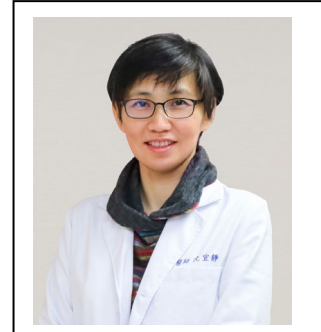


CURRICULUM VITAE

PERSONAL



NAME(姓名，含英譯)

沈宜靜 Sheen Yi-Jing

PROFESSIONAL APPOINTMENT (現職，含英譯)

臺中榮總新陳代謝科主治醫師

Attending doctor of Division of Endocrinology and Metabolism, Department of Internal Medicine, Taichung Veterans General Hospital

EDUCATION(學歷)

Bachelor's degree- China Medical University, Taichung, Taiwan

Master's degree- Department of Health Services Administration at China Medical University, Taichung, Taiwan

Doctorate in public health from China Medical University, Taichung, Taiwan

WORKING EXPERIENCE (經歷)

Attending Doctor of Division of Endocrinology and Metabolism, Taichung Hospital, Ministry of Health and Welfare, Taiwan (Oct 2007 to March 2017)

Deputy Director of Division of Medical Research and Education, Taichung Hospital, Ministry of Health and Welfare, Taiwan

Attending Doctor of Division of Endocrinology and Metabolism,

MAJOR RESEARCH AREA(研究領域)

diabetology, diabetes complications, epidemiology, and endocrinology.

PUBLICATION(In the nearest 5 years)(發表、出版物)

- **Sheen YJ**, Sheu WH, Wang HC et al. Assessment of diabetic small-fiber neuropathy by using short-wave infrared hyperspectral imaging. *Journal of biophotonics* 2022; **15**: e202100220.

- **Sheen YJ**, Hsu CC, Kung PT et al. Impact of chronic hepatitis on cardiovascular events among type 2 diabetes patients in Taiwan pay-for-performance program. *Scientific reports* 2022; **12**: 11720.
- Huang HN, Zhang T, Yang CT, **Sheen YJ** et al. Image segmentation using transfer learning and Fast R-CNN for diabetic foot wound treatments. *Frontiers in public health* 2022; **10**: 969846.
- **Sheen YJ**, Huang CC, Huang SC et al. Electronic dashboard-based remote glycemetic management program reduces length of stay and readmission rate among hospitalized adults. *Journal of diabetes investigation* 2021; **12**: 1697-707.
- **Sheen YJ**, Kung PT, Sheu WH et al. Impact of Liver Cirrhosis on Incidence of Dialysis Among Patients with Type 2 Diabetes. *Diabetes therapy : research, treatment and education of diabetes and related disorders* 2020; **11**: 2611-28.
- **Sheen YJ**, Huang CC, Huang SC et al. IMPLEMENTATION OF AN ELECTRONIC DASHBOARD WITH A REMOTE MANAGEMENT SYSTEM TO IMPROVE GLYCEMIC MANAGEMENT AMONG HOSPITALIZED ADULTS. *Endocrine practice : official journal of the American College of Endocrinology and the American Association of Clinical Endocrinologists* 2020; **26**: 179-91.
- **Sheen YJ**, Hsu CC, Jiang YD et al. Trends in prevalence and incidence of diabetes mellitus from 2005 to 2014 in Taiwan. *Journal of the Formosan Medical Association = Taiwan yi zhi* 2019; **118 Suppl 2**: S66-S73.
- **Sheen YJ**, Li TC, Lin JL et al. Association between thermal threshold abnormalities and peripheral artery disease in patients with type 2 diabetes. *Medicine* 2018; **97**: e13803.
- **Sheen YJ**, Kung PT, Kuo WY et al. Impact of the pay-for-performance program on lower extremity amputations in patients with diabetes in Taiwan. *Medicine* 2018; **97**: e12759.

本頁為範例(完稿繳交時，可刪除本頁)

講題中、英文、以一頁 A4 為限，至少 300 字

生活型態的改變如何達到糖尿病緩解？

Lifestyle Changes for Achieving Diabetes Remission

沈宜靜

臺中榮總新陳代謝科

Diabetes is a chronic metabolic disorder that affects millions of people worldwide and is a leading cause of morbidity and mortality. While there is no known cure for diabetes, lifestyle changes have been shown to be effective in achieving diabetes remission in some patients. This lecture provides a medical perspective on the importance of lifestyle changes in achieving diabetes remission and how healthcare professionals can support patients in making these changes. First, we will define diabetes remission and outline the criteria for achieving it. The benefits of achieving diabetes remission, such as improved glucose control, reduced risk of complications, and enhanced quality of life, are also discussed. Then explores various lifestyle changes that can aid in achieving diabetes remission. Dietary modifications, including the importance of a healthy diet and types of diets, are discussed. The benefits of physical activity. Additionally, the role of weight management, including obesity and diabetes and strategies for weight loss, is examined. The section of discussion will focus on how healthcare professionals can support patients in making lifestyle changes. Patient education, including the importance of patient education and providing resources, is reviewed. Behavioral interventions, such as motivational interviewing and goal setting, are also explored. Finally, medical management, including medications for diabetes remission and monitoring and follow-up, is discussed. In conclusion, the section of discussion aimed to emphasize the importance of lifestyle changes in achieving diabetes remission and how healthcare professionals can support patients in making these changes. By working together, patients and healthcare professionals can improve diabetes outcomes and enhance patients' quality of life. It is hoped that this lecture will help healthcare professionals better understand the role of lifestyle changes in achieving diabetes remission and provide practical strategies for supporting patients in making these changes.