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Singapore sets up world's first integrated pre-clinical & clinical ageing research institute

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To increase healthy lifespan of Singapore population by five more disease-free years

The National University Health System (NUHS) has established the NUHS Centre for Healthy Longevity – a world's first integrated pre-clinical and clinical ageing research institute that is poised to lead the Longevity Medicine field with clinical research to prolong healthspan by delay ageing.

The NUHS Centre for Healthy Longevity (NUHS CHL) will initiate, for the first time in a South-East Asian population, clinical research based on 'longevity medicine' or 'geroscience' to target the biggest risk factor for chronic disease, namely, biological age.

The Centre will focus on key geroscience projects, and develop and validate ageing 'clocks' in the Singapore population, and to test the efficacies of novel geroprotectors in delaying biological ageing and enhancing healthspan. The Centre will develop an integrative pre-clinical laboratory model and clinical human research pipeline that focuses on identifying, and treating biological hallmarks of disease.

Lien Foundation gifts S$5 million to the Centre's research partner, the Yong Loo Lin School of Medicine, National University of Singapore (NUS Medicine), for these research efforts.

Termed 'Hacking Ageing', the research initiative comprises three broad themes, which will contribute to the creation of an integrated biomarker-artificial-intelligence (AI) platform that will be the world's first in testing supplements and repurposed drugs combined with lifestyle interventions in the Asian population. This will allow for better early detection, risk stratification and development of personalised, preventive and therapeutic strategies to improve healthspan.