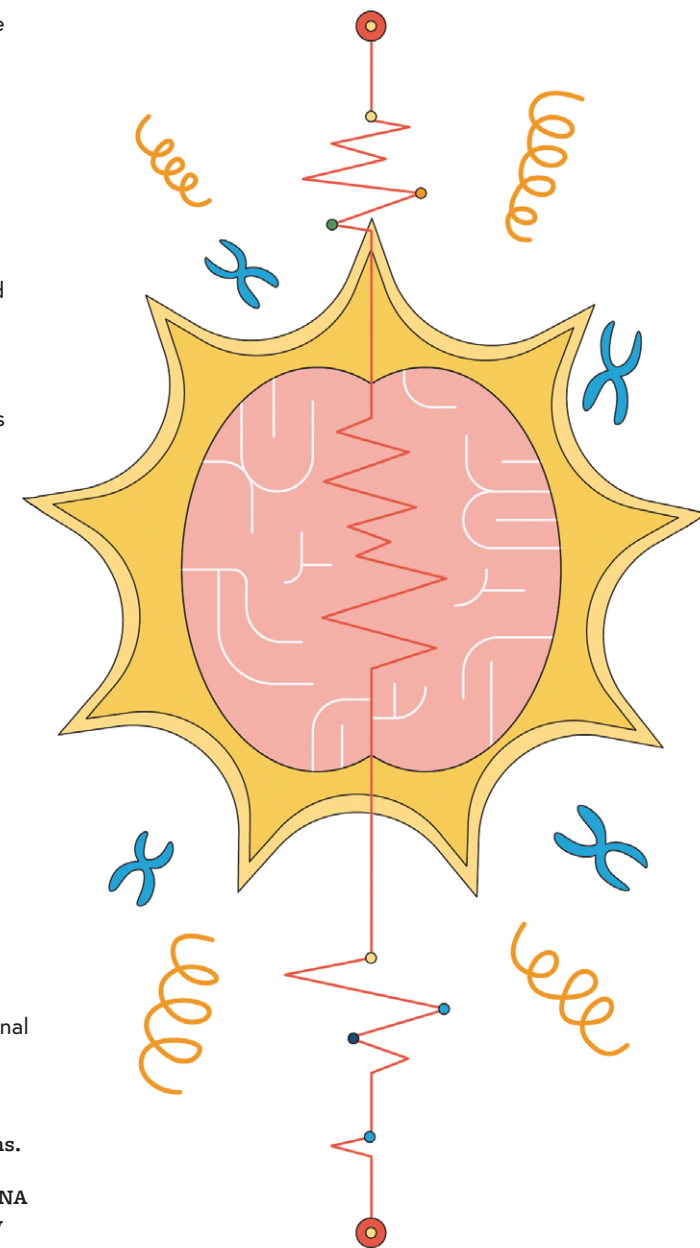
NOVEL GENE THERAPY OFFERS HOPE FOR EPILEPSY PATIENTS

Epilepsy is a neurological disorder defined by recurring seizures due to abnormal brain activity. A team from the Healthy Longevity TRP has trialled a novel gene therapy approach for a rare genetic form of epilepsy. This form of epilepsy is linked to a mutation in the *KCNA2* gene in the human brain associated with recurring seizures. Our researchers designed a specialised treatment called a Gapmer antisense oligonucleotide (ASO) to specifically target and break down faulty ribonucleic acids (RNA) while keeping normal gene functions intact. The use of this RNA therapy led to a notable decrease in a problematic potassium channel protein encoded in the *KCNA2* gene, which helped restore normal potassium flow and reduce the excessive neuronal activity linked to epilepsy.

The team's research study was conducted on in vitro cell samples. While the research work is in its early stages and will need to undergo further testing in laboratory models before moving on to clinical trials, the remarkable results from the team's research offer hope that the therapy can be delivered to patients suffering from severe epilepsy within the next 10 to 20 years. The study findings were published on 10 December 2024 in *Molecular Therapeutics Nucleic Acids*, a top journal in the field of nucleic-acid-based therapeutics.

“Epilepsy is associated with hyperexcitable neurons. Potassium channel activity helps dampen the excitability levels. Our therapy targets the faulty RNA in the *KCNA2* gene to better control potassium flow and regulate neuronal activity levels.”

RESEARCH ASST PROF HUANG HUA



AI-DERIVED PERSONALISED APPROACHES TO HEALTHY LONGEVITY

With the vast amount of data available on research into ageing, it can be difficult to determine which interventions — such as new medicines, dietary changes or exercise routines — are safe and effective. The Healthy Longevity TRP conducted a collaborative study with the Institute for Biostatistics and Informatics in Medicine and Ageing Research, Rostock University Medical Centre, Germany. The study findings were published in February 2025 in the leading review journal *Ageing Research Reviews*.

The researchers investigated how advanced AI tools, like large language models (LLMs), can make it easier to evaluate interventions for ageing and provide personalised recommendations. The study investigated how AI can analyse data more efficiently and accurately, with a comprehensive set of standards for AI systems to ensure accurate, reliable and understandable evaluations. The researchers found that informing LLMs about these eight critical requirements as part of the prompting input improved the quality of the recommendations produced:

- Correctness of the evaluation results
- Usefulness and comprehensiveness
- Interpretability and explainability of the evaluation results
- Specific consideration of causal mechanisms affected by the intervention
- Consideration of data in a holistic context
- Enabling reproducibility, standardisation and harmonisation of the analyses and reporting
- Specific emphasis on diverse longitudinal large-scale data
- Specific emphasis on results that relate to known mechanisms of ageing

“We tested AI methods using real-world examples such as medicines and dietary supplements. We found that by following specific guidelines, AI can provide more accurate and detailed insights. For instance, when analysing rapamycin, a drug often studied for its potential to promote healthy ageing, the AI not only evaluated its efficacy, but also provided context-specific explanations and caveats, such as possible side effects.”

PROF BRIAN KENNEDY



TOWARDS BETTER OUTCOMES

Our Human Potential TRP seeks to characterise and develop interventions to maximise human potential for health and productivity.

CONTINUOUS GLUCOSE MONITORING FOR EARLY DETECTION OF GESTATIONAL DIABETES MELLITUS AND PREGNANCY OUTCOMES IN AN ASIAN POPULATION

Gestational diabetes mellitus, a condition in which high blood sugar develops in women during pregnancy, poses potential risks for both mother and baby. Hence, it is important for expectant women to be diagnosed and treated early to reduce risks such as birth complications and health conditions.

To facilitate this, our research team explored the potential value of continuous glucose monitoring in early pregnancy for the prediction of gestational diabetes and pregnancy outcomes. The team used parameters derived from continuous glucose monitoring to develop an early prediction model that significantly outperformed the traditional model using risk factors. Our study demonstrated that the novel parameters of continuous glucose monitoring could also potentially predict primary Caesarean delivery and large-for-gestational-age babies.



Read more about the paper here:



“Our research findings highlight the potential of continuous glucose monitoring in predicting, in the first trimester, gestational diabetes and adverse pregnancy outcomes, particularly in the overweight or obese Asian population. The results could also help us better understand how gestational diabetes develops, especially how changes in blood sugar levels over time might play a role right from the beginning of the pregnancy.”

ASST PROF LING-JUN LI

EFFECTS OF PERSONAL COMFORT SYSTEMS ON SLEEP

Creating a comfortable thermal environment ensures a good night's sleep, but doing so often requires a substantial amount of energy, such as in the use of air-conditioning. In comparison, personal comfort systems, such as electric blankets and fans, may be able to improve sleep while significantly reducing energy consumption. The team noted that despite some studies reporting favourable sleep outcomes with the use of personalised cooling or heating in bedrooms, a comprehensive summary of the impact of personal comfort systems on sleep is lacking. The team conducted a systematic review of 25 sleep studies estimating the effect of personal comfort systems on sleep quality, sleep stages and sleeping thermal comfort.

“In this review, we have found that personal comfort systems are generally effective in improving sleep quality and sleeping thermal comfort. However, if the temperature set points of personal cooling systems, such as air-conditioners, are too low, some individuals may not feel comfortable during the pre-sleep period. In Singapore, where most nights are considered warm and air-conditioning is common, it is crucial for us to find an optimal temperature set point for the air-conditioners in our bedrooms so that we can enjoy better quality sleep.”

ASST PROF JUNE CHI-YAN LO

Read more about the paper here:



TAKING A CLOSER LOOK

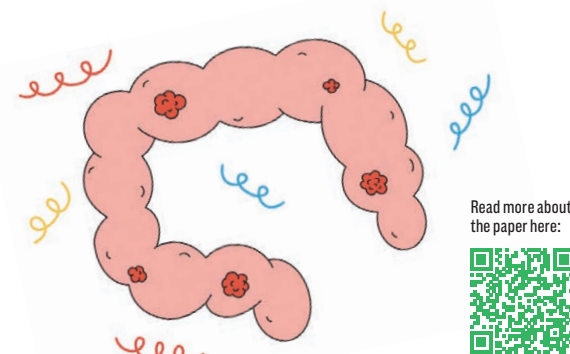
Our Immunology TRP (ITRP) aims to understand the role of the immune system in health and disease, and its regulation, so as to enable the discovery and development of more effective immunotherapies, new treatment guidelines and diagnostic tests for patients with disease-specific problems. The ITRP saw a change of leadership in 2025 when Assoc Prof Zhang Yongliang took over from Assoc Prof Veronique Angeli as the Programme Chair.

POTENTIAL FOR NEW COLORECTAL CANCER TREATMENT

Colorectal, or colon (large intestine), cancer is one of the most common cancers in Singapore. A team from ITRP discovered that a protein molecule called Dual-Specificity Phosphatase 6 (DUSP6) plays a major role in helping colorectal cancer grow. Cancer cells with higher DUSP6 levels were found to grow about 40 per cent more than cells with lower DUSP6 levels. In patients with colorectal cancer, elevated DUSP6 levels are associated with a poorer prognosis and decreased survival compared to patients with lower DUSP6 levels. DUSP6 is also known to act like a “switch-off” mechanism that prevents excessive cell growth. In some cancers, such as lung and skin cancers, DUSP6 acts as a tumour suppressor. In other cancers, however, such as colorectal cancer, DUSP6 promotes tumour growth. The team’s findings were published in the acclaimed medical journal *Nature Communications* on 21 November 2024.

“Our findings show that colorectal cancer tumours have higher levels of DUSP6 that help cancer cells grow faster and spread more easily, leading to poorer patient outcomes. Our research not only explains why some colon cancers are so aggressive but also shows us that therapies blocking DUSP6 could be viable treatments for colorectal cancer.”

ASSOC PROF ZHANG YONGLIANG

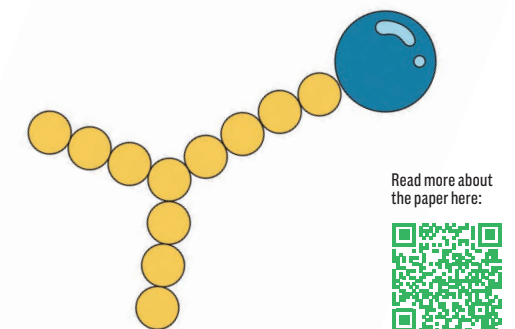


Read more about the paper here:



INABILITY OF CELLS TO RECYCLE FATS CAN CAUSE DISEASES

While it is known that an accumulation of fat molecules is detrimental to cell health, a breakthrough study has shed light on how our cells manage to stay healthy by recycling important fat molecules. The study revealed that a protein called Spinster homolog 1 (Spns1) helps transport fats out of cell compartments known as lysosomes. To do this, Spns1 acts as a cellular gatekeeper, helping to move a type of fat molecule called lysophospholipids to the lysosome, which is like the recycling centre of the cell. These fat molecules are then reused for cell functions, such as cell membrane repair and maintenance, energy production and cellular communication. Spns1 is crucial for maintaining cellular health by ensuring that fat recycling is efficient and harmful fat build-up is prevented.



Read more about the paper here:



“In a previous study, our team showed that if Spns1 does not work properly, lipid waste can build up inside cells, causing conditions known as lysosomal storage diseases, a group of rare genetic diseases. Our findings could help us develop new treatments for diseases where Spns1 fails to work as intended.”

ASSOC PROF NGUYEN NAM LONG

FIGHTING INFECTION

The Infectious Diseases TRP takes a holistic, patient-centric approach to infectious diseases relevant to Singapore and the region, with three main thrusts: bacterial antimicrobial resistance, pandemic science, and vaccines and therapeutics development.

ANTIBIOTIC-RESISTANT BACTERIA SHELTERED BY PROTECTIVE SHIELDS

Antibiotic-resistant bacteria are a serious public health threat. Understanding the biology of these bacteria — such as how they synthesise (or build) their protective capsules — is essential for developing new strategies to counter antibiotic resistance. *Streptococcus pneumoniae*, a bacterium commonly found in human upper respiratory tracts, can exist harmlessly in some individuals but can also cause diseases such as pneumonia, meningitis and other life-threatening conditions. *Streptococcus pneumoniae* is able to evade the human immune system and cause disease because its capsule acts as a protective shield.

The team noted that the capsule transporters help move sugar-building blocks from inside the bacteria to the surface where the capsule is formed. In uncovering how *Streptococcus pneumoniae* constructs its capsule, the team demonstrated how the adaptability of both the capsules and their transport mechanisms may play a crucial role in the bacteria's ability to evolve and diversify. The research outcomes were published in the peer-reviewed scientific journal *Science Advances* on 24 January 2025.

“Our study findings have advanced our understanding of capsule synthesis in the management of pneumococcal diseases. The capsule is critical for pneumococcus to cause disease. By examining how capsule transporters choose their substrates (or bases), we hope to open new avenues for research in bacterial evolution, antibiotic resistance and vaccine development.”

ASSOC PROF (CHRIS) SHAM LOK-TO

Read more about the paper here:



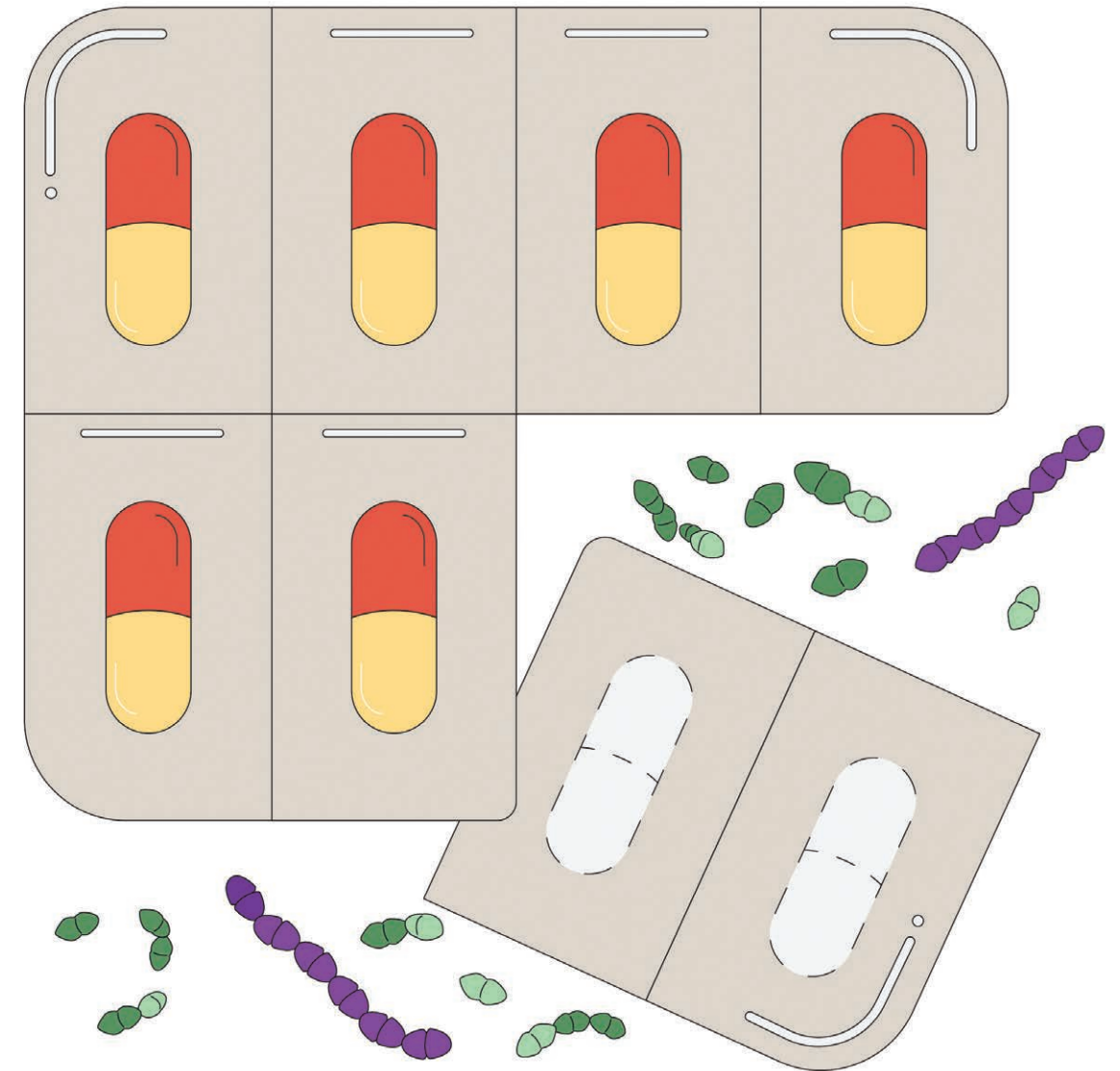
SHORT-COURSE ANTIBIOTICS – LESS IS BETTER

Antibiotic overuse is a key driver in the rise of antimicrobial resistance, a major global health crisis. Our team worked with Duke-NUS Medical School on the landmark REGARD-VAP clinical trial. The trial highlighted how prudent antibiotic use can curb resistance, effectively safeguarding patients, as well as combating the global threat of antimicrobial resistance while reducing healthcare costs. The study provided compelling evidence that short-course antibiotic treatments can be a game changer in tackling ventilator-associated pneumonia, a serious infection common in critically ill patients. The clinical trial examined over 450 patients across intensive care units in Singapore, Thailand and Nepal. The team's findings were published in *Lancet Respiratory Medicine* in May 2024, with the accompanying economic analyses published in *Lancet Global Health* in December 2024.

“Our research revealed that short-course antibiotics — carefully tailored for individual patients' recovery — are just as effective as traditional longer treatments in preventing death and recurrence of pneumonia. By shortening antibiotic duration, we can reduce the risks of side effects and antimicrobial resistance without compromising patient outcomes.”

DR MO YIN

Read more about the paper here:





UNDERSTANDING THE WHYS AND HOWS OF ILLNESS

The focus of the Precision Medicine TRP is on quantitative molecular research to understand the factors impacting health and disease. Our researchers aim to advance our understanding of the mechanisms of human diseases through technology integrated with environmental, lifestyle and healthcare data.

MAPPING ASIAN SPLICING VARIANTS LINKED TO DISEASES

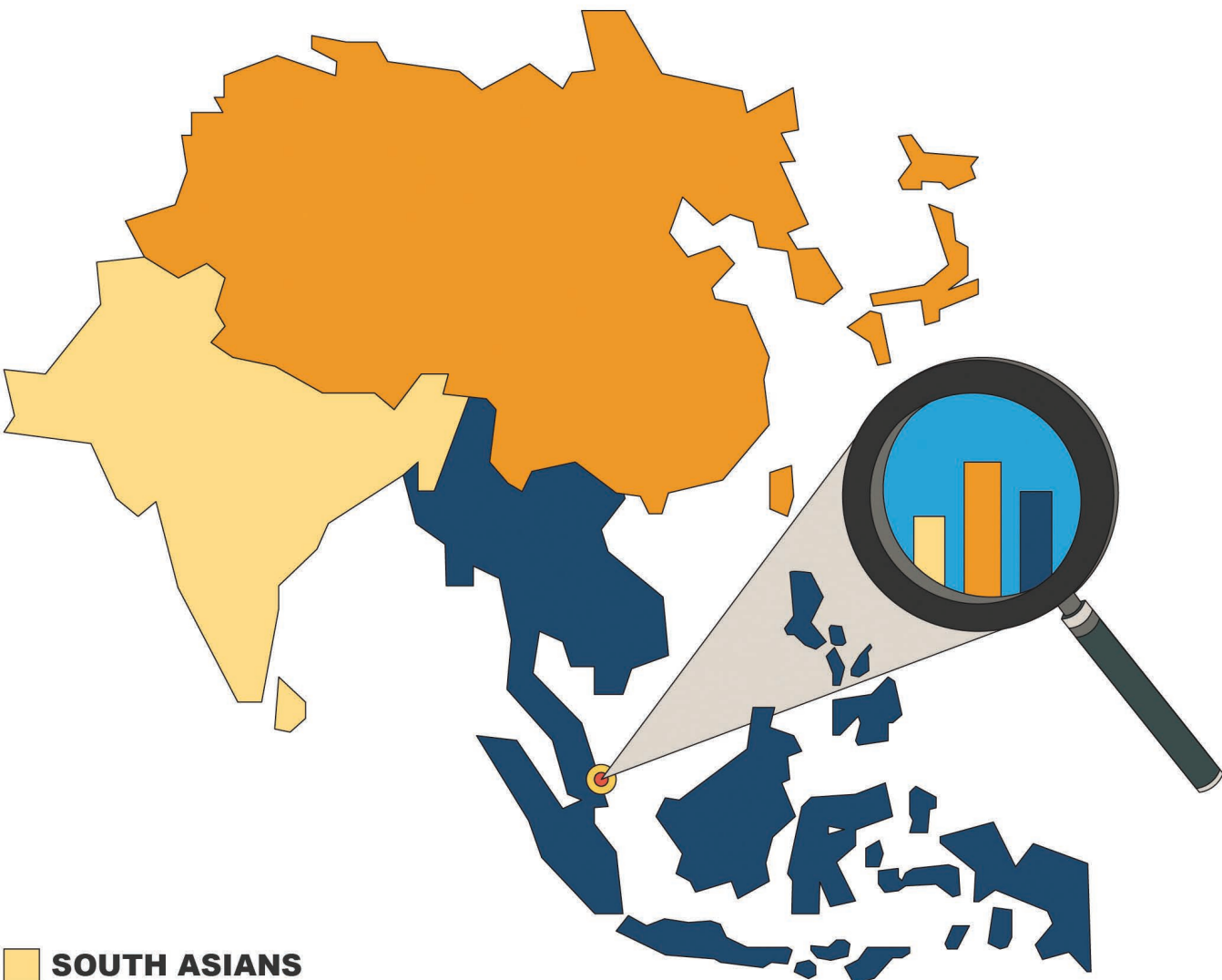
Understanding the relationship between specific genes and diseases requires an enormous amount of data. A particular challenge in precision medicine is in understanding alternative splicing — or how a single gene can create multiple different but related gene products and eventual outcomes — since numerous diseases can arise from changes and differences in alternative splicing.

A team from Precision Medicine TRP conducted an unbiased sampling of a million peripheral blood mononuclear cells from 474 Eastern, South-Eastern and South Asian donors. The team identified more than 12,000 splicing variations associated with complex traits, expanding the database for under-represented Asian populations. The group observed splicing variations associated with autoimmune and inflammatory disease heritability, including the validation of a single Asian-specific splicing variant that contributes to the risk of Graves’ disease in East Asians. The research outcomes were published in *Nature Genetics* on 3 December 2024.

“Our researchers identified widespread sex-biased and ancestry-biased differential splicing, most of which is cell-type-specific. By showing how ancestral diversity affects splicing and how splicing influences complex diseases at the single-cell level, our findings have provided a roadmap to dissect the role of splicing in complex diseases.”

