World's first public hospital's healthy longevity clinic opens at Singapore

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The National University Health System (NUHS), NUS Yong Loo Lin School of Medicine and Alexandra Hospital (AH) in Singapore have achieved a milestone by unveiling the world's inaugural Healthy Longevity Clinic by public healthcare. Located at Singapore's Alexandra Hospital, the clinic aims to delay biological ageing, thereby optimising functionality and resilience and increasing health span through evidence-based diagnosis and intervention.

Using biomarkers of ageing that are specific to the Singapore population, the clinic will leverage breakthroughs from the NUHS research Centre for Healthy Longevity (CHL) and incorporate advances in geroscience and healthy longevity medicine towards precision medicine.

The Healthy Longevity Clinic endeavours to amplify the healthspan of Singaporeans by three years within the next decade. The CHL research unit at Alexandra Hospital provides the clinic with guidance and recommendations on the structure of the service, suitability of diagnostics and interventions and education and upskilling of health professionals to practice in the service.

A multidisciplinary team of healthcare professionals, including physicians, nurses, allied health experts, and health coaches, collaborates to craft personalised health plans that encompass lifestyle modifications, medical interventions, and targeted therapies. Individuals are presented with unprecedented opportunities to contribute to pioneering research through ongoing clinical trials of supplements and repurposed drugs.