ASST PROF LIU BOXIANG

Read more about the paper here:



- SOUTH ASIANS
- EAST ASIANS
- SOUTHEAST ASIANS



GENE FUNCTION INSIGHTS INTO DIABETES AND CARDIOVASCULAR THERAPY

While the cost of whole genome sequencing has decreased dramatically and resulted in greater availability of genetic data, a challenge still remains for precision medicine to relate genetic data to disease pathology, such as in understanding how gene variants cause diseases. A Precision Medicine TRP team sought to understand how two genes — *HNF1A* and *HNF4A* — directly linked to Maturity Onset of Diabetes in the Young and type 2 diabetes, contribute to diabetes risks. Another team demonstrated how the gene *SREBP2*, involved in lipid production in the liver, also ensures a balance of lipids (fatty compounds) circulating systemically. Our researchers discovered that targeting *SREBP2* reduced atherosclerosis in mice, thus outlining a potential strategy for treating cardiovascular disease.

“Diabetes and cardiovascular diseases rank as top health concerns in Singapore and Asia, hence a better understanding of the cause of these diseases is critical. Our study findings not only add to our knowledge of the molecular pathology of high-priority diseases, but also uncovered potential therapeutic targets for us to address these diseases.”

ASSOC PROF ADRIAN TEO AND
ASST PROF YU HAOJIE

Read more about the papers here:



TARGETED TRANSFER

Our Synthetic Biology TRP, also known as the NUS Synthetic Biology for Clinical and Technological Innovation (SynCTI), seeks to create new knowledge and foundational technologies in synthetic biology to address current challenges in the manufacturing, health and environment sectors.

BIOENGINEERED YEAST MICROBES AS TARGETED DRUG DELIVERY SYSTEMS

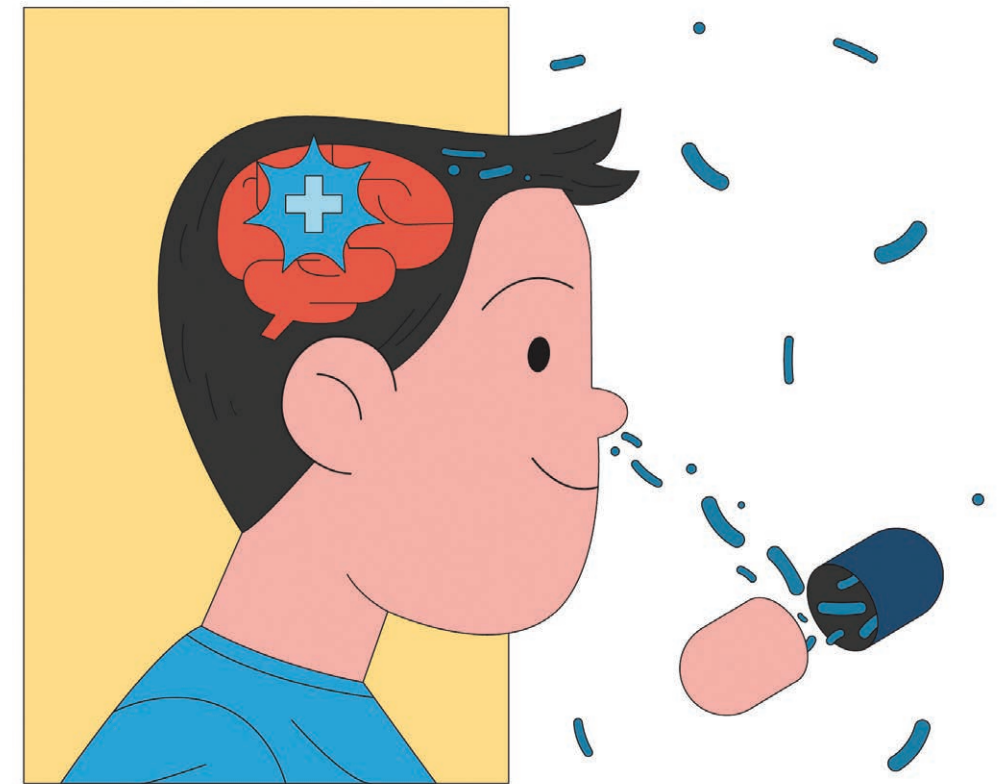
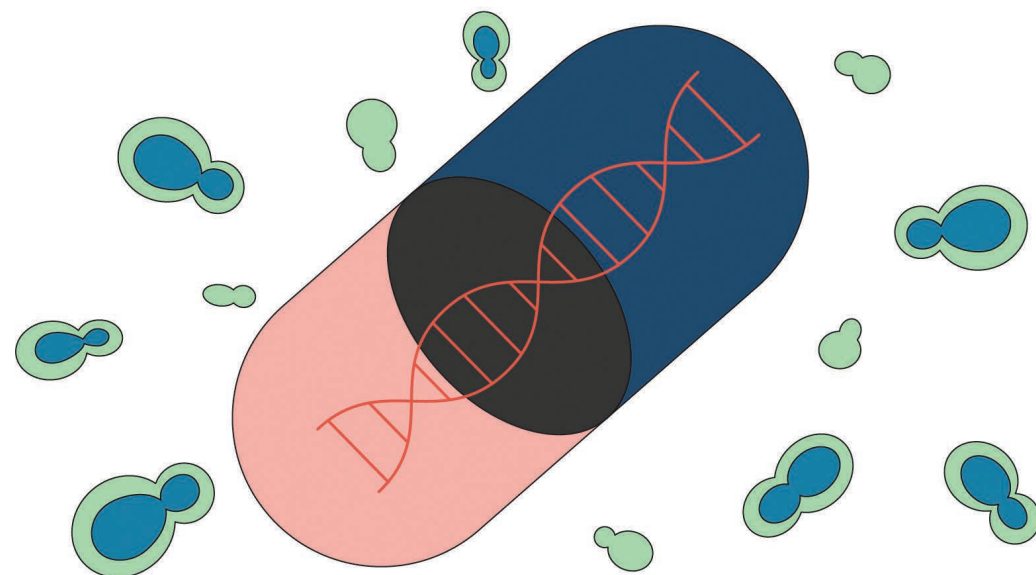
Traditional microbial biotechnology has focused on single-cell organisms, limiting their ability to handle complex tasks. In a groundbreaking initiative, a SynCTI team re-engineered yeast cells (*Saccharomyces cerevisiae*) to mimic natural ecosystems, enabling them to divide into two specialised types that work together synergistically.

The bioengineered yeast can create microbial communities that perform complex tasks and self-regulate their composition in response to external signals, making them ideal for precision medicine or therapeutic applications in the human gut. The yeast cells act as microscopic factories, capable of producing therapeutic compounds or breaking down complex substances into simpler, usable forms. By responding dynamically to disease markers — small molecules that accumulate in the body during illness — the yeast adjusts its structure and activity to deliver just the right amounts of therapeutic compounds. This smart programming ensures the yeast produces only what is needed, thus reducing waste and increasing precision. The team's work was published in *Nature Communications* on 17 September 2024.

“Our artificially engineered smart yeast could transform personalised healthcare by delivering tailored treatments that adapt to a patient’s condition in real time. This approach could lead to more effective therapies with fewer side effects, paving the way for significant advancements in medical treatment while also significantly enhancing the efficiency, sustainability and scalability of biotechnological applications.”

PROF MATTHEW CHANG

Read more about the paper here:



NOSE-TO-BRAIN DRUG DELIVERY

A SynCTI team pioneered a ground-breaking technique that bypasses the blood-brain barrier to deliver drugs directly to the brain. This novel approach utilises a naturally occurring nasal bacterium, *Lactobacillus plantarum*, genetically engineered to produce and release therapeutic compounds through a specific nose-to-brain pathway. The blood-brain barrier plays a crucial role in protecting the brain from harmful substances, but also poses significant challenges to the delivery of medications for neurological conditions. Existing drug delivery methods often struggle with limited efficiency and require invasive procedures.

To address these challenges, our team identified a strain of *Lactobacillus plantarum* with a natural affinity for the olfactory mucosa — a specialised tissue located in the upper part of the nasal cavity responsible for the sense of smell. This

tissue also provides a direct pathway to the central nervous system, enabling targeted intranasal drug delivery. The team's work was published in the leading life sciences journal *Cell*.

“This study illustrates the potential of engineered bacteria to serve as precise delivery vehicles for brain-targeted therapies. Our findings could pave the way for novel treatments of neurological diseases, leveraging the underexplored connection between nasal microbiota (microorganisms in the nasal region) and brain function.”

DR SHEN HAOSHENG

Read more about the paper here:



DIGITAL SOLUTIONS

NUS Medicine's Institute for Digital Medicine, or WisDM TRP, leverages in-house technologies and partnerships to empower practice-changing medicine, such as the development of digital solutions using AI that can be rapidly deployed for scalable patient impact.

USING DIGITAL TECHNOLOGY AND DATA TO TRACK HEALTH BENEFITS OF KETOSIS: ONE MAN'S TRIAL

WisDM's Prof Dean Ho conducted a first-in-kind study using digital health technologies, including sensors and wearables, to monitor his health markers such as body weight, blood pressure, glucose and ketones (ketosis is a process in which the body burns fat when it does not have enough carbohydrates to produce substances called ketones for energy). He implemented a detailed regimen that included a minimum of 20 hours of fasting per day, strength or cardiovascular training every morning, a diet consisting of leafy greens, seeds, olive oil, lean protein and other foods commonly found in the Mediterranean diet, and beverages consisting of only water, black coffee and black tea without milk or sugar. The purpose of the experiment was to investigate the concept of ketosis and its health benefits. From May to November 2023, Prof Ho experienced improved health and fitness outcomes, including a weight loss of around 7.5 kg, a 20 per cent increase in grip strength, as well as the ability to lift weights that were 10 per cent heavier. He also completed 1,000 push-ups in under 40 minutes.

"The experiment revealed that ketone levels can change quickly in response to activities such as fasting and exercise, and a metabolic switch was achieved when ketones reached a threshold level, serving as a very clear and measurable objective to reach. These findings point to the possibility of personalising health management at the individual level: visualising one's biomarker data dynamics and progress during a regimen can inform and incentivise users to increase their adherence to healthy interventions, thus sustaining their engagement to achieve improved health outcomes over a period."

PROF DEAN HO

Read more about the paper here:



USING NANO-SIZED CELL PARTICLES TO DELIVER ANTI-CANCER IMMUNOTHERAPY

Immunotherapy is a type of cancer treatment that uses the body's own immune system to fight cancer. While it is a key approach in cancer treatment, the effectiveness of immunotherapy is limited by the risk of side effects (such as inflammation or damage to organs and tissues) as the immune system may also attack normal, healthy tissues while targeting cancer cells.

A WisDM team has unveiled a novel delivery platform that significantly enhances the effectiveness of cancer immunotherapy while reducing the associated side effects.

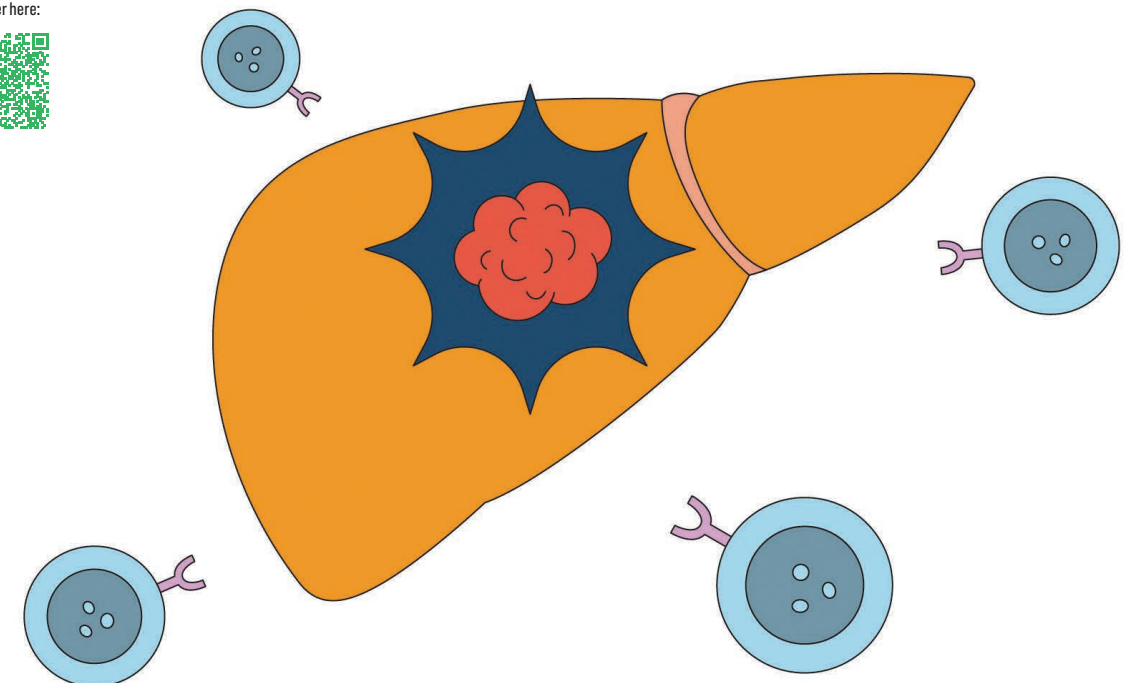
The team leveraged nano-sized particles released by cells called extracellular vesicles, modifying them to carry multiple immune-boosting molecules called immunomodulatory ligands for the treatment of in vivo models of metastatic pancreatic cancer and melanoma.

The approach enhanced the therapeutic effectiveness of the ligands, which are key to controlling immune responses against cancer. The team also found that the delivery method enhanced the retention of the immune-boosting ligands in the tumour. The innovative approach allowed better therapeutic effects to be achieved with lower drug doses, thereby reducing the risk of side effects often seen in current cancer immunotherapy.

"We are thrilled that our novel extracellular vesicle-based delivery system not only enhances the therapeutic efficacy of immunomodulatory ligands but also significantly reduces systemic toxicity. Our findings set the stage for safer and more effective cancer immunotherapies, potentially transforming the landscape of cancer treatment."

ASSOC PROF MINH LE

Read more about the paper here:



ON TARGET

Nanomedicine TRP uses nanotechnology to improve diagnostics and targeted drug delivery in medicine, leading to more precise and effective treatments while minimising impact on healthy tissues and organs in the body. Nanotechnology uses nanoscale materials for medical applications.

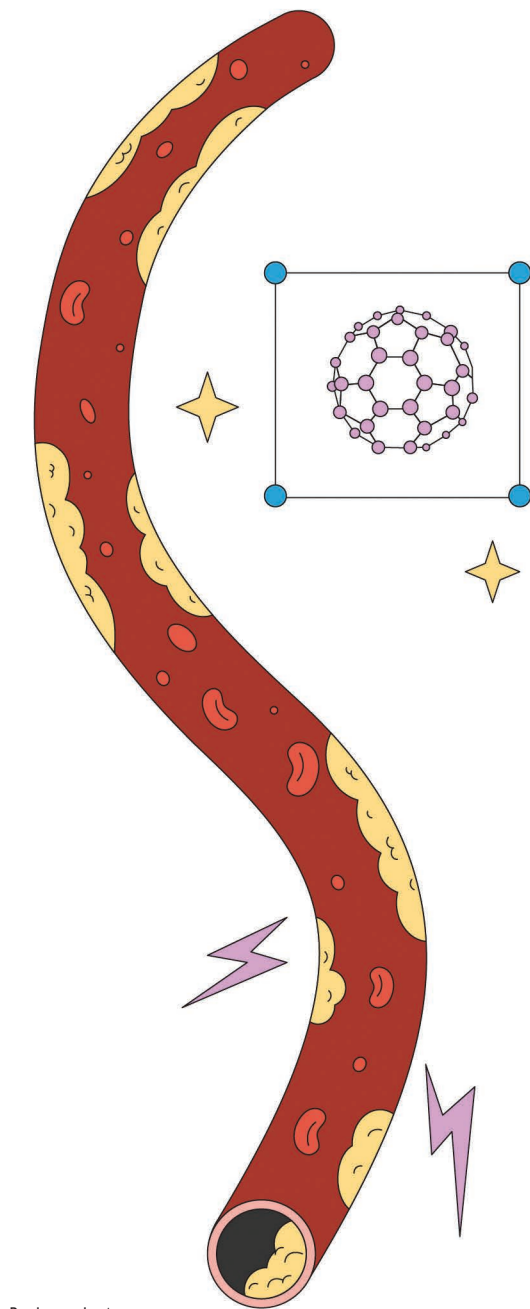
BREAKTHROUGH NANOPARTICLE TECHNOLOGY FOR TARGETED DIAGNOSIS AND TREATMENT OF ATHEROSCLEROSIS

Atherosclerosis is the build-up of plaque in arteries, which causes their narrowing and results in cardiovascular diseases. In Singapore, cardiovascular diseases are a leading cause of death. Commonly used methods for imaging atherosclerotic plaques include ultrasound and magnetic resonance imaging (MRI) techniques, though these methods have limitations in resolution and invasiveness. At the same time, there are currently no medications or treatments that can specifically target atherosclerotic plaques to significantly reduce plaque burden or reverse atherosclerosis.

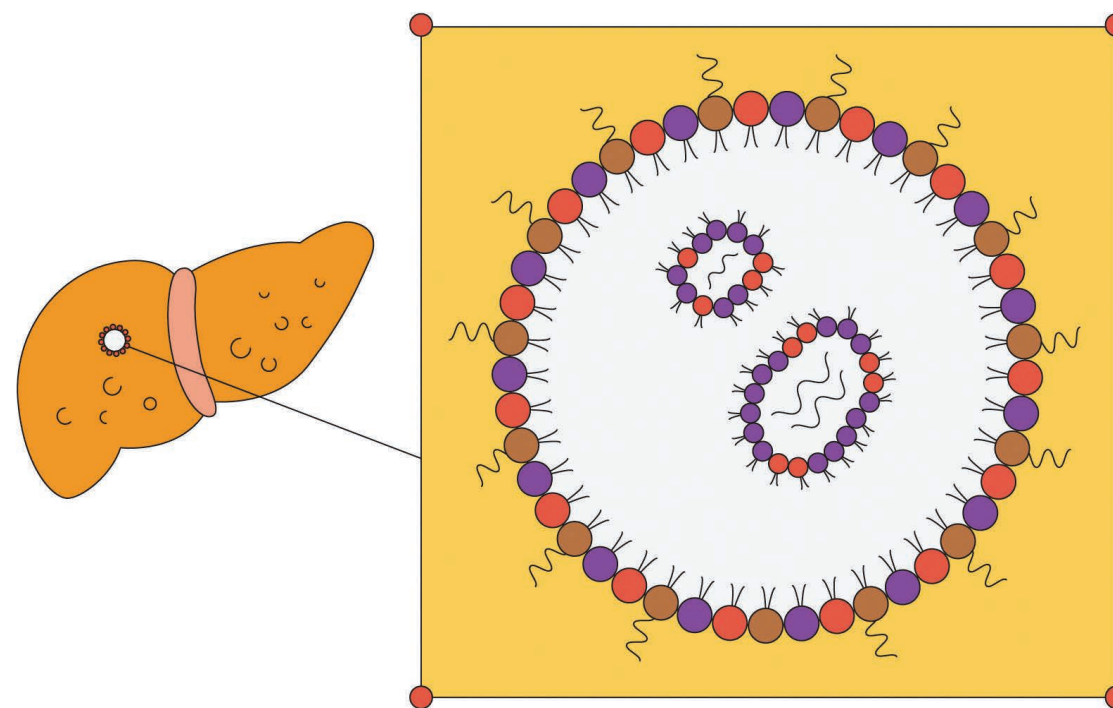
A Nanomedicine team developed a groundbreaking nanoparticle technology that offers an effective solution to diagnose and treat atherosclerosis in a non-invasive manner. This innovative approach, combining diagnostics and treatment, represents a significant advancement in the field of cardiovascular medicine. The nanoparticle developed by the team can diagnose atherosclerosis, target atherosclerotic plaques and deliver therapeutic agents directly to inhibit the progression of atherosclerosis in preclinical models. The nanoparticles work by breaking down specifically in the acidic environment of atherosclerotic plaques to deliver Simvastatin, a water-insoluble drug for plaque stabilisation and treatment.

“Compared to the systemic delivery of similar doses of Simvastatin, our nanoparticles are able to deliver 1,000 times more of the drug to the plaques, thereby enhancing therapeutic efficacy while minimising systemic side effects. Our novel personalised approach using nanoparticles could pave the way for a new era of cardiovascular care.”

ASST PROF WANG JIONG-WEI



Read more about the paper here:



NOVEL THERAPY USES FAT-LIKE NANOPARTICLES TO TREAT FATTY LIVER DISEASE

Metabolic dysfunction–associated steatotic liver disease (MASLD), previously known as non-alcoholic fatty liver disease (NAFLD), affects approximately 25 per cent of people worldwide and up to 40 per cent of adults in Singapore. In its severe form, metabolic dysfunction–associated steatohepatitis (MASH), the condition can progress to liver cancer or liver failure. Currently, only two drugs have been approved by the US Food and Drug Administration for MASH. These drugs benefit only 30 to 60 per cent of patients, highlighting the urgent need for more effective therapies.

A nanomedicine team led by Asst Prof Wang Jiong-Wei has developed a novel RNA-based therapy that heralds RNA nanomedicines as a new treatment class for fatty liver disease. The team created a tiny medicine made of lipid nanoparticles — fat-like particles that can safely deliver genetic drugs (siRNA) into liver cells. Once inside, the siRNA silences a gene called SPTLC2, which produces ceramides — a type of fat

that drives liver fat build-up, inflammation and fibrosis when levels are elevated. By lowering harmful ceramides, the novel approach could provide a much-needed therapeutic option for millions of patients worldwide. The team’s findings were published in *Science Advances* on 26 September 2025.

“Our study shows that shutting down harmful liver fats with RNA nanomedicines can significantly reduce liver fat, inflammation and scarring. It identifies a clear molecular target in fatty liver disease and demonstrates how liver-targeted RNA medicines can directly address the root cause. By targeting a key driver of liver damage, the approach offers a more precise and potentially safer alternative compared to current systemic therapies.”

ASST PROF WANG JIONG-WEI

Read more about the paper here:



NOURISHING AND NURTURING

Our Research Centres work with our TRPs to further research and innovation that drive biomedical discovery and deliver translational impact across a wide range of disease areas and preventive healthcare.

CENTRE FOR BEHAVIOURAL AND IMPLEMENTATION SCIENCES INTERVENTIONS (BISI)

BISI aims to improve the health and well-being of the population by accelerating the implementation of evidence in public policy and practice through the use of behavioural and implementation science.

IMPROVING SCREENING RATES FOR DIABETES, HYPERTENSION AND HIGH CHOLESTEROL IN LOCAL COMMUNITIES

In October 2024, BISI and the NUHS Regional Health Service Office teamed up with local community residential networks in the western region of Singapore to enable impactful health interventions and strategies. The collaboration focused on improving screening rates for diabetes, hypertension and high cholesterol in a novel partnership between healthcare researchers and residents of Bukit Batok and Hong Kah North. The aim of the project was to identify factors influencing participation in screening and to develop an implementation strategy toolkit to enhance screening uptake.

“As the research lead, the BISI team analysed evidence gathered from the systematic and document reviews, stakeholder engagements and interviews with providers and residents. We then used implementation and behavioural science frameworks to ensure that the study findings can be translated into actionable, practice-relevant insights.”

PROF NICK SEVDALIS
Academic Director, BISI

PROJECT ENTENNA: ASIA'S FIRST POPULATION ALLERGY DATABASE

In another tie-up, BISI collaborated with Ng Teng Fong General Hospital (NTFGH) in its launch of Project ENTenna to establish Asia's first population allergy database focused on allergic rhinitis, also known as hay fever. Patients with the condition may have allergic reactions (uncontrollable sneezing and a runny nose) when they breathe in particles like pollen, dust mites or mould. Project ENTenna is an AI-driven, multi-year programme to enhance the diagnosis and long-term management of allergic rhinitis. A coalition comprising NTFGH,

NUS Medicine's BISI, Tan Tock Seng Hospital, Changi General Hospital and the Agency for Science, Technology and Research (A*STAR) aims to track up to 6,000 patients from 2024 to 2026. BISI plays a crucial role in helping clinicians understand patient behaviour and identify the correct interventions to ensure a high level of patient engagement and adherence.

Comprising BISI Adjuncts — Assoc Prof Ng Chew Lip, Asst Prof Oh Hong Choon and Ms Christine Wu — and BISI affiliate Prof Phillip Phan, the BISI team provides expertise for Project ENTenna, ranging from the design of behavioural nudges to the scaling up of patient uptake. The BISI team also supports the project in the use of real-world data to guide clinical decisions and support the transition of care from hospitals to the community. The project integrates patient-reported data with AI analytics to personalise treatment, improve medication adherence and reduce unnecessary hospital visits. AI-generated insights currently support clinicians in real time, incorporating system prompts that identify patients suitable for discharge and right-siting to primary care. Project ENTenna leverages WhatsApp chatbots, AI-powered symptom trackers and behavioural nudges to improve patients' self-management of their allergic rhinitis condition.

“As many as 39 per cent of Singaporeans have allergic rhinitis. How the condition affects Asian populations is not well documented — there may be genetic differences between Western and Asian populations that influence the impact of allergic rhinitis. This means medication developed in the West may not be as effective in treating allergic rhinitis in Asians, hence the need for Asia-specific data on allergic rhinitis. The database will help doctors tailor treatment or even predict allergic flare-ups more accurately in a patient. We hope to develop our own specific patient treatments.”

ADJ ASSOC PROF NG CHEW LIP
Principal Investigator, Project ENTenna

CENTRE FOR HOLISTIC INITIATIVES FOR LEARNING AND DEVELOPMENT (CHILD)

CHILD brings together experts in the fields of translational research, child development and implementation science to help give children the best start to life.

ENHANCING AND SUPPORTING EARLY DEVELOPMENT TO BETTER CHILDREN'S LIVES (EASEL) TRIAL

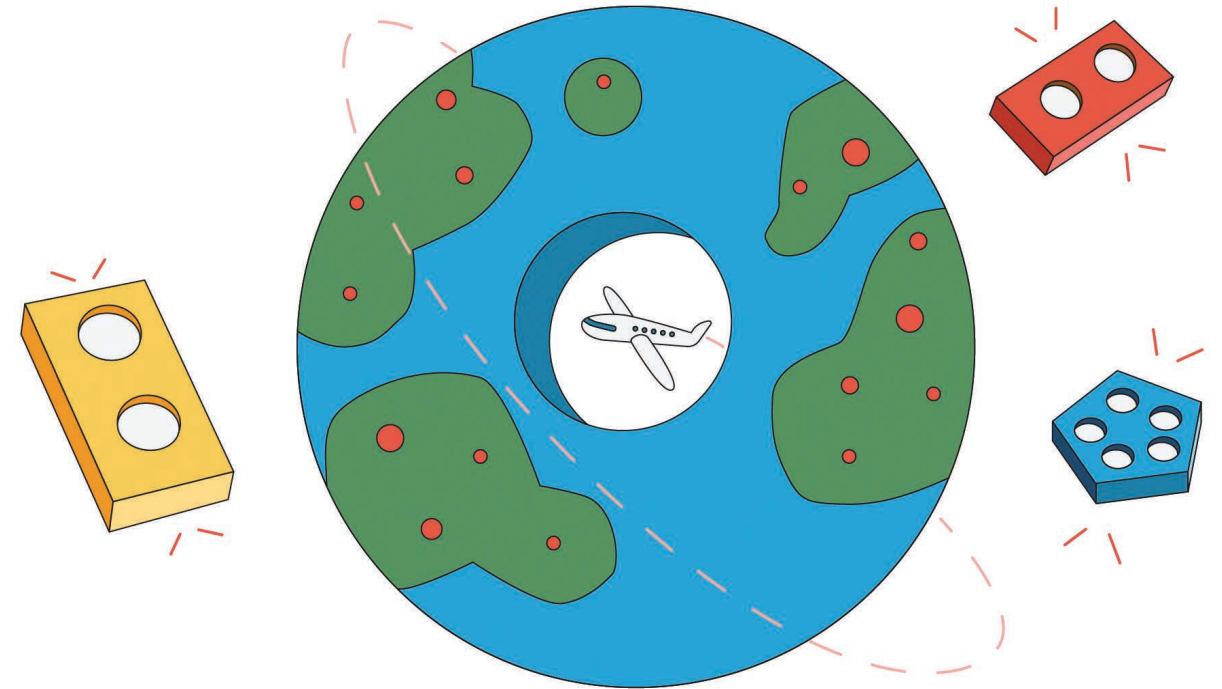
EASEL aims to enhance educators' practices in creating high-quality classroom environments that foster essential skills in young children. Such skills — socio-emotional and behavioural regulation, and executive function skills — form critical foundations for learning, social interaction and long-term success. Early EASEL implementation from 2022 to 2024 showed promising improvements in educator practices and emerging child outcomes. However, challenges such as integrating EASEL into structured curricula and the need to tailor support for educators through coaching highlighted the need for a more adaptive and scalable version. The centre then refined EASEL through the co-design approach, in close partnership with preschools and the Early Childhood Development Agency (ECDA), to align the approach more closely with existing curricula and new government frameworks.

“We have several milestones in 2025 for EASEL 2.0, such as the launch of a community of practice at the CHILD Conference 2025, the signing of a Memorandum of Understanding (MOU) with ECDA and the training of coaches and implementation facilitators to support the adoption of EASEL approaches across various preschool operators. Selected preschools will participate in the study in 2025, where the refined EASEL approach and implementation strategies will be trialled. The findings will guide a broader scaling strategy in 2026 to embed EASEL more seamlessly across the early childhood education sector nationwide.”

DR CHERYL SEAH

Director, Centre for Evidence and Implementation (CEI)

Read more about the paper here:



CHILD CONFERENCE 2025

Held from 26 to 28 February 2025, the conference brought together thought leaders, researchers, policymakers and practitioners to explore actionable insights on adopting evidence-informed approaches and effective implementation. The conference and four pre-conference workshops were well attended, with 360 international and local attendees, and 108 organisations representing a variety of sectors from across 18 countries, underscoring CHILD's global reach and commitment to giving every child the best start in life. CHILD Conference 2025 saw an increase in attendance from the CHILD Conference last held in 2022: 17 per cent more participants and 28 per cent more organisations joining the event.

“The conference theme of ‘Translating Evidence for Impact: Bridging Research, Policy, and Practice in Early Childhood’ highlighted the importance and relevance of evidence-based strategies and showcased critical intersections of research, policy and practice in early childhood development.”

PROF NICK SEVDALIS

Executive Director, CHILD

Read more about the paper here:



CENTRE FOR SLEEP AND COGNITION

The Centre comprises five research laboratories studying sleep and cognitive neuroscience, with the aim of bridging the gap between knowledge creation and practice to further human health while balancing performance and well-being.

RECOMMENDATIONS ON THE USE OF WEARABLE CONSUMER HEALTH TRACKERS FOR SLEEP MEASUREMENT

This May, the World Sleep Society released its recommendations on the use of wearable consumer health trackers for sleep measurement. Prof Michael Chee served as lead author of a Task Force of sleep experts from the US, Australia, Europe and Asia. The recommendations sought to improve on previous position papers by providing perspectives relevant to manufacturers, consumers, researchers and clinicians. Clear and practical points were made for each group, taking into account the latest evidence and best practices.

While consumer health trackers are increasingly used to provide insights into sleep patterns over extended periods on a scale previously not possible, the accuracy of different devices can vary significantly, depending on the quality and configuration of their sensors and the algorithms used to interpret the data. In addition to summarising the process of evaluating tracker performance, guidance was provided on how to select one suited to different users' needs. A roadmap for future development, including the establishment of internationally agreed-upon performance standards and the incorporation of wearable health data into medical records, was also provided.



“If manufacturers align sleep measurement to common principles and standards, consumer health trackers could significantly enhance their value as tools for improving health and well-being. The authors emphasised the value of cooperation between academia and industry and also provided actionable suggestions for cooperation. In this way, the gap between consumer technology and clinical application can be bridged, maximising the potential of wearables to enhance both personal and community sleep health.”

PROF MICHAEL CHEE WEI LIANG
Director, Centre for Sleep and Cognition

Read more about the paper here:



UNDERSTANDING THE TIME COURSE OF TRAVEL-RELATED SLEEP DISRUPTION WITH 1.5 MILLION NIGHTS OF SLEEP DATA

Working with ŌURA Health, we conducted a comprehensive analysis of sleep using 1.5 million nights of de-identified data from the Oura Ring (a wearable health tracker) covering more than 60,000 trips of over 1,000 km. This is the largest real-world study of travel-related sleep disruption with objective sleep measurement to date.

Following travel across time zones, people can recover quickly from the disruption to sleep duration it causes; however, restoration of sleep timing and sleep architecture can take significantly longer.

While the common experience of jet lag — a misalignment between our biological clock and our destination's time — disturbs sleep, it is not the only factor. Travellers often wake early to catch flights, shortening sleep the night before departure. Flights later in the day tend to have less impact, but this is often compounded by the difficulty of sleeping on a flight, leading to impaired performance and increased daytime sleepiness on arrival. This sleep restriction typically results in early bedtimes and extended recovery sleep the following night. However, jet lag complicates recovery by disrupting a person's ability to fall asleep at the appropriate local time.

“We’ve known for some time that jet lag is a challenge for travellers, but this study provides data-driven evidence of just how persistent the impacts are, particularly when it comes to adjusting sleep timing to a new time zone. We found that sleep duration typically returns to baseline within approximately two days, but changes in sleep timing and structure (such as how much of the night is spent in deep sleep) can take more than a week to recover, with eastward travel and crossing multiple time zones exacerbating the disruption.”

DR ADRIAN WILLOUGHBY
Senior Research Fellow
Centre for Sleep and Cognition

Read more about the paper here:





HEAT RESILIENCE & PERFORMANCE CENTRE (HRPC)



Since its establishment in 2023, the HRPC has focused on addressing the critical challenges of increasing ambient heat and driving forward-looking research that boosts human heat resilience. In addition to developing cutting-edge research capabilities and conducting impactful basic and translational research, the Centre has established itself as a leading authority in heat resilience research.

GLOBAL HEAT HEALTH INFORMATION NETWORK SOUTHEAST ASIA HUB LAUNCHED

In recognition of its leadership and expertise in addressing the complex challenges of heat-related health risks, the HRPC was officially designated as the Southeast Asia Hub for the Global Heat Health Information Network (GHHIN) this year. This important designation underscores the Centre's commitment to advancing research, shaping policy and driving regional strategies to mitigate the impacts of extreme heat on public health.

The GHHIN Southeast Asia Hub was launched at the inaugural GHHIN Southeast Asia Heat Health Forum held from 7 to 10 January 2025 in Singapore. Organised by the HRPC and co-sponsored by the World Health Organization (WHO) and the World Meteorological Organization, the event convened over 200 delegates, including global experts, policymakers and researchers. The forum, themed "Toward a Heat

Resilient Southeast Asia: Enhancing Livelihoods and Well-Being", provided a valuable platform for interdisciplinary dialogue and collaboration on the pressing issue of heat resilience in the region.

"Leveraging Singapore's strategic location and expertise in heat stress management, we aim to collaborate with our regional counterparts to tackle the unique and multifaceted challenges posed by rising temperatures in Southeast Asia. Unlike other regions, our tropical climate presents distinct hurdles such as high humidity and compounding heat stress, while our ageing population faces heightened risks. It is therefore imperative that we work together to empower individuals, communities and society to thrive in an increasingly warmer world."

ASSOC PROF JASON LEE

Director, HRPC and Chair, GHHIN Southeast Asia Hub



INSIGHTS FROM INTERNATIONAL MILITARY CONTEXTS HELP SHAPE BEST PRACTICES FOR EXERTIONAL HEAT ILLNESS PREVENTION AND MANAGEMENT

Recognising the escalating global risks posed by rising temperatures, the HRPC took the lead in bringing together prominent international experts on exertional heat illness, uniting diverse expertise to advance understanding and develop best practices for managing exertional heat challenges. By harnessing decades of collective research and frontline experience, the HRPC aimed to spearhead

a comprehensive review of international military research. This effort culminated in the development of a key publication that distilled best practices and lessons learnt from the military context — offering holistic strategies for the prevention, management, treatment and recovery from heat-related illnesses. In synthesising this expert knowledge, the HRPC is ensuring that not just military personnel, but also other vulnerable populations and communities are better equipped to safeguard health and sustain performance in a warming world.

"By distilling knowledge and practices from military research, our review aims to extend the lessons beyond the military and accelerate the protection of the health and performance of all at-risk populations and communities. The widespread implementation of evidence-based, multi-layered heat management can significantly reduce exertional heat illness and contribute to improving ongoing practice, education and research efforts as climate and occupational risks continue to evolve."

MS LYDIA LAW
Co-Director, HRPC

Read more about the paper here:



CENTRE FOR INNOVATION & PRECISION EYE HEALTH (INVISION)

The Centre aims to improve the overall eye health of the population by bringing greater eye care accessibility to the community, tapping into AI and data science to understand and detect eye diseases, and investing in gene and cell therapy to treat rare eye conditions. Translational research work at InVision aims to transform Singapore's healthcare ecosystem into one that prioritises preventive care, such as by detecting and identifying the early stages of eye diseases.

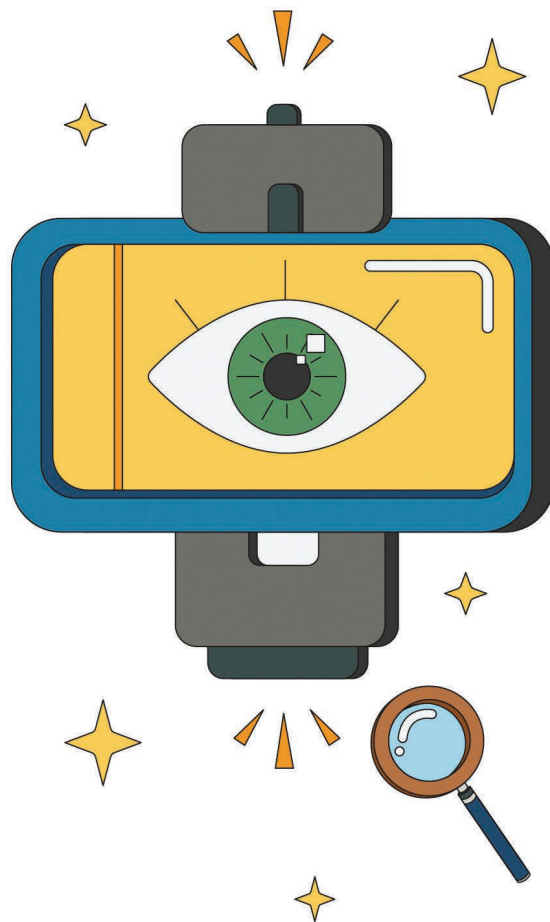
DEVICE SHOWCASE FOR SWEDISH STATE VISIT

InVision was invited to showcase its eye health innovations during the Swedish State Visit on 21 November 2024. Organised by the NUH Centre for Global Health, in partnership with the Ministry of Foreign Affairs, the Ministry of Health, the Swedish Embassy and Business Sweden, the historic visit brought together 70 distinguished professionals from various industries in Sweden. Our Ophthalmology team presented some of the key device innovations developed by Assoc Prof Victor Koh and Dr David Chen to the Swedish delegation.

Among these were the Automated Visual Acuity Test and the Mobile Imaging Device for Anterior Segment, developed through the integration of clinical insights and engineering expertise. These devices represent the culmination of extensive research efforts, including peer-reviewed publications and conference presentations, that have been successfully translated into clinically relevant technologies. The progress made in InVision's research and development underscores the impact of translational research in strengthening patient care, enhancing accessibility and reinforcing Singapore's position as a hub for medical device innovation.

"The Swedish State Visit served as an invaluable platform for dynamic, interactive discussions, fostering the exchange of ideas and laying the groundwork for future collaborations in the field of health innovation to drive advancements in precision eye health."

PROF CHENG CHING-YU
Director, InVision



ENHANCING DIAGNOSTIC ACCURACY IN RARE AND COMMON FUNDUS DISEASES WITH A KNOWLEDGE-RICH VISION-LANGUAGE MODEL

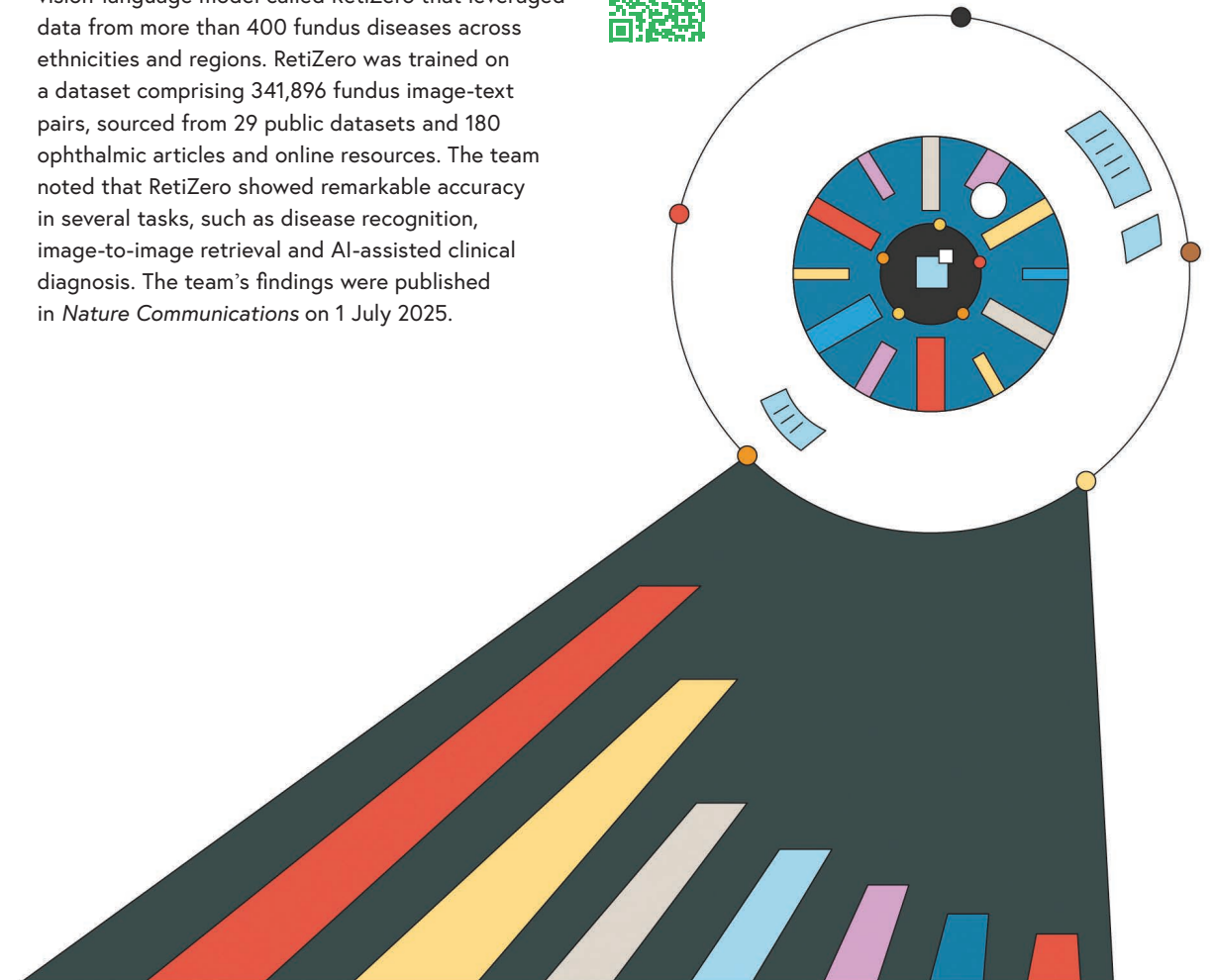
Blindness and visual impairment represent a substantial disease burden globally. Detection and timely treatment of eye conditions, such as retinal and optic nerve diseases, are crucial for reducing severe and permanent damage. However, the lack of ophthalmic medical resources severely limits prompt screening and the management of fundus diseases. Previous foundation models for fundus images were pre-trained with limited disease categories and knowledge bases.

An InVision team developed a knowledge-rich vision-language model called RetiZero that leveraged data from more than 400 fundus diseases across ethnicities and regions. RetiZero was trained on a dataset comprising 341,896 fundus image-text pairs, sourced from 29 public datasets and 180 ophthalmic articles and online resources. The team noted that RetiZero showed remarkable accuracy in several tasks, such as disease recognition, image-to-image retrieval and AI-assisted clinical diagnosis. The team's findings were published in *Nature Communications* on 1 July 2025.

"Our work underscores the value of integrating RetiZero into clinical settings where various fundus diseases are encountered. Our model substantially enhances clinicians' accuracy in diagnosing fundus diseases, in particular rare ones, and may therefore be of substantial value to less experienced clinicians. In addition, our model holds significant potential in settings with limited access to ophthalmic specialists."

DR WANG MENG
Senior Research Fellow

Read more about the paper here:



CENTRE FOR BIOMEDICAL ETHICS (CBmE)

The focus of CBmE is on developing an understanding and capacity for good judgement and sound ethical practice in the context of healthcare provision, biomedical science inquiry and health-related policy development. Our researchers study issues of broad international significance, with a particular interest in learning for and from Singapore and Asia.

UNDERSTANDING THE BENEFITS AND PITFALLS OF GENOME EDITING

Polygenic traits are those transmitted by multiple genes that can result in an individual's predisposition to certain diseases or conditions. A team comprising CBmE's Prof Julian Savulescu and researchers from Universities of Queensland and Melbourne modelled the potential effects of polygenic genome editing in human embryos and germ cells. This is a concept that has the power to drastically reduce a person's susceptibility to a range of complex diseases by altering specific genetic variants. The team used existing genome-wide association studies to estimate the effects of specific genetic variants on disease risks, followed by statistical modelling techniques to estimate the effects of combining many variants into a single individual.

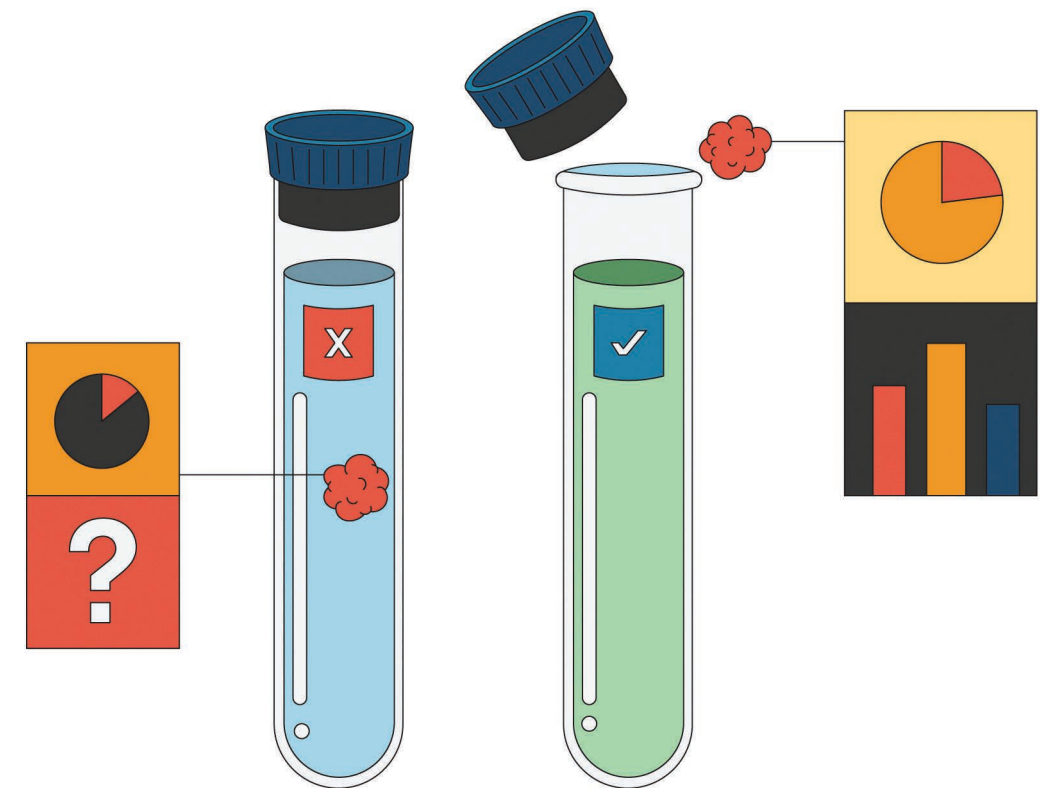
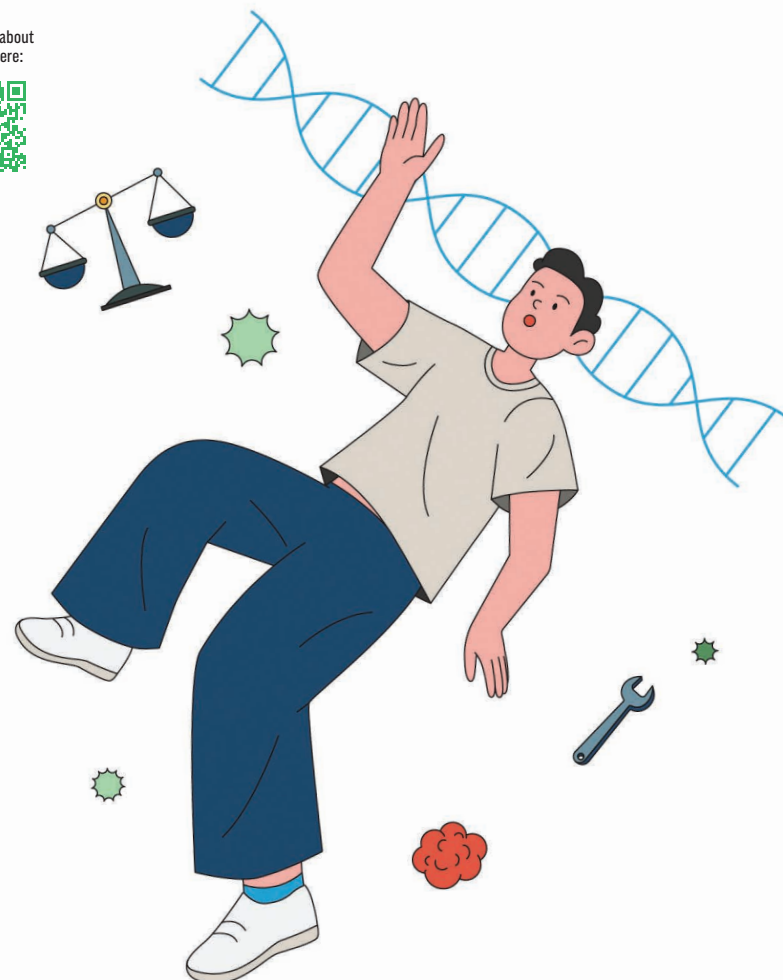
The researchers demonstrated that editing a relatively small number of genomic variants could make a substantial

difference to an individual's risk of developing diseases. The findings, while speculative, open the door to the promise and dilemma of heritable polygenic editing, as well as the ethical challenges surrounding the use of such powerful technology. The research outcomes were published in the journal *Nature* on 8 January 2025.

"In our analysis, we discussed not only the science, but also the social, cultural and political implications of the emerging technology of heritable polygenic editing. How can we responsibly regulate polygenic genome editing to avoid unintended consequences — on individuals, their families, communities and society? Should the focus be on individual health, or should it be viewed through a collectivist lens to safeguard against societal divides? We believe it is crucial to begin the ethical debate now."

PROF JULIAN SAVULESCU
Head, CBmE

Read more about the paper here:



WHY CONSENT TAKING FOR THE USE OF DE-IDENTIFIED BIO-SPECIMENS FOR RESEARCH IN SINGAPORE SHOULD BE RELAXED

Consent in research is a highly debated topic, particularly regarding when it is necessary and when it may become counterproductive. At its most optimum, consent critically balances patient welfare with research progress. However, a key issue is that informed consent may not always be in the patient's best interest. In Singapore, there is discussion that the current legislation on consent procedures for the secondary research use of de-identified bio-specimens might be counterproductive to the progress of medical research. A consent requirement in such contexts might create an unnecessary and even prohibitive obstacle to research, disproportionately affecting minority populations and increasing privacy risks for participants.

A team coordinated by CBmE evaluated Singapore's consent procedures for using de-identified bio-specimens in secondary research. Their work argued that Singapore should consider relaxing its regulations to foster more effective research and ultimately decrease the barriers

to impactful outcomes. Contrary to popular belief, obtaining informed consent may not always be in the interest of all patients. When informed consent is inappropriately mandated, the advancement of important life-saving medical research is unnecessarily impeded.

"We advocate for the consideration of relaxing Singapore's rules regarding when research can be done with de-identified biospecimens. The requirement of informed consent may even prove to be harmful by creating additional barriers to minority research participation, potentially exacerbating inequalities in research representation and, paradoxically, increasing privacy risks by serving as an unnecessary link to participants."

PROF JERRY MENIKOFF

Read more about the paper here:



NUS BIA-ECHO ASIA CENTRE FOR REPRODUCTIVE LONGEVITY AND EQUALITY (ACRLE)

ACRLE specialises in research on women's reproductive health, longevity and equality, ageing and digital medicine.

HALTING OVARIAN AGEING, DIAGNOSING, TREATING, DELAYING MENOPAUSE ONSET

A team from ACRLE published a White Paper (a formal document to explain or discuss policy matters) together with their collaborators at HeyVenus Integrated Healthscience on the unique cultural, genetic and lifestyle factors affecting Asian women during menopause. Titled "Menopause and the Bottom Line: A Critical Leadership Challenge for APAC (Asia Pacific countries) Leaders", the team surveyed 1,741 working women across five major APAC countries, Singapore, Vietnam, Australia, Japan and Indonesia. The aim of the study was to address a critical data gap on how menopause affects the well-being of women living in the Asia-Pacific region, as well as the lack of data on how Asian women experience menopause.

The research provides the first real-world data and insight on how menopausal symptoms disrupt the professional and personal lives of female employees in the region. Compared to Caucasian women, Indigenous, Pacific Islander and South Asian groups, East Asian and Southeast Asian women report the highest symptom burden, which includes menopausal symptoms such as tiredness, hot flashes, vaginal dryness, night sweats, aches and pains in joints and muscles. Nearly half of the women surveyed cited significant disruptions to their work performance and daily activities, including fatigue, forgetfulness and difficulty maintaining prolonged focus, which affect productivity.

While this finding warrants further research, it supports other research findings that Asian women may be more symptomatic during perimenopause and menopause but fail to get the support they need. Despite most women experiencing at least two menopause symptoms that significantly affected their professional and overall quality of life, close to half of the women surveyed did not seek professional healthcare advice for their

symptoms. They relied instead on the Internet or family members for information. Many women also reported feeling completely uninformed about menopause. This underscores the urgent need for better education and healthcare support, given that the first organs to age in women are the ovaries, and menopause is a driver of age-related diseases.

"Halting ovarian ageing, as well as diagnosing, treating and delaying the onset of menopause, is part of ACRLE's efforts to help women preserve their reproductive systems for general health. Being able to determine why and how fast a woman's ovaries age will enable us to not only extend their reproductive window, but also their overall healthspan."

ADJ ASST PROF HUANG ZHONGWEI



LINK BETWEEN AGE AT MENARCHE (FIRST MENSTRUAL CYCLE) AND TYPE 2 DIABETES

Early menarche is associated with lifelong health implications, including increased risks for obesity, type 2 diabetes, cardiovascular disease and overall mortality. An ACRLE team conducted a hospital-based study of multi-ethnic Asian women in Singapore, together with their collaborators at the NUS Department of Obstetrics and Gynaecology, to explore the associations linking early menarche, body fat, insulin resistance and type 2 diabetes. The findings indicated that women who had their first menstrual period before the age of 12, with significantly greater values in body fat assessments, were associated with a 60 per cent increased risk of developing type 2 diabetes.

"The team's work was a rare study focusing on a multi-ethnic Asian population. Such studies could better inform healthcare providers on the long-term effects of early menarche and modifiable risk factors, which could potentially improve a woman's health trajectory. Emphasis could then be placed on healthy nutrition from childhood, as well as optimal control of belly fat accumulation in midlife."

ADJ ASST PROF HUANG ZHONGWEI

Read more about the paper here:



GLOBAL CENTRE FOR ASIAN WOMEN'S HEALTH (GloW)

GloW aims to promote Asian women's health and well-being across their lives and across generations using a family-based approach. It places particular emphasis on cardiometabolic health, reproductive health, healthy ageing and longevity, cancer screening and prevention, as well as mental health and wellness.

POOR SLEEP HEALTH LINKED TO INCREASED TYPE 2 DIABETES RISK IN HIGH-RISK WOMEN WITH HISTORY OF GESTATIONAL DIABETES

A GloW team identified a significant link between sleep health and the risk of developing type 2 diabetes among women with a history of gestational diabetes. The disease is one of the most common pregnancy complications. Women with a history of gestational diabetes are nearly 10 times more likely to develop type 2 diabetes later in life compared to those without. While lifestyle factors such as diet and exercise are well-known preventive measures, the team's research sheds light on the often-overlooked role of sleep health in mitigating diabetes risk. By prioritising better sleep, women with a history of gestational diabetes can reduce their long-term risk of developing type 2 diabetes.

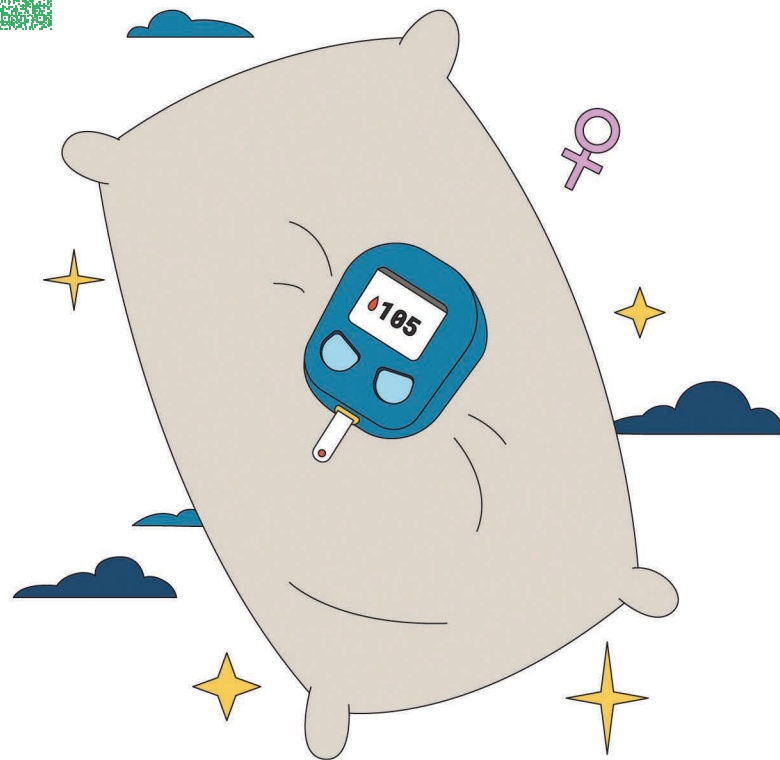
The team analysed data from nearly 3,000 women with a history of gestational diabetes over 17 years obtained from the Nurses' Health

Study II. The researchers found that those who slept six hours or fewer per night had a 32 per cent higher risk of developing type 2 diabetes than those who met the recommended seven to eight hours of sleep. In addition, regular snoring — defined as snoring most nights per week or every night — was associated with a 61 per cent increased risk of type 2 diabetes. Women who experienced both short sleep duration and regular snoring faced more than double the risk compared to those with healthy sleep patterns.

“Our research highlights that improving sleep health, such as increasing sleep duration and addressing snoring, can be effective in preventing type 2 diabetes among high-risk women. Given the rising prevalence of gestational diabetes and diabetes, particularly in Asia, it is crucial to expand prevention strategies to include the improvement of sleep health, especially for women with a history of gestational diabetes.”

PROF ZHANG CUILIN, DIRECTOR, GloW, AND DR YIN XIN

Read more about the paper here:



BREASTFEEDING LOWERS CARDIOVASCULAR RISK IN WOMEN WITH TYPE 2 DIABETES AND GESTATIONAL DIABETES

A GloW study has found that women who breastfed showed much lower rates of cardiovascular disease, while a longer duration of breastfeeding was associated with a lower risk of cardiovascular disease in women with type 2 diabetes or gestational diabetes. The team analysed data from 15,146 women in the US with type 2 diabetes and 4,537 women with a history of gestational diabetes across two studies. The findings revealed that, compared with women who had never breastfed, women who had breastfed for over 18 months had significantly lower cardiovascular disease risks. Women who had a history of type 2 diabetes had a 32 per cent reduction in cardiovascular disease risk, while women who had gestational diabetes had a 51 per cent reduction.

“There are a number of benefits to women who breastfeed. Our data showed that even among women at exceptionally high risk of cardiovascular disease, breastfeeding may potentially lower their risk of heart diseases.”

PROF ZHANG CUILIN

Read more about the paper here:



WOMEN ON HEALTHY MEDITERRANEAN DIET AND LOW EXPOSURE TO PERSISTENT ORGANIC POLLUTANTS AT LOWEST RISK OF GESTATIONAL DIABETES

In a related study, the team identified modifiable factors at both molecular and behavioural levels. In particular, the researchers looked at how the adoption of tailored, healthier Mediterranean diets with low exposure to persistent organic pollutants could influence women's health outcomes across their life course and beyond.

The team found that, in a study population of multiracial pregnant women in the US, those who consumed a Mediterranean diet and had a low exposure to persistent organic pollutants had the lowest gestational diabetes risk. Greater adherence to Mediterranean dietary patterns could also alleviate the potential harmful effects of persistent organic pollutants. The team's findings provided valuable insights for developing nutritional interventions that work for Asian women and, more importantly, could potentially reduce the risk of cardiometabolic disorders for high-risk women and their families.

“Our study provided novel evidence demonstrating the significance of jointly considering both environmental chemical restriction and diet to maximise the effect of lowering the risk of cardiometabolic diseases. However, optimal dietary patterns and nutrition intakes are culture-sensitive; hence, efforts to improve nutrition and dietary patterns should be customised for the local population to increase the chances of success.”

PROF ZHANG CUILIN

Read more about the paper here:



CENTRE FOR SUSTAINABLE MEDICINE (CoSM)

CoSM aims to deliver real-world change by training future healthcare leaders and equipping clinicians, industry and health policymakers with the tools and evidence needed to respond at pace to climate change. The first-of-its-kind institution in Asia and the largest in the world, the Centre is dedicated both to decarbonising healthcare and developing climate-resilient health systems.

LAUNCH OF TWO GRADUATE PROGRAMMES IN SUSTAINABLE HEALTHCARE

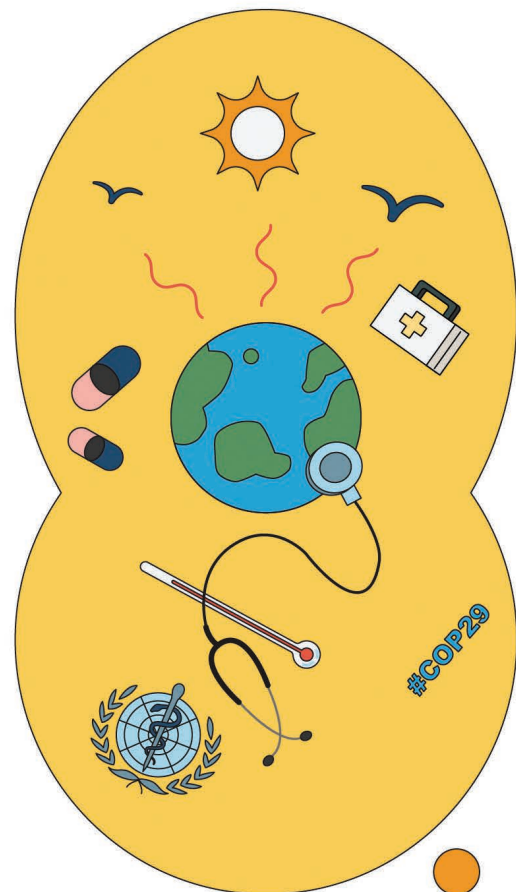
CoSM launched two graduate programmes in sustainable healthcare: a Master of Science and an Executive Fellowship designed to develop the next generation of healthcare leaders. These programmes equip students with the essential skills and knowledge to address the healthcare sector's environmental impact while safeguarding patient health in the face of a changing climate.

Students will learn from CoSM's distinguished faculty and affiliates, which include leading experts from the WHO, *The Lancet*, global government leaders and prominent industry figures. This diverse expertise ensures a comprehensive and interdisciplinary learning experience.

The programmes were officially announced at the Singapore Pavilion during the 29th session of the United Nations Framework Convention on Climate Change Conference of the Parties (COP29) in 2024, underscoring their global significance and commitment to advancing sustainable healthcare worldwide.

"The future of healthcare depends on our ability to protect patients from the impacts of climate change while transforming health systems to operate sustainably. Our vision is for these programmes to serve as a springboard, preparing professionals to design data-driven strategies that accelerate the transition in healthcare sustainability."

PROF NICK WATTS
Director, CoSM



Read more about the paper here:



PURPOSE AND LIMITATIONS OF CARBON FOOTPRINTING FOR HEALTHCARE

The drive to improve the environmental sustainability of high-quality healthcare is gaining momentum, with 84 countries pledging low-carbon health systems and 45 committing to net-zero emissions. Academic research is also rapidly expanding, with half of the 152 studies on healthcare carbon footprints (a method to estimate greenhouse gas emissions) published in the last three years.

CoSM's Assoc Prof Chantelle Rizan's paper, published on 1 October 2024 in the *Journal of the Royal Society of Medicine*, offered clear guidance on the use of carbon footprint estimates to shape sustainable healthcare strategies while cautioning against potential pitfalls. Her paper suggested four key ways in which carbon footprints can be used responsibly:

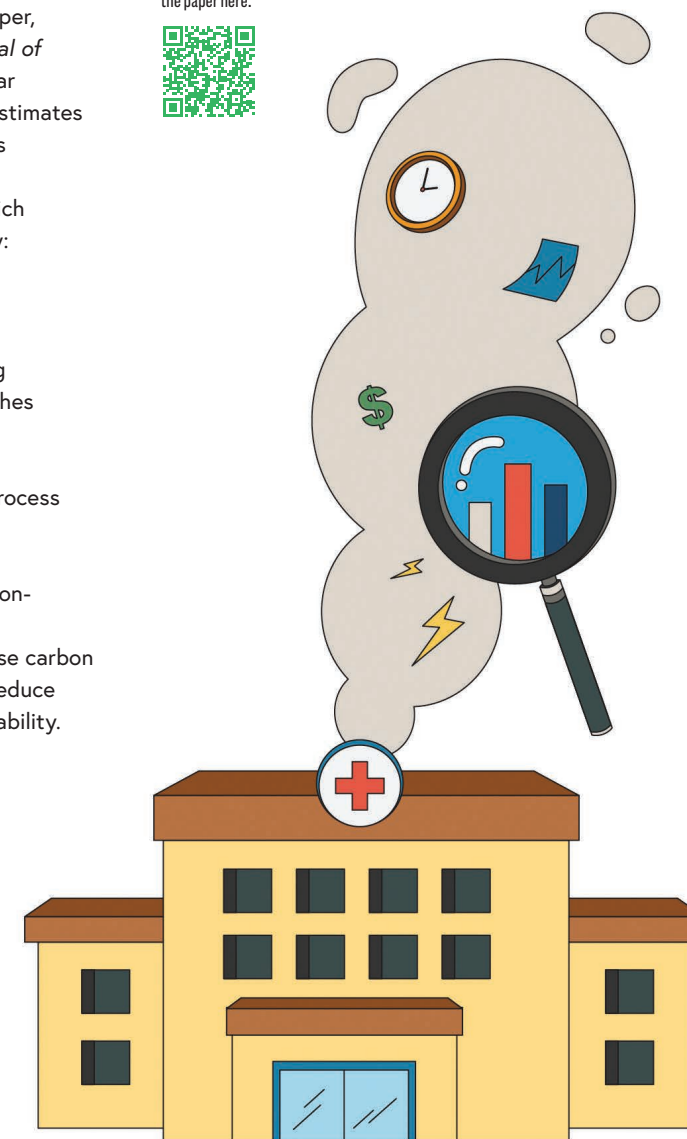
- Evaluate a baseline and monitor progress over time
- Compare alternative products using consistent methodological approaches
- Identify the biggest sources of emissions within a system
- Evaluate how to optimise a given process

Assoc Prof Rizan's work bridges complex environmental science and practical decision-making, enabling healthcare professionals, procurement teams and policymakers to use carbon footprint data to safeguard patient care, reduce emissions and advance healthcare sustainability.

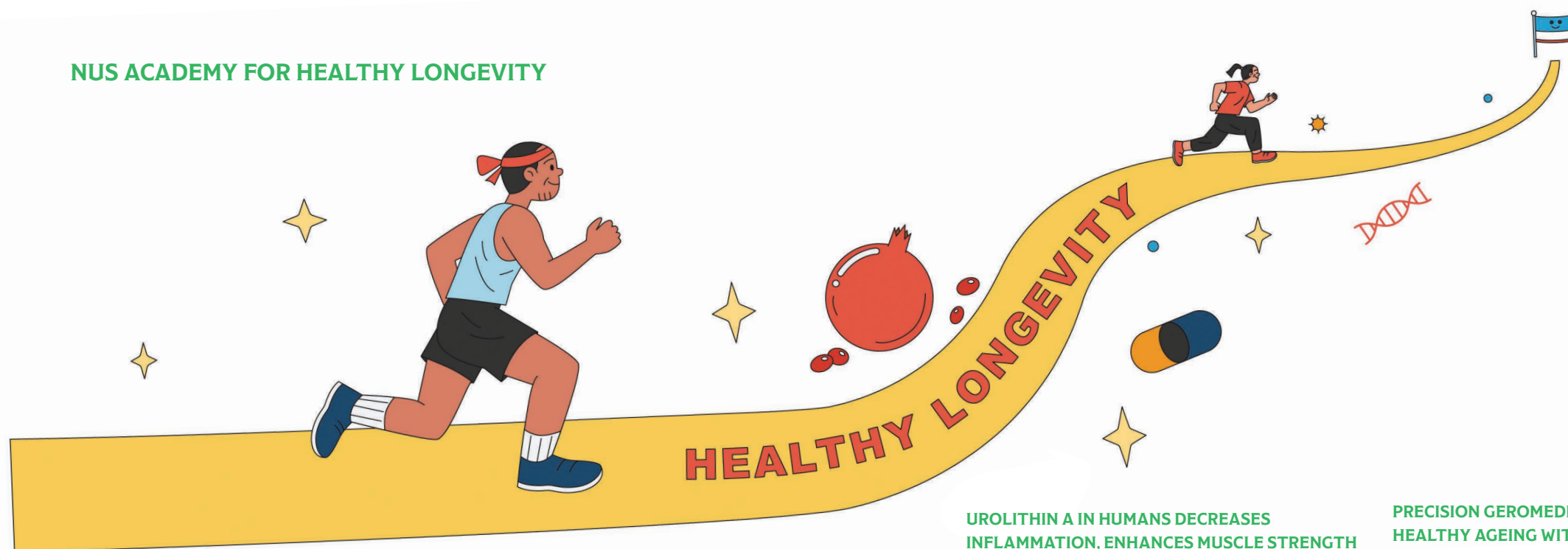
"Accurate carbon footprinting is essential but must be used wisely. Instead of focusing on carbon data for every product, priority should be on reducing and reusing equipment first, then high-impact categories should be targeted next. This approach offers the most practical path to a low-carbon health system."

ASSOC PROF CHANTELE RIZAN
Head, Clinical Transformation Research, CoSM

Read more about the paper here:



NUS ACADEMY FOR HEALTHY LONGEVITY



The NUS Academy for Healthy Longevity pioneers the revolutionary new field medically known as precision geromedicine. A paradigm shift from treating age-related diseases to targeting ageing itself, precision geromedicine focuses on cutting-edge research, innovative clinical applications and transformative education. The NUS Academy for Healthy Longevity aims to position Singapore as the global leader in the field of precision geromedicine.

HELO SURVEY ON HEALTHY LONGEVITY

The NUS Academy for Healthy Longevity conducted the first national HEOALongevity (HELO) survey to assess Singaporeans' awareness, behaviours and attitudes towards healthy longevity medicine in 2024. Precision geromedicine focuses on optimising health and extending healthy lifespan by addressing the biological processes of ageing throughout a person's life. A landmark study of more than 3,000 Singapore residents, HELO revealed a population eager to take charge of ageing but not yet fully equipped with the necessary tools, literacy or access to do so. While 82 per cent of respondents correctly understood lifespan as the total number of years a person lives, only 43 per cent were familiar with the concept of healthspan — the years lived in good health.

The Singaporeans surveyed showed a strong interest in healthy longevity medicine services. The study team noted that the younger respondents were more familiar with this concept and more motivated

to adopt preventive health behaviours, while older adults reported higher participation in annual health screening. Across all age groups, there was broad support for government-led initiatives to promote healthy ageing, with many indicating a willingness to pay for healthy longevity medicine services.

“Our study insights highlight the need for targeted outreach and education, sustained efforts to drive behavioural change, and integration of healthy longevity medicine into government-led initiatives such as Healthier SG (a national programme by the Ministry of Health focusing on preventive health). Public health policy should prioritise closing knowledge gaps, making healthy longevity services accessible and equipping individuals to monitor and manage their biological ageing actively.”

DR VANESSA KRISTINA WAZNY
Research Fellow

UROLITHIN A IN HUMANS DECREASES INFLAMMATION, ENHANCES MUSCLE STRENGTH

Urolithin A is a natural compound produced by gut bacteria. A systematic review by the NUS Academy for Healthy Longevity assessed the potential protective effects of Urolithin A against ageing in humans. In five studies of 250 healthy individuals who were given Urolithin A for a duration ranging from 28 days to four months, the study participants showed a dose-dependent anti-inflammatory effect and an increase in the rate of some mitochondrial genes, markers of autophagy and fatty acid oxidation — all of which are associated with enhanced cellular health. The team noted that while Urolithin A increased muscle strength and endurance, it had no effect on cardiovascular outcomes or physical functions.

“Derived from ellagic acid-rich foods, Urolithin A is known to extend healthspan and lifespan in animal models. In humans, Urolithin A shows a potential effect on decreasing inflammation and enhancing muscle strength and endurance. The impact of Urolithin A upon healthspan optimisation by delaying the onset of ageing-related diseases requires further exploration.”

DR AJLA HODZIC KUEREC
Senior Research Fellow

Read more about the paper here:



PRECISION GEROMEDICINE: TAILORED HEALTHY AGEING WITH LIFESTYLE, SUPPLEMENTS AND DRUGS (PROMETHEUS)

As populations age rapidly, there is an urgent need for interventions that not only extend lifespan but also improve healthspan, specifically delaying the onset of age-related decline in physical, cognitive and immune functions. The NUS Academy for Healthy Longevity conducted a study to evaluate the feasibility and preliminary effectiveness of a multimodal precision geromedicine intervention tailored to individual biological profiles. The team comprised multidisciplinary geroscience experts from across diverse specialised fields. In May 2025, the team received US\$250,000 for reaching the semi-finals of the XPrize Healthspan, a global competition for accessible therapeutic solutions to reverse the effects of ageing. The funds will help the researchers further their work on extending healthspan.

“We are embarking on a 12-month feasibility study of 20 participants who will get sleep and dietary recommendations and supervised exercise with cognitive training. The participants will also take supplements of whey protein, creatine and fucoidan (a compound found in brown algae) to enhance muscle bulk. The trial outcomes will help us understand how restoring muscle, cognition and immune function in seniors contributes to healthspan.”

PROF ANDREA B. MAIER
Director, NUS Academy for Healthy Longevity

CENTRE FOR RESEARCH IN HEALTH SYSTEMS PERFORMANCE (CRIHSP)

CRIHSP aims to be a world-leading centre of excellence in research, innovation, dissemination and education on the optimisation of health systems performance for population health.

FRAMEWORK TO MONITOR AND IMPROVE PRIMARY CARE PERFORMANCE FOR PEOPLE LIVING WITH CHRONIC CONDITIONS

The Patient-Reported Indicator Surveys (PaRIS) is an initiative by the Organisation for Economic Co-operation and Development (OECD) to support countries in improving care for people living with chronic conditions. It does this by collecting information on how such people perceive the quality and performance of the primary and specialist outpatient care services they receive. The surveys have since been completed by more than 100,000 patients across 19 countries. As part of the PaRIS initiative, CRIHSP contributed to a comprehensive framework to steer the creation of indicators and surveys for chronic patients in primary care settings. Guided by the OECD Health Care Quality Indicators framework (2015), CRIHSP worked with an international expert taskforce to study 85 conceptual models and frameworks.

The final framework maps relationships between these domains:

- Patient-reported outcomes
- Patient-reported experiences of care
- Health and care capabilities
- Health behaviours
- Health systems, policies and context

The study was published in July 2025 in *BMJ Quality and Safety*.

Read more about the paper here:



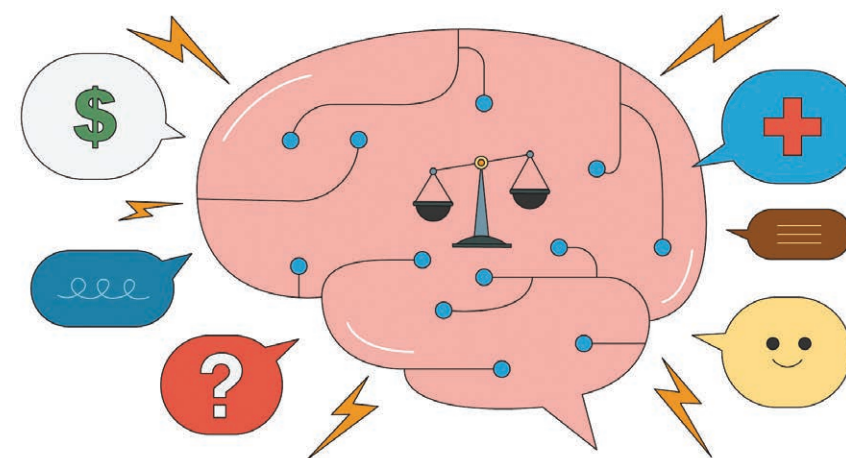
“We developed the PaRIS conceptual framework through a systematic, accountable and inclusive process. The framework serves as the foundation for developing survey instruments and generating specific hypotheses to guide data analysis and interpretation of findings. Overall, the PaRIS framework represents a significant step towards more responsive, data-driven and patient-centred primary care for those living with chronic conditions worldwide.”

PROF JOSE M. VALDERAS
Director, CRIHSP



STRENGTHENING AND SUPPORTING

NUS Medicine's Alice Lee Centre for Nursing Studies' research and scholarship efforts during the year continued to focus on reaching out to individuals, families and communities in need of help and support. We take a look at key research studies that were undertaken to not only ensure care and treatment but also contribute to psychosocial support.



Read more about the paper here:



HEALTH INFORMATION PROVIDED BY LLMs COULD WORSEN HEALTH DISPARITIES FOR SOME

The use of AI and LLMs like OpenAI's GPT-3.5 and GPT-4 and Google's Gemini Pro have sparked interest among medical researchers and practitioners for their ability to generate human-like conversations across various medical domains. Their capacity to draw information from massive training datasets enables them to produce comprehensive and seemingly accurate responses that could transform digital health communication and education.

A research team examined whether LLMs help to make health information more accessible for everyone, or if they actually deepen the digital divide,

particularly in low- and middle-income countries. The team noted that, in providing round-the-clock health information, LLMs could ease pressure on healthcare systems. However, the technology currently works better in well-represented languages like English. In languages with less digital presence (such as Vietnamese), LLMs could give inaccurate or even dangerous advice. The problem is compounded by social and economic factors, with people in these regions also earning lower incomes, having less Internet access and possessing lower digital literacy. On top of that, advanced versions of AI models often require paid subscriptions, further limiting access for disadvantaged users. As a result, there is a real risk that LLMs could worsen health disparities rather than reduce them. The article was published in October 2024 in *BMJ*.

“To address the digital divide, we need coordinated global action among government policy makers, technology companies, researchers, funding agencies, healthcare professionals and local language communities. Efforts to improve data quality and representation for under-resourced languages, develop open-source tools and establish strict regulations are crucial to ensure that AI-generated health advice is accurate in every language, not just English.”

ASSOC PROF WILSON TAM

COGNITIVE RISK STRATIFICATION SCORE IN MIDDLE-AGED AND OLDER ADULTS WITH TYPE 2 DIABETES

Cognitive impairment affects about 45 per cent of middle-aged and older adults with type 2 diabetes worldwide. While neuropsychological tests are the diagnostic gold standard, the time-intensive nature of such tests limits their deployment in primary care. An NUS Nursing team developed and validated a Risk Stratification Score to rapidly and comprehensively predict cognitive impairment risk in type 2 diabetes patients. The researchers conducted a cross-sectional study from July 2023 to February 2024 in a primary care polyclinic in Singapore's western region, enrolling 150 patients with type 2 diabetes aged between 40 and 85. Using formal neuropsychological tests, the team noted that cognitive impairment was assessed and identified in 49 per cent of the participants.

“The team developed an Integrated Metabolic Cognitive Risk Stratification Pathway derived from our Risk Stratification Score to facilitate early and rapid screening of cognitive impairment risk among those with type 2 diabetes. We found that our approach struck a balance between accuracy and practicality. The robust predictive accuracy and ease of use of our novel Risk Stratification Score make it a promising tool for rapid cognitive impairment risk assessment in clinical practice for middle-aged and older adults with type 2 diabetes.”

ASST PROF VIVIEN WU XI

Read more about the paper here:



Read more about the paper here:



EFFECTIVENESS OF A MOBILE-BASED PROGRAMME FOR WOMEN UNDERGOING BREAST CANCER SURGERY

Breast cancer is one of the most prevalent cancers among women and significantly impacts the psychological well-being and health-related quality of life of patients during the perioperative period. An NUS Nursing team developed and evaluated the effectiveness of an innovative, mobile-based, perioperative care programme called iCareBreast for women undergoing breast cancer surgery. The assessment focused on perioperative self-efficacy, anxiety, depression, fatigue, health-related quality of life and perioperative care satisfaction. A two-group randomised controlled trial was conducted at a tertiary hospital in Singapore. The intervention group received the standard hospital care and the iCareBreast application offering four main resources: perioperative care guidance, breast cancer and surgery education, and psychological and social support. The control group received standard hospital care only.

Participants in the intervention group engaged with the self-guided mobile application daily for 29 days. Although the researchers' overall study findings did not show significant differences between the two groups of patients, users indicated high satisfaction with the mobile-based psychosocial intervention. These findings suggested that while measurable short-term benefits were limited, mobile-based interventions such as iCareBreast could serve as a valuable complement to standard perioperative care.

“Our work highlighted the need to refine the iCareBreast application in future iterations to enhance its effectiveness in addressing the targeted health outcomes. Future mobile health research should prioritise optimising user engagement strategies and incorporating personalised approaches to better address the perioperative care needs of patients with breast cancer.”

PROF LINDA HE HONG-GU

THRIVING IN TANDEM

On top of breakthroughs in fundamental and translational research, the School has been extending its partnerships with counterparts for greater synergy in discovery and development. Our research and innovation efforts ranged from the launch of a new centre to promote global health to collaborations that advance population health research and deliver Asian-centric healthcare solutions.

CENTRE FOR INFECTIOUS DISEASE EMERGENCY RESPONSE (CIDER)

CIDER seeks to create and coordinate training, teaching and operational efforts related to outbreak preparedness. The Centre aims to become a premier education hub that enables Singapore and regional partners to strengthen their capacities to prevent, detect and effectively respond to infectious disease emergencies. Expanding the University's key contributions to pandemic preparedness and the response to infectious diseases will benefit not only Singapore, but also the region and, ultimately, the global health community.

LAUNCH OF CIDER AND FLAGSHIP PROGRAMME

The Centre was officially launched on 10 February 2025 to serve as an education and operational hub for public health professionals and policymakers across Singapore and internationally. The Centre is part of the School's ongoing commitment to building a robust global health infrastructure.

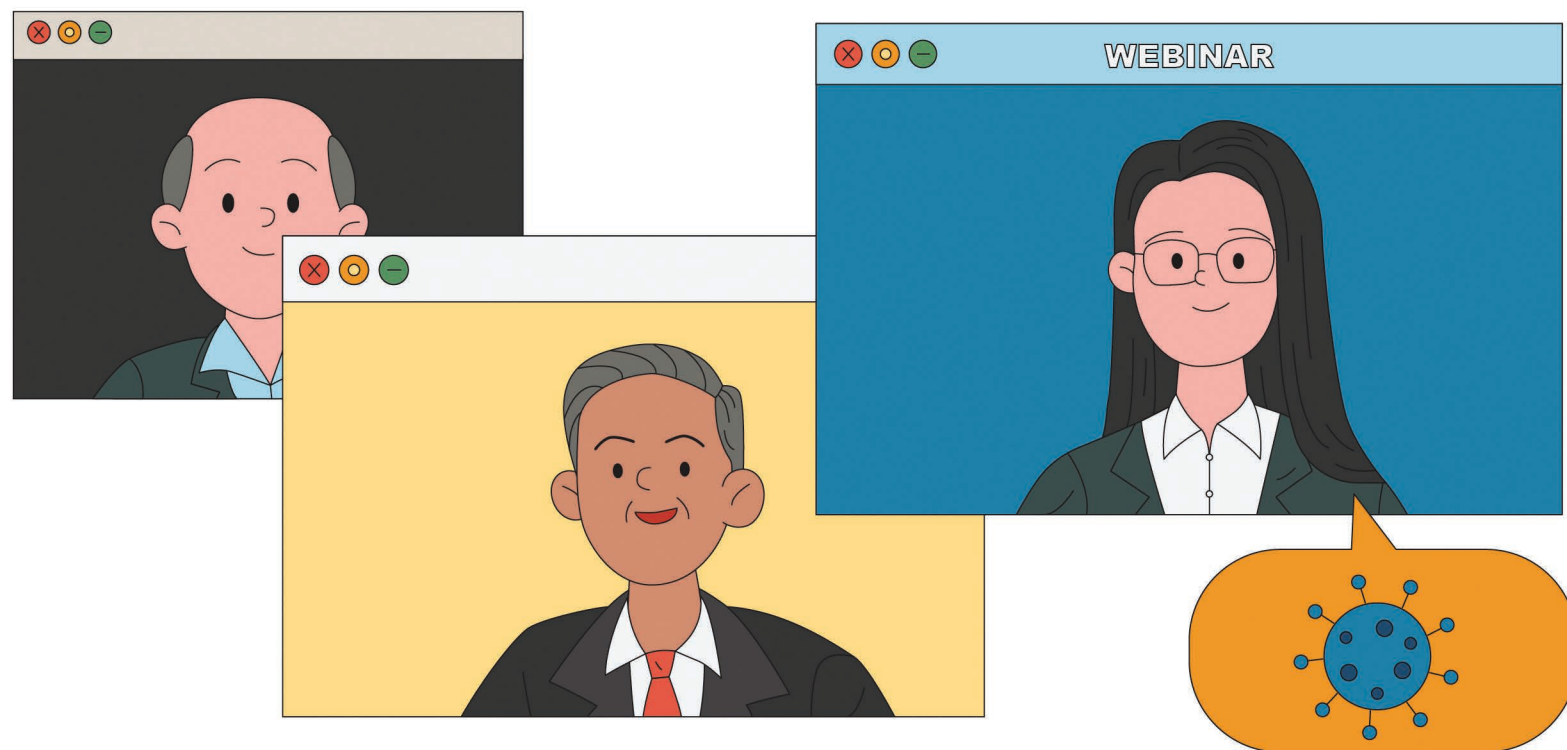
Also launched at the ceremony was the Master of Science in Infectious Disease Emergencies (MSc IDE) programme as part of CIDER's flagship offerings. A groundbreaking programme for professionals in the field of public health and outbreak response, the MSc IDE is a first-of-its-kind degree designed to equip individuals with the critical knowledge and practical skills needed to lead during infectious disease crises. In line with its educational efforts, CIDER announced the publication of *Infectious Disease Emergencies: Preparedness and Response*, a peer-reviewed,

comprehensive volume to guide professionals in managing infectious disease crises. The book features contributions from over 100 global experts actively working in the field of infectious diseases.

"We are proud to launch CIDER — a Centre which will not only advance research and education but will also have a direct and tangible impact on national health systems. Alongside the launch, we published a book as an essential textbook for the MSc IDE programme, which is also aimed at professionals globally who need practical, evidence-based strategies to prepare for infectious disease emergencies. The book content is grounded in real-world applications, offering actionable insights and solutions based on the latest research and field experiences."

PROF DALE FISHER
Director, CIDER





LANCET PAPER ON MOBILISING NATIONAL AND REGIONAL ASSETS FOR PANDEMIC PREPAREDNESS

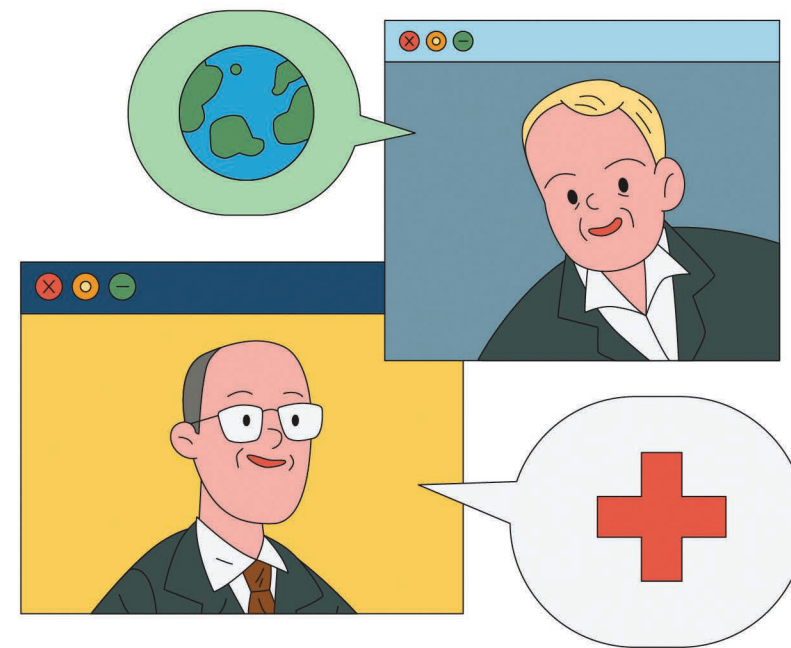
On 3 April 2025, a CIDER-led team published a Comment in *The Lancet* that explored how pandemic preparedness can be strengthened by complementing multilateral leadership with more inclusive engagement of national, regional and non-state actors. While organisations such as the WHO, the Global Fund and the World Bank have provided crucial direction and resources, they are largely supported by a small number of donor governments and philanthropies, and their centralised models can sometimes constrain responsiveness to local priorities and limit national leadership, especially in aid-dependent settings. The authors

argued that strengthening resilience will depend on empowering national public health institutes and regional bodies like Africa Centres for Disease Control and Prevention and the Caribbean Public Health Agency, ensuring their formal representation in global decision-making and access to direct funding, while also drawing more fully on the expertise and trust of universities, civil society, more diverse philanthropic organisations, the private sector and communities. These groups should be recognised not only as supporters, but also as essential partners in governance, financing and implementation, helping to align preparedness more closely with the realities and priorities of local contexts.

“Mobilising this wider set of national, regional and non-state actors is not about replacing the leadership of multilateral organisations but about building a more distributed, responsive and equitable system. Empowered institutions and networks at multiple levels, coupled with engaged non-state partners, can enhance accountability, diversify knowledge and manufacturing capacity, and ensure financing and policies are better aligned with community needs. Together, such an approach would make pandemic preparedness not only stronger but also more representative and sustainable for the future.”

DR LOUISA SUN
Deputy Director, CIDER

Read more about the paper here:



WEBINAR SERIES

CIDER’s webinar series brings together global health leaders to explore the evolving landscape of infectious disease threats. Through timely updates and expert analyses, the series fosters international dialogue, supports capacity building and promotes a shared understanding of best practices. The current series is a continuation of two earlier seasons of the webinar series that was launched in 2020, of which Prof Dale Fisher and Dr Louisa Sun were co-hosts together with Assoc Prof David Allen, before the establishment of CIDER. The series aims to deliver expert insights on current and emerging infectious disease challenges, promote interdisciplinary collaboration and policy dialogue, and build regional and global capacity in pandemic preparedness and response. Each session features eminent guest speakers sharing valuable experiences and perspectives. With the positive response received for the 38 episodes of Seasons 1 and 2 (2020 to 2021), Season 3, themed “Outbreaks: Updates and Analyses”, commenced in 2025.

“Renowned guest speakers sharing valuable experiences and perspectives in Season 3 included the School’s Visiting Professor, Prof Daniel Bausch; Kishore Mahbubani, Former President, UN Security Council; Dr Sebastian Maurer-Stroh, Executive Director, Bioinformatics Institute, A*STAR; and Prof Ooi Eng Eong, Professor of Emerging Infectious Diseases, Duke-NUS Medical School. The webinar series remains active and responsive to new developments in global health.”

PROF DALE FISHER
Director, CIDER

CENTRE FOR TRANSLATIONAL MAGNETIC RESONANCE RESEARCH (TMR)

TMR focuses on high-quality magnetic resonance imaging research to address Singapore's translational medicine needs. In supporting multi-body part brain imaging, TMR aims to achieve scientific excellence, nurture imaging scientists and enhance the impact of local data.

BRAIN CONNECTOME AND ALZHEIMER'S BIOMARKER CAN PREDICT FUTURE COGNITIVE DECLINE AND NEURON LOSS

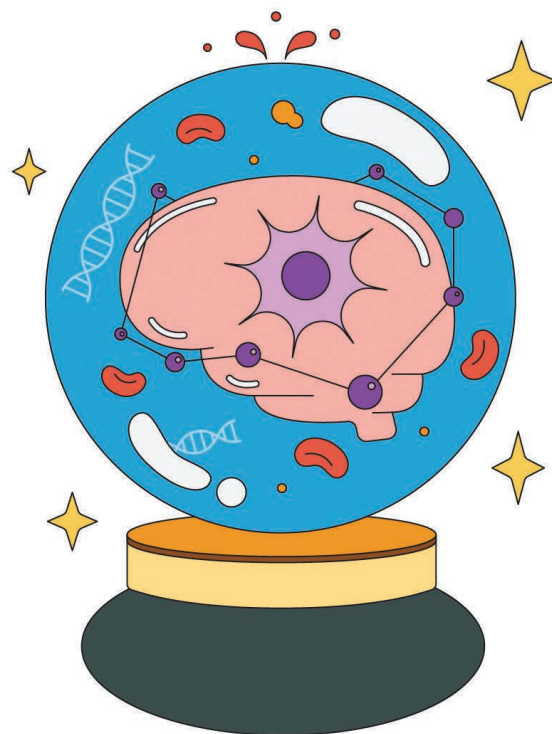
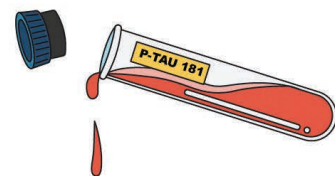
Cerebrovascular disease, often co-occurring with Alzheimer's disease, includes conditions such as strokes, cerebral atherosclerosis (narrowing or hardening of larger brain arteries due to plaque buildup) and small vessel diseases that affect the tiny blood vessels in the brain. These conditions can lead to brain damage by disrupting the delivery of oxygen and nutrients that are essential for normal brain function.

A TMR team uncovered novel insights into how brain function disruptions related to cerebrovascular diseases interact with Alzheimer's disease to impact neurodegeneration and cognition in older adults. The team examined the brain's functional organisation in 529 older adult participants across the dementia spectrum, ranging from those with healthy cognitions to individuals diagnosed with Alzheimer's disease. Analysing how the different markers of cerebrovascular disease and brain activity patterns correlate to affect the participants, the team identified a global functional connectome phenotype — a unique pattern in the brain's communication network — that is strongly associated with cerebrovascular disease markers seen on brain scans. A key finding of the study was the identification of divergent effects of p-tau181, a blood-based biomarker for Alzheimer's disease, and cerebrovascular disease-related functional connectome phenotype for future cognitive decline and brain atrophy.

"We discovered that a cerebrovascular disease-related brain network phenotype, along with a key Alzheimer's disease blood biomarker, can provide powerful insights into the future trajectory of cognitive decline and neurodegeneration. Our findings highlighted the potential of brain connectome-based markers to track cognitive decline, particularly for individuals at risk for dementia, and underscore the importance of integrating neuroimaging and blood biomarkers to better understand the pathophysiology of these co-occurring diseases."

ASSOC PROF JUAN HELEN ZHOU
Director, TMR

Read more about the paper here:



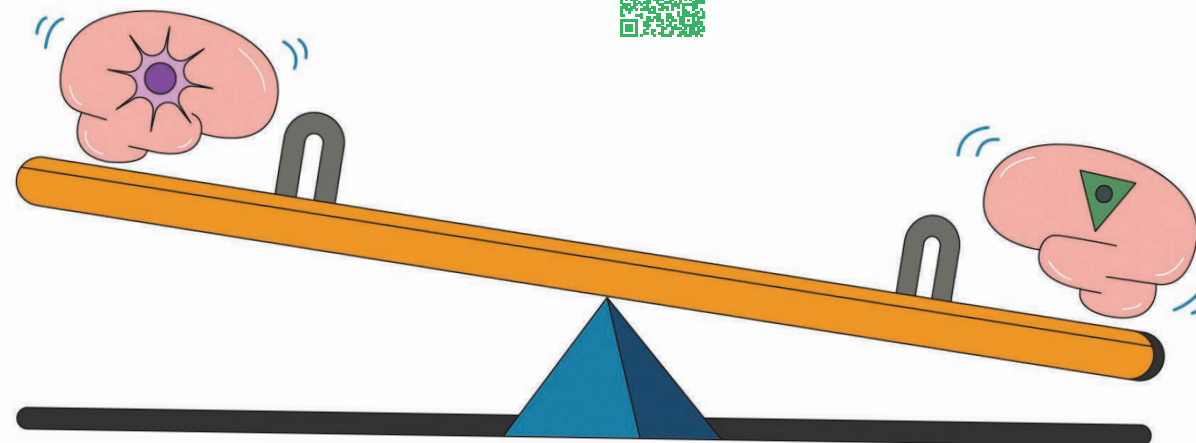
NEURAL BALANCE IN THE BRAIN IS CONNECTED TO BRAIN MATURITY AND COGNITIVE ABILITY

Healthy brain function requires a delicate balance of neural excitation (E) and inhibition (I). This balance is known as the E/I ratio. By regulating the E/I ratio, the brain prevents over-stimulation and under-stimulation. The E/I ratio is continually changing and developing throughout childhood and adolescence. Researchers have found that too much excitation or excessive inhibition can be harmful, leading to a higher risk of developing brain disorders. On the other hand, too much inhibition indicates an absence of brain activity, effectively putting the person in a vegetative state. Overall, a balanced E/I ratio is crucial for a well-functioning brain.

However, it is hard to measure the E/I ratio in the human brain without the use of invasive techniques. An NUS Medicine team led by Assoc

Prof Thomas Yeo developed a technique combining AI and biophysical modelling to infer E/I ratios from non-invasive, non-radioactive MRI scans. The team demonstrated the validity of their estimated E/I ratios through an experiment using the anti-anxiety medication Xanax or a placebo before and after an MRI session. The team then used MRI brain scans to study brain development in a large sample of more than 1,000 children, adolescents and young adults from Singapore and the US. The team discovered that E/I ratios decreased with healthy development and that the high-performing groups had lower E/I ratios than their peers of the same age, suggesting that cognitive abilities improved as the E/I ratio matured during development. This study was published in the *Proceedings of the National Academy of Sciences* on 30 May 2024.

Read more about the paper here:



"Our findings enhance our understanding of brain development and highlight potential avenues for understanding the emergence of psychopathology in youth. Hopefully, these findings will lead us to ascertain which brain circuits get over-excited or over-inhibited easily, or pinpoint certain abnormal brain regions specific to an individual patient. This could shed more light on how medication or brain stimulation can be customised to individuals and could shape the course of treatment of brain disorders in the long run."

ASSOC PROF THOMAS YEO
Deputy Director, TMR

HOW TO BETTER TREAT LUNG DISEASES IN ASIAN PATIENTS

The TARIPH Centre is a national research platform that brings together diverse researchers to conduct Asian-centric lung health research across five different and integrated themes. The research platform focuses on factors unique to Asia to provide a clearer understanding of the health, environmental, social and cultural needs of patients with lung diseases, allowing for personalised and precision-tailored treatments for Asian patients with chronic lung disease. The researchers also aim to uncover the molecular and treatment response patterns unique to Asian populations — such as steroid resistance in asthma — which remain underexplored and are critical for advancing precision medicine in the region.

NUS Medicine's Dr Matthew Cove leads researchers for one of the research themes to examine the impact of an Intensive Care Unit stay on patients with respiratory diseases. In particular, the team will focus on patients with post-intensive care syndrome (chronic long-term complications after discharge).

Under another programme theme, the School's Prof Wang De Yun and Assoc Prof Thai Tran, together with Assoc Prof Sanjay Chotirmall from the Nanyang Technological University's Lee Kong Chian School of Medicine (LKCMedicine), spearhead a groundbreaking project to cultivate human-like lungs. They use advanced techniques to create organoids — tiny lung models grown in the laboratory that mimic how lungs function in real life — and Precision Cut Lung Slices, which are thin pieces of human lung tissue kept alive in the laboratory, from Singaporean patient samples.

“As a key partner in the TARIPH Centre's research programme, NUS Medicine is at the forefront of crucial lung health studies. Developing cellular lung models will allow researchers to study lung diseases, screen drugs and test new treatments on models that mimic real lungs. This allows us to better understand respiratory conditions and formulate more effective, tailored therapies.”

EMERITUS PROF WANG DE YUN

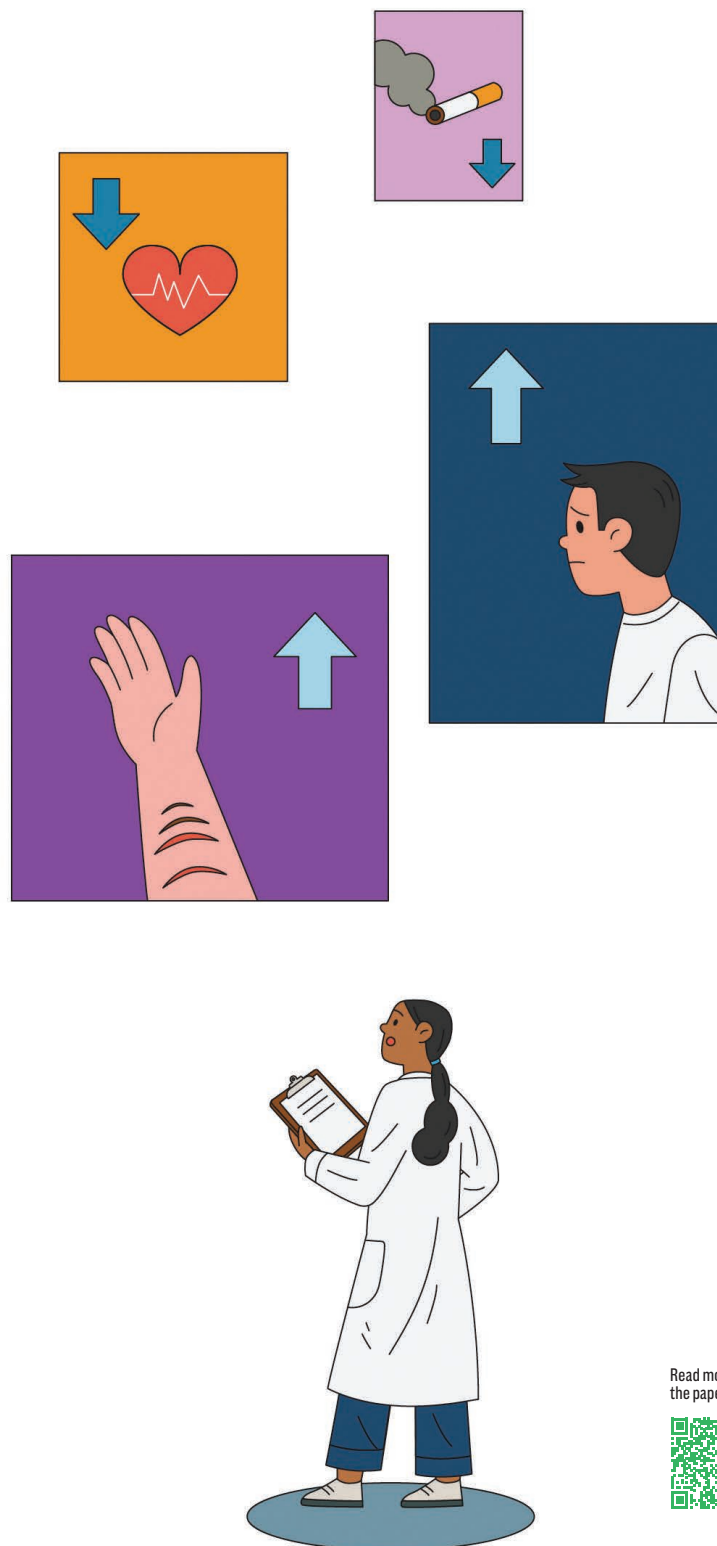
GLOBAL BURDEN OF DISEASE FINDINGS ON SINGAPORE'S PUBLIC HEALTH SUCCESS AND SHARED CHALLENGES IN THE ASEAN REGION

On 14 November 2024, NUS Medicine formalised a partnership with the University of Washington's Institute for Health Metrics and Evaluation to strengthen regional participation in the Global Burden of Disease study — the world's most comprehensive epidemiological research project. The collaboration aims to advance population health research and inform evidence-based health policy across the region. Leveraging data from the Global Burden of Diseases, Injuries, and Risk Factors Study 2021, teams from the two institutions published their findings in a special series in the *Lancet Public Health*.

The first of its kind for ASEAN, the study researched injuries, cardiovascular disease, smoking prevalence and mental health burden in the region. The study results noted Singapore's progress in cardiovascular disease mortality reduction and smoking control. The study findings also revealed persisting challenges in mental health and injuries, with self-harm and falls accounting for almost 70 per cent of all injury-related deaths, and mental disorders exerting a disproportionately high health burden among youth aged 10 to 14.

“The findings present a nuanced picture of Singapore's health progress. While we've made remarkable strides in areas like cardiovascular care and tobacco control, the growing burden of mental health conditions and injuries, particularly self-harm and falls, calls for urgent and sustained attention.”

ASSOC PROF MARIE NG



Read more about the paper here:



GENOMIC SURVEILLANCE PICKS UP NEW PUBLIC HEALTH THREAT

A multi-institutional team has discovered a new clade (or type) of *Candida auris*, bringing the number of clades known globally to six. *Candida auris*, or *C. auris*, is a fungus that is highly transmissible and hard to eradicate. It mostly affects patients with severe underlying medical conditions. Those with invasive medical devices like breathing or feeding tubes and catheters tend to be at a higher risk of contracting *C. auris* and developing a range of infections, from superficial to more severe, life-threatening ones. The new clade was detected in 2023 after a patient at the Singapore General Hospital tested positive for *C. auris*, which is commonly associated with overseas travel. However, as the patient had not travelled out of Singapore for two years prior to the infection, further investigations were conducted.

A*STAR scientists developed a machine learning technique to keep track of a potential new *C. auris* clade. They then reconstructed the *C. auris* genomes and performed an in-depth characterisation of the genomes to confirm the emergence of a new clade. With the discovery that the patient had *C. auris* belonging to a genetically different clade from the other five cases, the team reviewed the hospital archives and found two other patient cases. Their discovery was documented in “Detection and characterisation of a sixth *Candida auris* clade in Singapore: a genomic and phenotypic study”, which was published in *The Lancet Microbe*, in July 2024.

“The team is now working on a proof-of-concept machine learning approach that can automatically detect new clades early. This is particularly important for regional hubs like Singapore, which receives a high number of international visitors, to monitor and identify emerging public health threats early. Genomic surveillance is essential for understanding emerging pathogens. Collaborative efforts among researchers and clinicians are needed to continually enhance our pandemic preparedness and response to public health threats.”

ASSOC PROF NIRANJAN NAGARAJAN
Senior Study Author

**UNDERSTANDING HOW
GASTRIC CANCER SPREADS
TO THE PERITONEUM
PAVES THE WAY FOR
BETTER, MORE EFFECTIVE,
TARGETED TREATMENT**

The peritoneum is frequently involved in advanced-stage cancers. Patients with gastric cancer peritoneal metastasis often face an exceptionally grim prognosis with limited treatment options. Using cutting-edge technology for in-depth analyses of a vast collection of patient samples, a multi-institutional team identified the intricate mechanisms behind the spread of gastric cancer to the peritoneum, providing an unparalleled understanding of the molecular underpinnings of the cancer spread. This landmark research was published in *Gastroenterology* on 13 August 2024.

The scientists also conducted a first-in-human trial called the PIANO trial, the findings of which were published on 17 September 2024 in *ESMO Open*. The clinical trial results demonstrated the safety and potential of a novel treatment approach for the disease. By identifying predictive biomarkers and therapeutic targets, the combined research endeavours could lead to the development of personalised treatment strategies, tailoring treatments to the unique molecular profile of each patient's tumour.

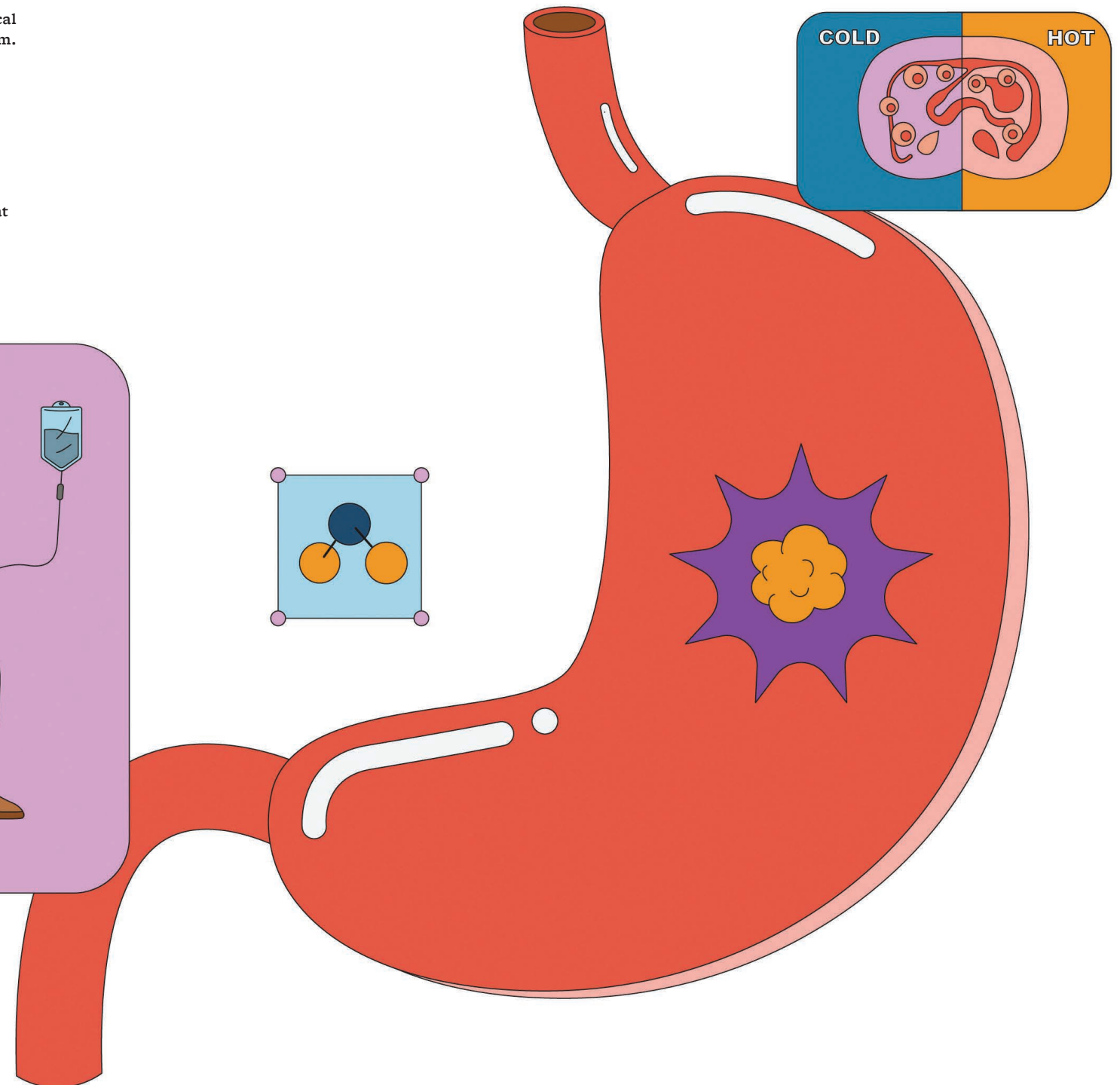
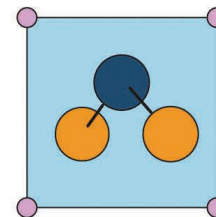
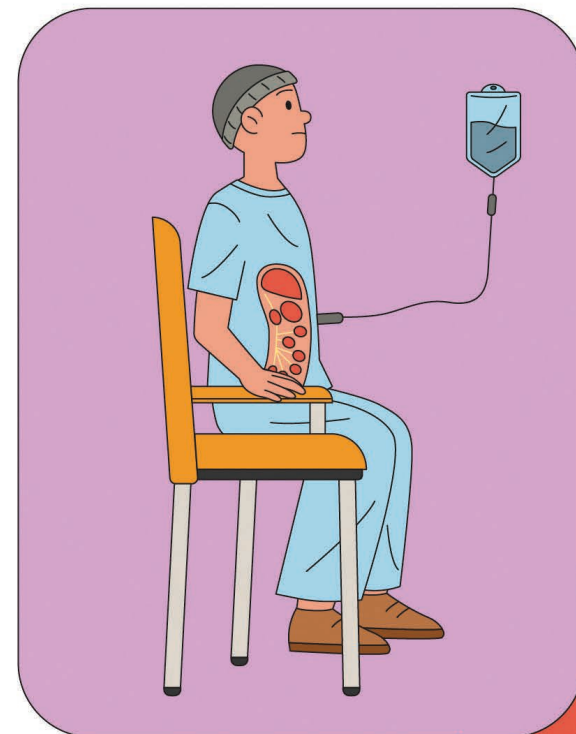
“Our research has pulled back the curtain on the complex biological processes that drive the spread of gastric cancer to the peritoneum. Our findings provide a crucial roadmap for developing more effective and targeted treatments for this devastating disease.”

ASSOC PROF RAGHAV SUNDAR AND DR JOSEPH ZHAO
Study leaders

“The success of the PIANO trial heralds a new era of combination therapies that leverage the power of the immune system to combat peritoneal metastases.”

PROF JIMMY SO
Leader, PIANO Trial

Read more about
the papers here:



FIND PURPOSE,

GIVE BACK



FIND PURPOSE, GIVE BACK

Helping others doesn't just warm the heart — it extends life.
Purpose is a prescription for longevity.

“Besides equipping our students with medical skills and knowledge, it is through practice and service that they develop into the caring, competent and innovative doctors and nurses of tomorrow. There is nothing better than ‘doing’ — working alongside like-minded peers and colleagues in the service of others — to fuel our students’ passion and remind them of their mission and purpose in healthcare. Being involved in such projects also gives our students the opportunity to work with various stakeholders, problem solve, stretch themselves and hone administrative skills. All these are important in helping them, as future healthcare professionals, to be agile and creative in solving real-world problems.”



ASSOC PROF MARION AW
Vice-Dean (Office for Students)

In enabling the School's vision of Inspiring Health for All, our undergraduate service-learning activities guide student-led projects to make meaningful and sustainable differences to health outcomes for local and international communities. With the support of community partners, our students are mentored by leaders in health humanitarian outreach in community-based interventions that focus on respect for human life to alleviate suffering and maintain human dignity. Our student volunteers learn and grow by applying their newly acquired healthcare expertise and gaining critical thinking and cross-disciplinary skills through leadership and service roles.

SERVING WITH HEART

Throughout the year, our students demonstrated unwavering commitment to community service by supporting those in need of care. Through innovative initiatives, our students helped to promote health by reconnecting residents to healthcare services, provided health education to raise awareness and participated in sustained advocacy efforts.



H.E.A.R.T.S PLAYLIST

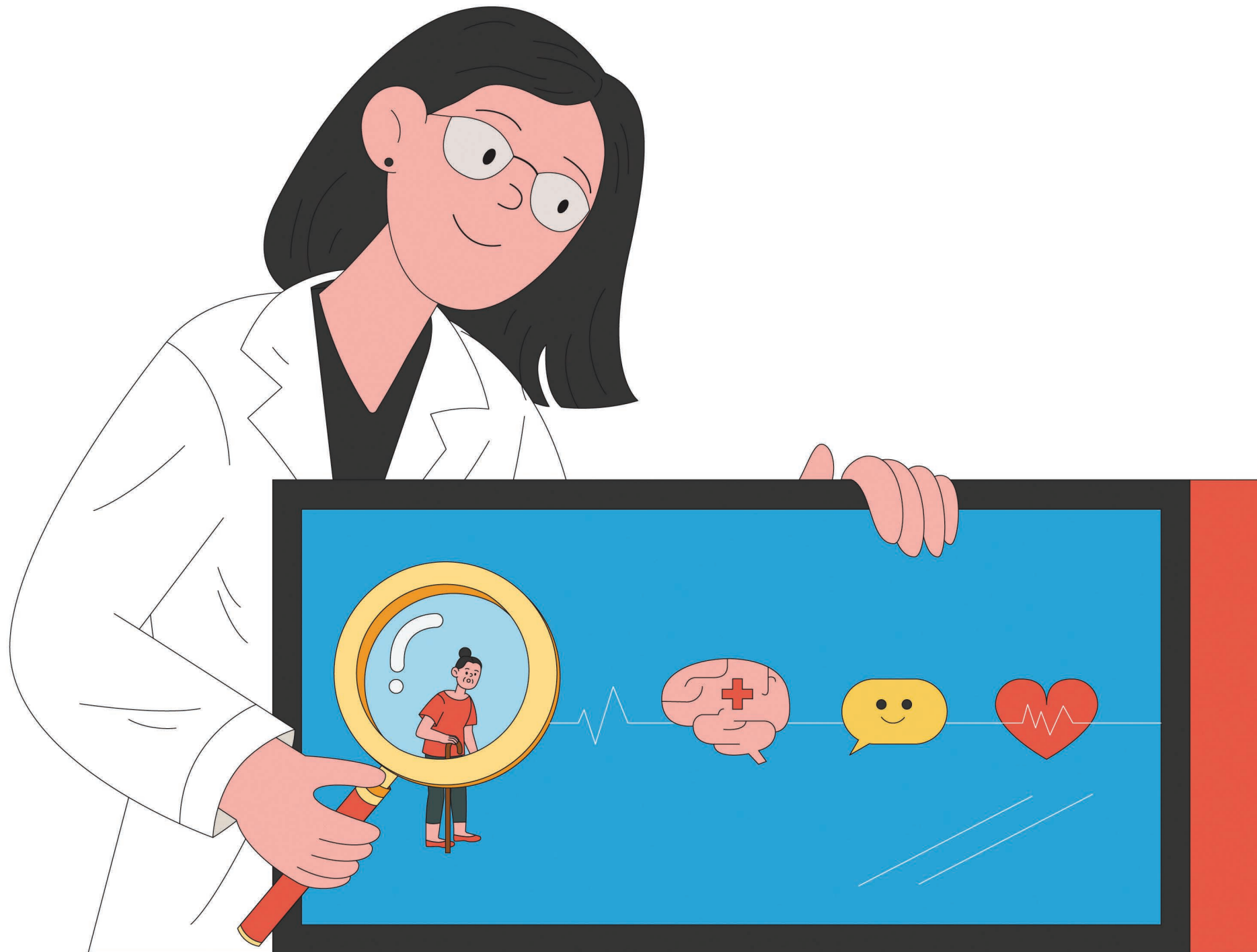
The School’s Health, Humanitarian and Leadership (HHL) Programme brings together student-led community involvement projects, both local and overseas, in diverse areas such as eldercare, youth empowerment, palliative awareness, health accessibility for the hearing-impaired and rural medical outreach. The HHL Programme held its annual flagship event, the Humanitarian, Empathy, Action, Reach, Transformation and Service (H.E.A.R.T.S) Playlist on 21 June 2025 to celebrate the community service efforts of student volunteers during the year.

At the event, students shared heartfelt reflections and lessons on community leadership, service sustainability, project implementation and personal

growth. Twenty projects were presented, with 10 showcased through live oral presentations and another 10 through interactive poster exhibitions. Gracing the event as Guest of Honour was Ms Jane Yumiko Ittogi, the spouse of Singapore’s President, alongside NUS Medicine faculty and representatives from donors and community partners.

H.E.A.R.T.S Playlist marked the end of project implementation for AY2024/2025 and the handover of projects to the new committees. In 2025, more student-led community involvement projects joined the HHL Programme, including those led by Nursing students.

AY2025/2026 STUDENT-LED COMMUNITY INVOLVEMENT PROJECTS	
Local projects • Active Ageing Advocates • Camp Simba • Constructing Care Collaboration • Health Empowerment for Youth • Neighbourhood Health Service • Neighbourhood Health Service Kids • Project Empower • Project Happy Apples • Project iRemember • Project Oliva • Project Silvercare • Project Sonetto • Project Women's Empowerment • Project Yangon • Project 4PAWSitivity • Project Caring Hearts • Project EDEN • Project First Aid • SIGNapse • Public Health Service • Tri-Generational Homecare	Overseas projects • Project i2Eye (India) • Project Lokun (Cambodia) • Project Sa'Bai (Cambodia) • Project Sothea (Cambodia) • Project Battambang (Cambodia) • Project Issara (Thailand) • Project Barrios (Philippines) • Project Damai (Cambodia) • Project Fuan (Timor-Leste) • Project Iris (Indonesia) • Project Kura (Indonesia) • Project Sapulot (Malaysia)



“To me, Project Sothea in Cambodia is proof that kindness is rarely about grand gestures—it comes from countless small moments of empathy, thoughtfulness and dedication. My overseas community involvement project journey with my team has been humbling, inspiring and deeply rewarding. I will always be grateful for the chance to be part of Sothea’s legacy and for the privilege of serving alongside such remarkable people.”

VICTORIA ANN LEE KAI XIAN

Project Director, Project Sothea
Phase III Medicine student

“I had the privilege of taking on the Project Director role for Project SilverCare, a geriatric screening and intervention programme. I found my experience both incredibly challenging and fulfilling. Unexpected challenges arose along the way and kept me on my toes, and I’m so grateful to have had my fellow project directors to work with in resolving each challenge. Yet there is no better feeling than pulling off an initiative successfully — from idea development to planning, and seeing the impact of our efforts first-hand. It certainly was not smooth sailing, but I am so thankful to have contributed to the wider community.”

KWEY YING XUAN

Project Director, Project SilverCare
Phase III Medicine student

“Camp Simba aims to address the emotional needs of children who have family members with cancer. Having served as a facilitator, a core committee member and now as Project Director, I am deeply grateful for the opportunity to grow alongside the project and the children we serve. Since 2023, I have seen campers return year after year, growing in confidence, forming lasting bonds with their facilitators and even stepping up to become facilitators themselves. These moments are powerful reminders of why Camp Simba exists: to offer joy, connection and hope in what may be some of the most challenging chapters of these children’s lives.”

CHUA YI DA

Project Director, Camp Simba
Phase III Medicine student

LEADING WITH INTENTION AND PURPOSE

During the year, the School's student volunteers continued to lead and organise projects to promote health in our local communities. We take a look at some of the new initiatives adopted by four key projects.



PUBLIC HEALTH SERVICE (PHS)

Aims

- Reinforce positive health behaviour using a population-based approach while spreading awareness through health education programmes

Organisers

- NUS Medicine students, with support from volunteers from key healthcare faculties of tertiary institutions across Singapore

The School's flagship community event was started in 2004 by the NUS Medical Society. One of the largest student-led healthcare projects in Singapore, PHS has since expanded beyond being an annual community health screening event to offer different services to meet the evolving healthcare needs of the population.

UNIVERSITY HEALTH FAIR (UHF)

One such new service was the UHF, a health education initiative started in 2024 to empower university students to take charge of their health. Besides educating NUS students and young adults about their health, the UHF serves as a platform to encourage students to promote and champion health for others in their community. This student-led activity seeks to support public health efforts in their increasing emphasis on preventive medicine, with a central focus on primary prevention among youth.

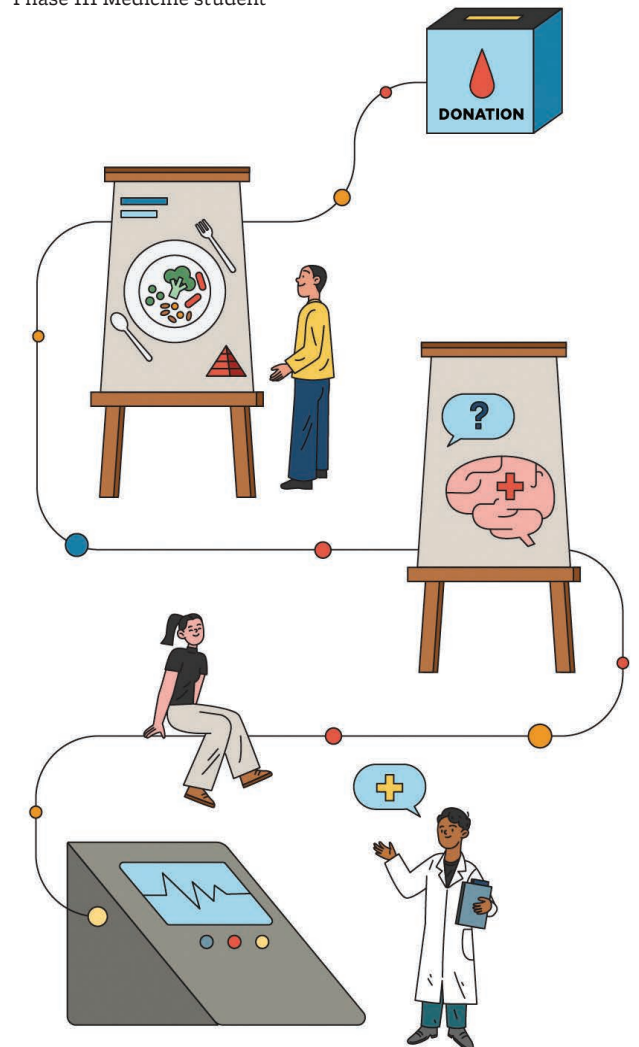
UHF 2025 was held on 4 and 5 February 2025. There were interactive exhibition booths and talks by organisations targeting addiction, mental health, sexual health, healthy living and diets. In addition, the PHS committee set up a self-screening booth to show university students how easy it can be to monitor their own health on a regular basis. A blood donation drive was also held as part of UHF to promote public health and contribute to helping others in need.

For UHF 2025, PHS introduced a new carnival format, comprising a series of innovative and interactive booths designed to engage participants, promote health awareness and foster a sense of community through shared experiences. The activities catered to various interests and health topics, from physical fitness to awareness about alcohol consumption, and also included a new topic — sleep health.

"We were very pleased that our health fair attracted NUS students from all faculties, with many finding the carnival and exhibition informative. We also felt very heartened by feedback from participants who said they were motivated to find out more about the health topics we covered after attending the UHF."

ANG XUAN HUI

Co-Project Director of PHS,
Phase III Medicine student



NEIGHBOURHOOD HEALTH SERVICE (NHS)

YOUNG HEALTH AMBASSADORS' PROGRAMME (YHAP)

The Young Health Ambassadors' Programme (YHAP) is one of the PHS Health Education initiatives. Introduced in 2015, it is a three-day programme to cultivate youths to become Health Ambassadors who positively influence their friends, families and communities to adopt healthy lifestyle practices.

At the YHAP, youth participants gained health knowledge from talks by healthcare professionals in various fields. YHAP also offered interactive learning to enhance health literacy and encourage innovation in addressing modern health challenges, while fostering critical thinking and teamwork through debates and group-based activities.

In March 2025, the programme brought together Singapore youths from diverse junior colleges and polytechnics who were passionate about public health education and leadership. YHAP 2025 attracted 837 sign-ups from 29 schools, with 336 students selected to participate in policy debate, innovation and experiential learning. Two new initiatives were rolled out for YHAP 2025 — the Community Health Debate and Amazing Race.

“To make learning fun and engaging, we held a Community Health Debate for our youth participants to take on the roles of policymakers to explore the impact of healthcare policies across different communities. The Innovation Challenge saw students collaborate and present creative solutions to real-world health issues. On the final day, we had an interactive Amazing Race and the Medicine Made Informative Learning Journey to introduce students to basic clinical skills and diagnostic techniques.”

LEE XUAN PENG
Co-Project Director of PHS,
Phase III Medicine student

Aims

- Serve as a bridge to reconnect residents-in-need with the healthcare system
- Reach out to lower-income groups who are disengaged from local healthcare services, especially those residing in rental housing blocks
- Support enrolment in Healthier SG by integrating residents into the local healthcare ecosystem and promoting long-term health-seeking behaviours

Organisers

- Students from NUS Medicine, NUS Nursing, NTU's LKCMedicine, NUS Department of Social Work

NHS is a local health service project offering free health screenings for residents not yet enrolled in Healthier SG, a national initiative by the Ministry of Health focusing on preventive health. 2025 marked NHS' 18th year since its inaugural screening in January 2008.

During the year, the focus of NHS was on strengthening several core programme components as part of an intentional pivot towards deeper community engagement and more sustainable care transitions. New initiatives for NHS 2025 held in October 2025 included:

Outreach and Engagement

- Held door-to-door visits across different days and time slots to better connect with residents when they were most likely to be home
- Built rapport, encouraged screening participation and identified residents with more complex needs ahead of screening

Post-Screening Follow-Up

- Made phone calls and house visits for residents with abnormal screening results to offer psychosocial support, health guidance and care navigation
- Stopped follow-up only when residents demonstrated health-seeking behaviour and were engaged in care

Frailty Screening

- Introduced frailty screening in partnership with NHG Health to complement existing cancer and functional screening
- Enhanced ability to identify at-risk seniors early, in line with a growing focus on holistic geriatric care

Focusing on the Northern Region

- Launched NHS in Toa Payoh (the first public housing town built by the government)

- Collaborated with NHG Health, marking a strategic shift by NHS to support its long-term vision of building partnerships across the three healthcare clusters in Singapore to meet the diverse needs of the population

Aligning with Healthier SG

- Supported residents in transitioning into long-term care pathways to ensure continuity of care and sustainable community health

“Our new directions reflect NHS' longstanding dedication to community-centred care and mark a step forward in the growth of our project. We are excited to bring fresh ideas to life, working hand in hand with partners and residents to build a healthcare landscape rooted in continuity of care and sustainable community health for all.”

JOLENE YEE XIN YI
Project Director of NHS,
Phase II Medicine student



PROJECT IREMEMBER



Aims

- Detect early stages of cognitive impairment, dementia, geriatric depression and social isolation in those aged 50 and above through health screening
- Enhance general societal awareness of dementia and geriatric mental health, and reduce associated stigma through exhibitions
- Serve as a bridge to connect residents-in-need with social welfare and healthcare organisations
- Provide early intervention through a structured programme for those at risk of early cognitive impairment, depression or social isolation

Organisers

- NUS Medicine students

Project iRemember is a local health screening project inaugurated in 2014 with a unique focus on dementia screening and awareness. In December 2025, our student volunteers carried out door-to-door visits to more than 22,000 residential units to publicise our free iRemember health screening and exhibition at Henderson Community Club. More than 280 residents participated in the health screening held in December 2025, which

comprised cognitive, behavioural, physical and social assessments. The project identified 15 participants for referral to hospitals or active ageing centres for more support. As part of the iRemember community education efforts, our students also engaged with about 260 residents through the exhibition, which focused on raising awareness of the early signs of pre-dementia, geriatric depression and caregiver burnout. In addition, the project introduced an eight-week follow-up initiative called HealthyMinds! comprising a variety of activities to promote active ageing and slow down the progression of cognitive impairment, depression and social isolation.

“This year, we brought Project iRemember to a newly selected neighbourhood, Queenstown, and also engaged more students from junior colleges and polytechnics to volunteer with us. To enhance the quality of our existing screening, we designed a sustainable educational platform to train our volunteers in cognitive assessment and build their confidence in interacting meaningfully with seniors.”

LIM ZHI QI

Project Director, Project iRemember,
Phase II Medicine student

PROJECT OLIVA

Aims

- Bridge the gap between neurotypical persons (those with typical neurological development or functioning) and neurodivergent individuals
- Provide a platform to ensure that the social needs of neurodivergent individuals are adequately met, especially after opportunities from school cease to exist

Organisers

- NUS Medicine students, in collaboration with the MINDS Me Too! Club (MTC)

Project Oliva was established in 2017. Our student volunteers hold monthly befriending sessions with MTC beneficiaries, with activities tailored to the beneficiaries' interests, such as baking, badminton, bowling or karaoke. Project Oliva has four befriending groups, each comprising three or four beneficiaries and befrienders. Through small-group interactions, Project Oliva hopes to foster authentic and lasting friendships.

With the success of the first animal-assisted interaction sessions held in January 2024, Project Oliva again collaborated with Project 4Pawsitivity, another student-led activity, to introduce MTC beneficiaries to therapeutic animal interactions. In May 2025, the students held an animal-assisted interaction session to help broaden beneficiaries' range of social engagement and encourage them to step beyond their comfort zones. Such interactions can contribute to the physical, emotional and psychological development of neurodivergent individuals, fostering their sense of inclusion in society.

Project Oliva also introduced a caregiver segment during the animal-assisted Interaction session for the caregivers of beneficiaries to participate in activities such as photo-frame crafting and bracelet-making. These segments offer caregivers a space to interact with one another and our student volunteers, and to share their stories and caregiving concerns.

Together with MTC, Project Oliva launched its inaugural Mass Befriending Carnival in May 2025 to scale up its befriending efforts. Themed



“Oliva Mart”, the event featured a series of engaging activities inspired by daily life scenarios — such as grocery shopping — designed to promote the practice of social and functional skills. The carnival created a vibrant space for beneficiaries to interact not only with their own befriending groups but also with new peers and befrienders to further expand their social circle.

“We believe our befriending sessions have more impact when we have frequent activities and keep group sizes small. When our beneficiaries recognise and remember their befrienders, it reflects the bonds we have formed over time, and that is so satisfying. We hope to have more tie-ups with other student-led activities and are exploring opportunities to extend our outreach to bring more beneficiaries, caregivers and befrienders on board our project to further bridge the gap between the neurodivergent and neurotypical communities.”

ANG WEI EN

Project Director,
Phase II Medicine student

CHILLING WITH A COLD BREW

The NUS Medicine Office for Students was set up in 2022 to take over from the Student Affairs Department the provision of holistic support services to enhance student well-being. Together with NUS' Office of Student Affairs, the main organiser of the annual WellNUS Festival, the Office for Students offers a range of wellness activities to promote well-being, creativity and community.

Featuring activities and workshops tailored specifically for the NUS fraternity, the WellNUS Festival 2024 was received with enthusiasm by students. The activities endorse the seven PitStop Principles (personal skills, interaction, time out, sleep, thoughtful eating, on the move and purpose) as evidence-based stress management and self-care strategies for students.

A coffee appreciation workshop was held on 10 October 2024 during the WellNUS Festival 2024 for Medicine undergraduate students. Besides learning about coffee flavours and aromas, workshop participants could sit back with friends and let off some steam.



PAVING THE WAY

The School's Equal Opportunities & Career Development (EOCD) office promotes gender equality through the implementation and practice of equal opportunity policies and practices. This is to ensure that women academics are not unduly disadvantaged and are able to advance in their scientific and medical careers. The year 2025 was an eventful one for the EOCD office, as it not only saw a change in leadership but also rolled out new initiatives.

DRIVING LEADERSHIP AND DEVELOPMENT

On 1 January 2025, Assoc Prof Sophia Archuleta succeeded Assoc Prof Gan Yunn Hwen as the Assistant Dean of the EOCD office. Assoc Prof Archuleta, Head and Senior Consultant, Division of Infectious Diseases, NUH, and Department of Medicine, NUS Medicine, was the recipient of the inaugural NUSMed Gender Equity Award in 2024. Her key achievements range from spearheading the formation of the NUHS Women in Science and Healthcare (WISH) to drafting a White Paper, which led to the formation of the EOCD office.

“It’s an honour and privilege to serve as Assistant Dean for EOCD to champion efforts that spur meaningful policy improvements and a positive shift in awareness. While we’ve seen clear, encouraging signs of change, lasting change depends on our continued, collective commitment to building a truly equitable and inclusive environment.”

ASSOC PROF SOPHIA ARCHULETA
Assistant Dean, EOCD

ADVANCING SCHOLARSHIP AND RESEARCH

One of EOCD’s strategic priorities is scholarly activity on gender equity, particularly among faculty in Asian academia. This includes the undertaking of original research that can benefit our School by informing policies, faculty retention and professional development. Another priority of EOCD is to contribute to international discourse by offering perspectives from Asia, as Asia is currently not well-represented.



Culture Conducive to Women’s Academic Success Study

Assoc Prof Shefaly Shorey led a study to understand how faculty members at NUS Medicine perceive the climate for women academics. Titled “Is medical school culture conducive to women’s academic success? A survey on faculty perceptions and experiences of gender equity”, the research project looked at survey participants’ characteristics such as gender, faculty and parental status. The overall goal was to identify target areas for interventions that support gender equity.

Among the research findings, the team noted that male faculty had a more positive perception of gender equity than female faculty and that there were significant gender differences in perceptions of freedom from bias and leadership support.

“Our team highlighted a range of suggestions to improve work-life balance for both male and female faculty members to mitigate structural gender bias, and increase support for women faculty. The study will be repeated as a survey in late 2025 to evaluate the impact of our interventions and whether perceptions of gender equity have changed in the last three years.”

ASSOC PROF SHEFALY SHOREY
NUS Nursing



EOCD SEED GRANT CALL 2025

Following the collaboration with the Global Centre for Asian Women's Health (GloW) on thematic calls for the EOCD Seed Grant Call in May 2024, the EOCD Grant Programme is set to further research on gender equity and women's health. Building on the School's existing strengths in translational research, the EOCD Grant Programme will partner with other major NUS Centres and TRPs, and align small seed grants with larger institutional priorities. One such partnership during the year was with the Healthy Longevity TRP for the EOCD Seed Grant Call 2025 to explore sex- and gender-based research themes.



To further support faculty, the EOCD organises sharing sessions to strengthen ties within the NUS Medicine community. It also implements policies to support our scientists and innovators in their research efforts.

LUNCH & LEARN

EOCD continued its collaboration with WISH to organise quarterly Lunch & Learn seminars to promote learning and sharing in healthcare and science. By benchmarking positive leadership behaviour, the inclusive networking platform aims to offer participants coaching assistance for career direction concerns and confidence gaps. Three Lunch & Learn sessions were held during the year to foster personal and professional growth. One such session was the 21 July 2025 event, "Power Lunch: Real Journeys of Leadership in Action", which featured a distinguished line-up of panellists. The discussions explored the real-world practice of leadership beyond titles and theories. By sharing their own experiences in leadership and decision-making, the speakers offered practical insights and thought-provoking dialogue.

LEAVE SUPPORT GRANT

The Leave Support Grant was implemented in 2022 to provide financial support for faculty members to maintain their research productivity after their return to work from extended leave of absence for family and personal reasons. Faculty returning from an extended period of absence may be disadvantaged at a critical point in their career development, particularly for those on the tenure track who have not attained tenure. While the University has existing support for faculty members who take time for maternity leave, for instance, by extending the tenure clock, barriers remain.

One area that bears the impact of an extended period of absence is grant management, as research cannot be completely put on hold in the way teaching might, since research staff still have to be paid. Moreover, the faculty member's time away from work may lead to lowered productivity of their research teams. While a no-cost extension may be awarded by the grantor, the process of meeting grant deliverables could still be hindered. Hence, the Leave Support Grant policy aims to provide faculty members with financial support to maintain their research productivity upon their return from an extended leave of absence.

In 2025, the School awarded the grant for the first time. Asst Prof Jocelyn Chew was the proud recipient.

"I'm grateful to have received the Leave Support Grant from EOCD in relation to my maternity leave. As many women in academia know, balancing research, teaching, leadership roles and caregiving responsibilities can be incredibly challenging, especially during life transitions like welcoming a new child. This grant is extremely meaningful, as it stands as a testimony that our institution recognises and supports the lived realities of women in academia, especially junior ones like myself who are navigating the complexities of building a career while managing multiple personal and professional roles."

ASST PROF JOCELYN CHEW
NUS Nursing



NUS MEDICINE INTERNATIONAL COUNCIL (NIC)

Established in 2016 as part of NUS Medicine's outreach and development efforts, the NUS Medicine International Council (NIC) serves as a leadership body that convenes global thought leaders for high-level, cross-disciplinary dialogue. Members act as strategic advisers to the Dean, helping to enhance the School's international connectivity and awareness of its achievements, while setting the pace of philanthropy for NUS Medicine.

Through its conferences and bespoke forums, NIC creates a space for candid conversations on the issues shaping our world — from the future of healthcare and biotechnology to the geopolitical and ethical forces driving innovation. Designed to engage and inform, these gatherings connect global leaders to the School's broader mission of advancing health and knowledge.

Now comprising about 150 members from more than 20 countries, the Council reflects the belief that health is shaped by collaboration across all disciplines. Chaired by Kishore Mahbubani, Distinguished Fellow at NUS, former Singapore Ambassador to the United Nations and Founding Dean of the Lee Kuan Yew School of Public Policy, the NIC serves as a bridge between NUS Medicine and an international community committed to advancing health, knowledge and human capital.

In 2025, NIC hosted an intellectually vibrant calendar of NIC Lunch Forums and global conferences. Highlights included Assoc Prof Chester Drum on evidence-based medicine and patient decision-making; Dr Noubar Afeyan (Founder, Flagship Pioneering; Co-founder, Moderna) on breakthrough innovation; Mr Allen Lau (Co-founder, Wattpad) on AI and entrepreneurship; and Chairman Kishore Mahbubani on US leadership in a multipolar era. Prof Rupert Handgretinger, George and Jennifer Yeo Professor in Paediatric Oncology, presented advances in cellular immunotherapy; followed by Prof Luigi Fontana on lifestyle medicine and longevity; Dr Ang Swee Chai on courage and ethics in healing; Prof Peter Singer on medical aid in dying; John Quinn on integrity and global law; and Prof I. Glenn Cohen on the ethics of medical AI and reproductive technologies.

The overseas conference in Uzbekistan was among NIC's most compelling, held amid global shifts in geopolitics, health and innovation. Bringing together leaders from Central Asia, Europe and the Asia-Pacific, it explored Eurasia's evolving role as a bridge between East and West. President Armen Sarkissian, Chairman Sodik Safoev, Prof David Lewis, Ms Nozimakhon Davletova, Ambassador Frank Lavin, Dr Shahlo Turdikulova, Mr Kapil Komireddi and Mr Zafar Khashimov examined how emerging economies can strengthen resilience through science, education and governance. The companion NIC Singapore Conference 2025 built on these themes, focusing on longevity, innovation and the future of global health.

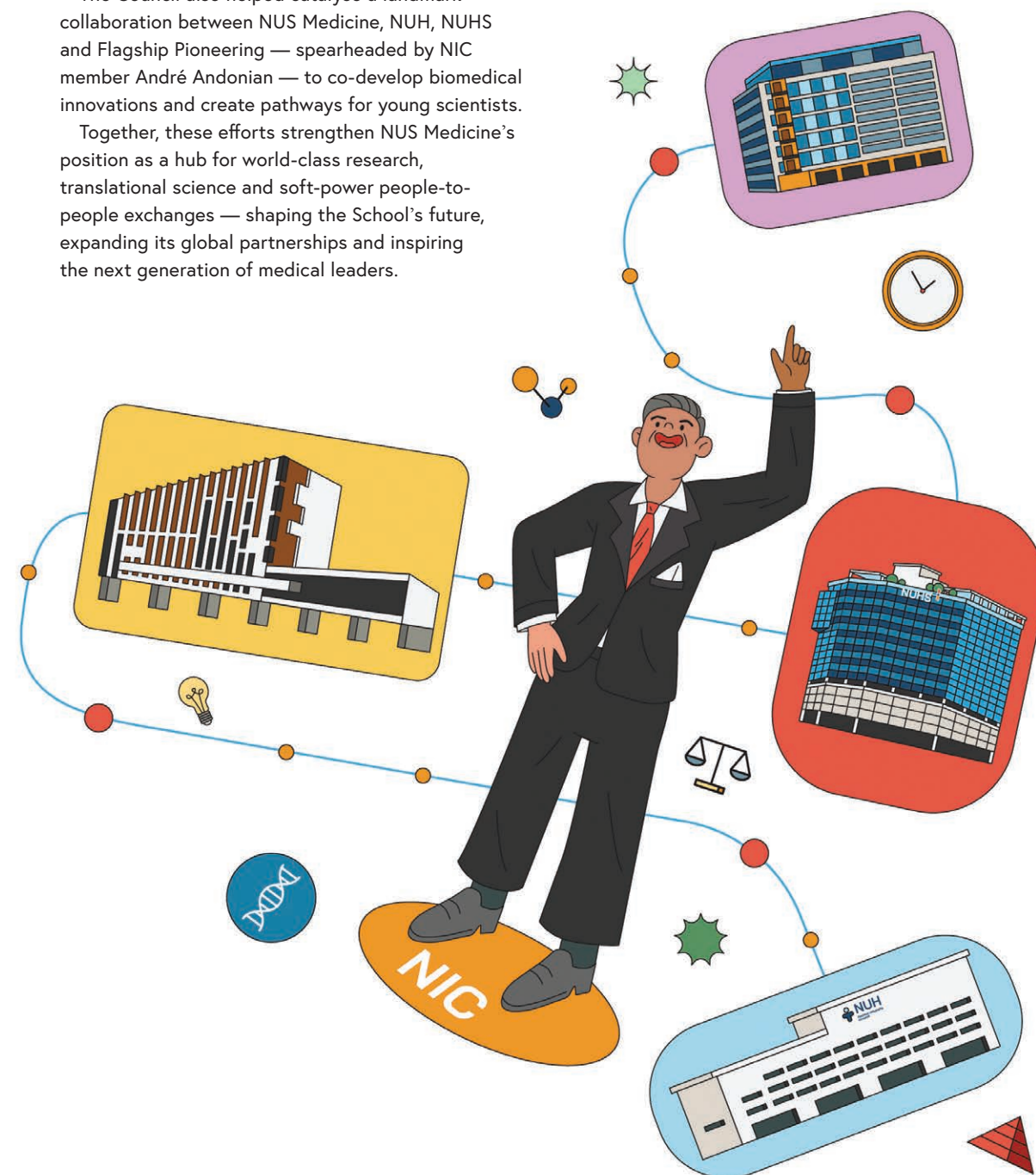
Setting the pace of philanthropy remains central to NIC's mission. The Council has initiated eight endowed professorships and supported eight scholarships and bursaries to date, advancing excellence in research, education and service. These gifts — including the CN Lee Professorship in Medical Sciences, VK Rajah Professorship in Medical Ethics and Mary Ann Tsao Family Professorship in Longevity — embody the public-private-philanthropic partnership model that blends public vision, private-sector leadership and philanthropic commitment to accelerate innovation and advance in the field of medicine.

NIC scholarships are strategic investments in the School's future, ensuring that NUS Medicine continues to attract and nurture the best and brightest minds. The bursaries reflect an enduring belief that financial means should never stand in the way of medical aspiration. Most recently, we have established the YC Boon Medical Scholarship, the Medicine 120 Scholarship, the Ouyang Foundation Scholarship, the Tan Wang Cheow Scholarship and the International SOS Student Mobility Scholarship, as well as the Narinder and Bindu Singh Bursary and the David Lai Medical Bursary.

In 2025, as NUS Medicine marked its 120th anniversary, NIC members contributed to the Inspire 120 Fund and other commemorative initiatives celebrating the School's heritage of discovery and service, such as the University-wide Gala Dinner and milestone talks by faculty.

The Council also helped catalyse a landmark collaboration between NUS Medicine, NUH, NUHS and Flagship Pioneering — spearheaded by NIC member André Andonian — to co-develop biomedical innovations and create pathways for young scientists.

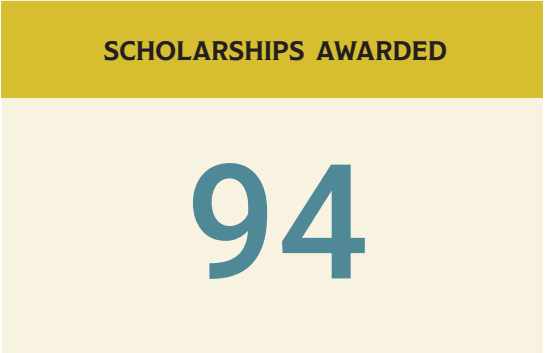
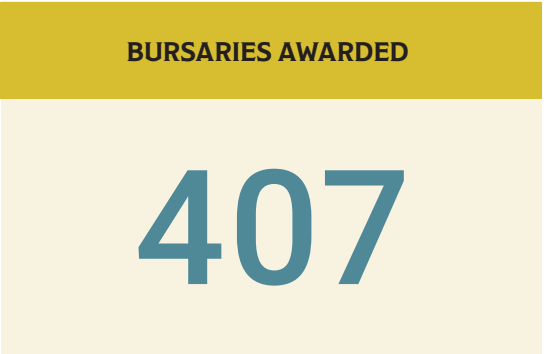
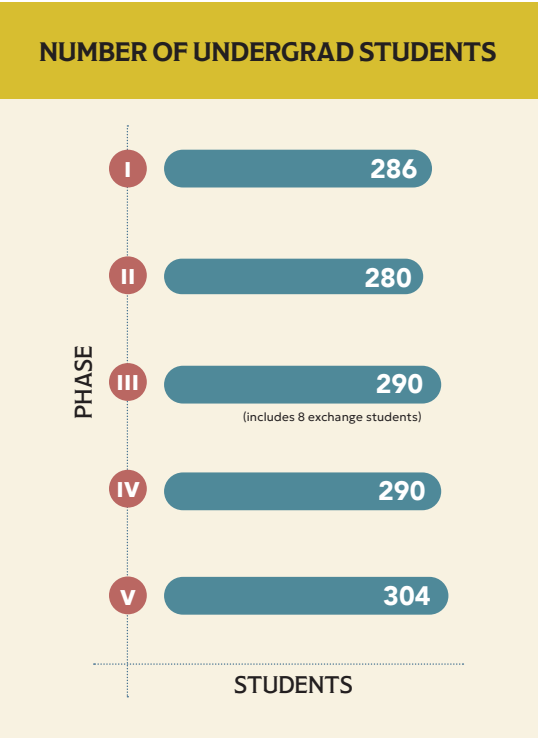
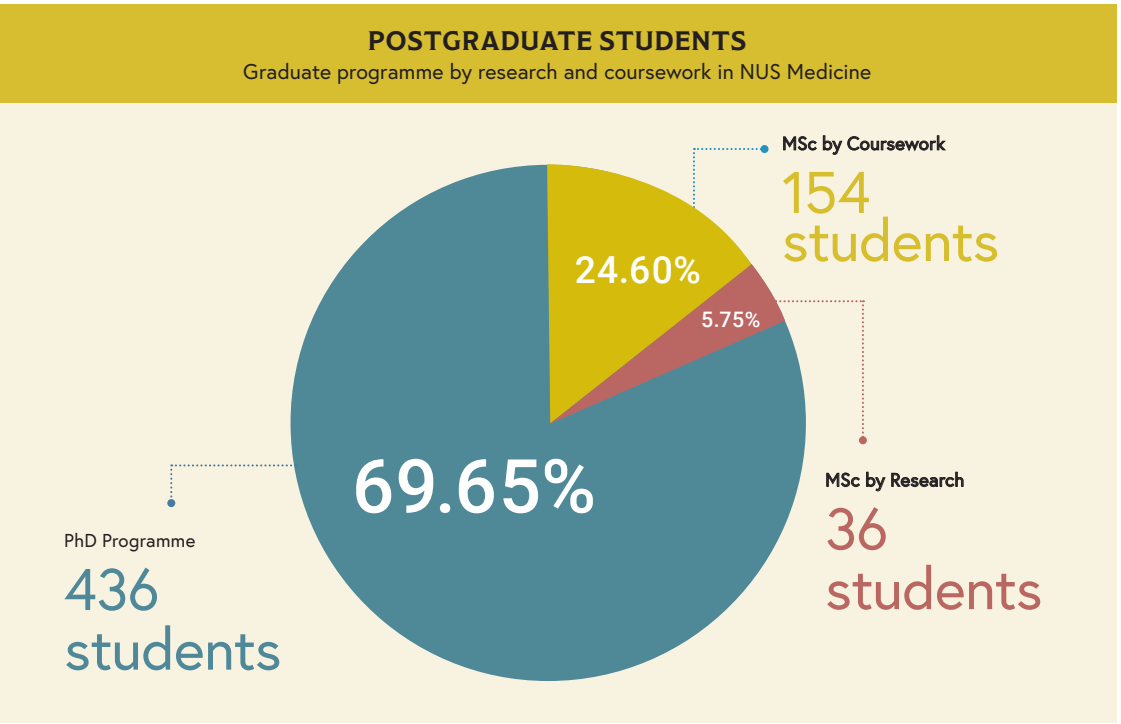
Together, these efforts strengthen NUS Medicine's position as a hub for world-class research, translational science and soft-power people-to-people exchanges — shaping the School's future, expanding its global partnerships and inspiring the next generation of medical leaders.

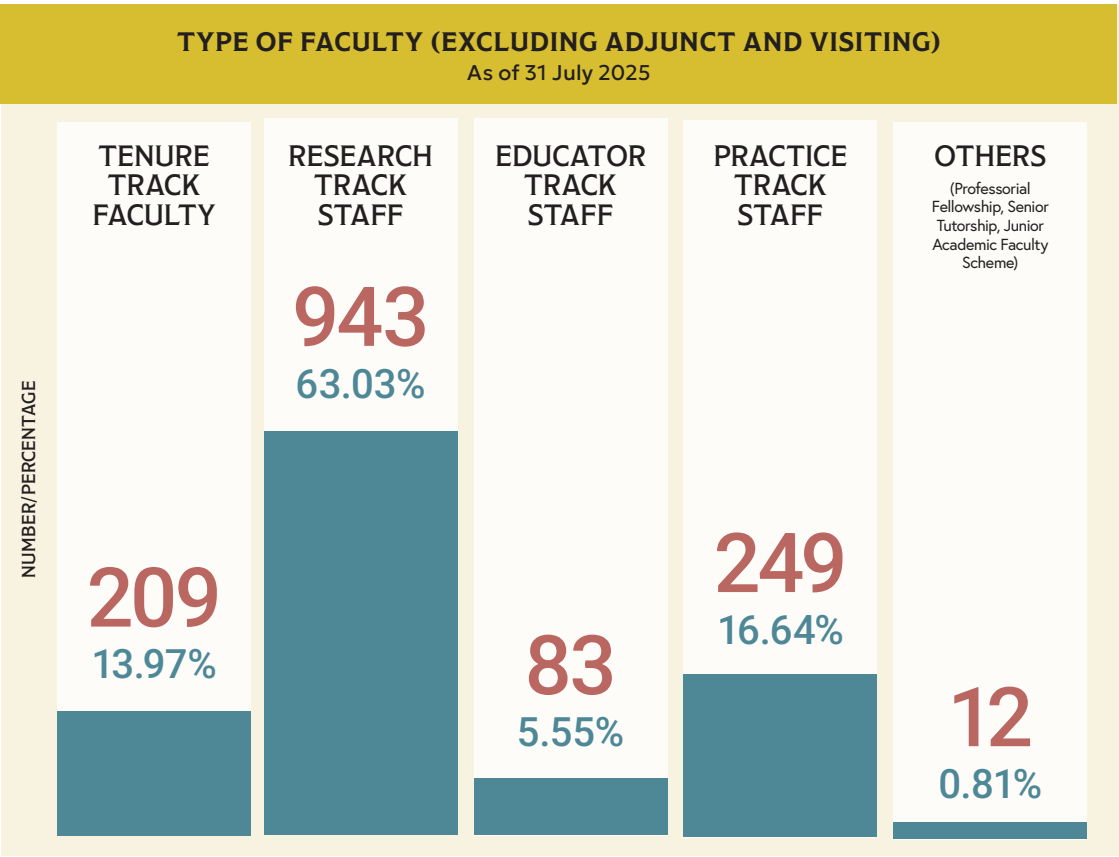


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August 2024 to July 2025





PAPERS PUBLISHED BY ACADEMIC FACULTY					
YEAR	2020	2021	2022	2023	2024
Number of papers published	1,758	2,017	1,881	1,804	2,004
Number of papers with Journal Impact Factor of >10	176	227	303	461	422

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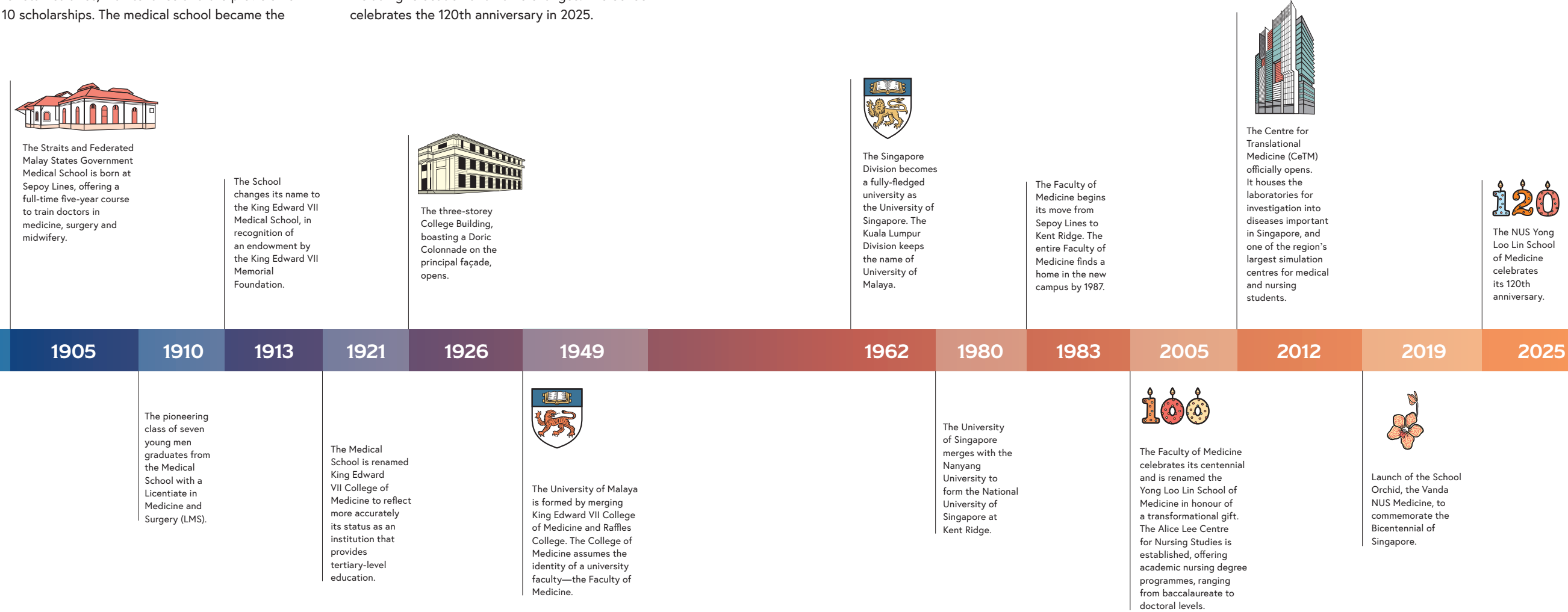
Our History

NUS Yong Loo Lin School of Medicine’s beginnings date back to 1905 when Mr Tan Jiak Kim, a local businessman and philanthropist, rallied community and business leaders to raise funds for a medical school to produce doctors to serve the local community. The then considerable sum of \$87,000 that they raised helped to establish the Straits and Federated Malay States Government Medical School. Additional funding amounting to \$13,200 annually was provided by the colonial government for staff salaries, maintenance and the provision of 10 scholarships. The medical school became the

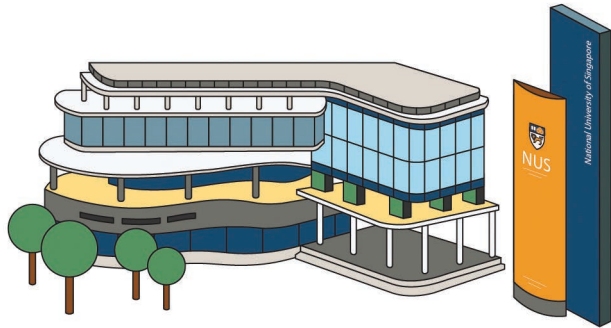
first institution of higher learning in Singapore and was the genesis of NUS.

A female psychiatric hospital at Sepoy Lines (the current location of the Singapore General Hospital at Outram Road) was converted into classrooms and laboratories for the inaugural intake of 23 medical students.

With continued support from donors, the School thrived, expanding from a single building to a full-fledged college. It was to undergo numerous changes, including relocation and name changes. The School celebrates the 120th anniversary in 2025.



About National University of Singapore



The National University of Singapore (NUS) is Singapore's flagship university, which offers a global approach to education, research, and entrepreneurship, with a focus on Asian perspectives and expertise. We have 15 colleges, faculties, and schools across three campuses in Singapore, with more than 40,000 students from 100 countries enriching our vibrant and diverse campus community. We have also established more than 20 NUS Overseas Colleges entrepreneurial hubs around the world.

Our multidisciplinary and real-world approach to education, research and entrepreneurship enables us to work closely with industry, governments, and academia to address crucial and complex issues relevant to Asia and the world. Researchers in our faculties, research centres of excellence, corporate labs and more than 30 university-level research institutes focus on themes that include energy; environmental and urban sustainability; treatment and prevention of diseases; active ageing; advanced materials; risk management and resilience of financial systems; Asian studies; and Smart Nation capabilities such as artificial intelligence, data science, operations research and cybersecurity.

For more information,
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About NUS Yong Loo Lin School of Medicine

The NUS Yong Loo Lin School of Medicine is Singapore's first and largest medical school. Our enduring mission centres on nurturing highly competent, values-driven, and inspired healthcare professionals to transform the practice of medicine and improve health around the world.

Through a dynamic and future-oriented five-year curriculum that is inter-disciplinary and interprofessional in nature, our students undergo a holistic learning experience that exposes them to multiple facets of healthcare and prepares them to become visionary leaders and compassionate doctors and nurses of tomorrow. Since the School's founding in 1905, more than 12,000 graduates have passed through our doors.

In our pursuit of health for all, our strategic research programmes focus on innovative, cutting-edge biomedical research with collaborators around the world to deliver high impact solutions to benefit human lives.

The School is the oldest institution of higher learning in the National University of Singapore and a founding institutional member of the National University Health System. It is one of the leading medical schools in Asia and ranks among the best in the world (Times Higher Education World University Rankings 2025 by subject and the Quacquarelli Symonds (QS) World University Rankings by subject 2025).

For more information,
please scan:



Vision

Inspiring Health for All

Values

Humility, Compassion, Integrity, Respect

Mission

We nurture the doctors and nurses you would choose to care for your loved ones.

We develop researchers, seek new knowledge and deliver solutions for better health.

We serve with humility, compassion, integrity and respect to improve life for all.

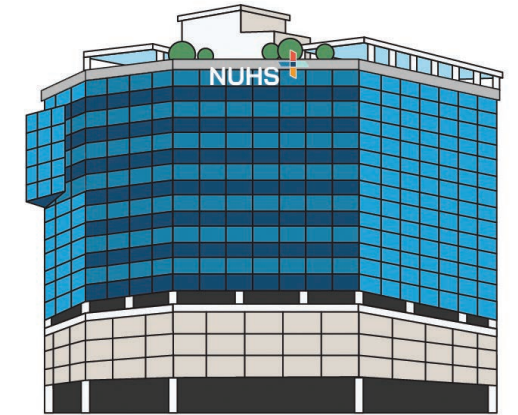
Ranking

NUS Medicine is listed as one of the leading medical schools in Asia by:

- The Times Higher Education World University Rankings 2025 by subject
- Quacquarelli Symonds (QS) World University Rankings by Subject 2025 list



National University Health System



The National University Health System (NUHS) aims to transform how illness is prevented and managed by discovering causes of disease, development of more effective treatments through collaborative multidisciplinary research and clinical trials, and creation of better technologies and care delivery systems in partnership with others who share the same values and vision.

Institutions in the NUHS Group include the National University Hospital, Ng Teng Fong General Hospital, Jurong Community Hospital, Alexandra Hospital and the upcoming Tengah General and Community Hospital; three National Specialty Centres – National University Cancer Institute, Singapore (NCIS), National University Heart Centre, Singapore (NUHCS) and National University Centre for Oral Health, Singapore (NUCOHS); the National University Polyclinics (NUP); Jurong Medical Centre; and three NUS health sciences schools — NUS Yong Loo Lin School of Medicine (including the Alice Lee Centre for Nursing Studies), NUS Faculty of Dentistry and NUS Saw Swee Hock School of Public Health.

With member institutions under a common governance structure, NUHS creates synergies for the advancement of health by integrating patient care, health science education and biomedical research. As a Regional Health System, NUHS works closely with health and social care partners across Singapore to develop and implement programmes that contribute to a healthy and engaged population in the western part of Singapore.

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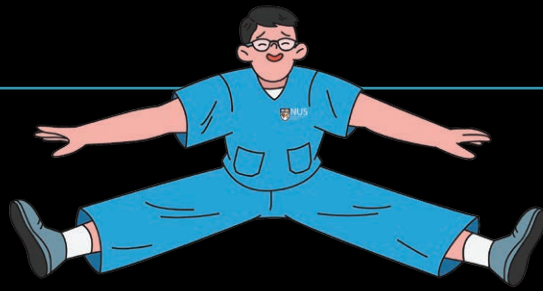
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