



中文姓名：楊宜琪

## 主要學歷

中山醫學大學醫學系 1991/09 至 1998/06

中山醫學大學醫學研究所碩士 2005/09 至 2007/06

中山醫學大學醫學研究所博士 2007/09 至 2014/07

中山醫學大學醫學系副教授 2021-01~

## 現職及與專長相關之經歷

### 現職：

中山醫學大學附設醫院 內科部 內分泌新陳代謝科 主任

中山醫學大學附設醫院 內科部 主任

中華民國糖尿病學會秘書長

### 經歷：

中山醫學大學附設醫院 內科部 住院醫師 1998/07/01 至 2002/06/31

中山醫學大學附設醫院 內科部 住院總醫師 2002/07/01 至 2003/06/31

國立台灣大學醫學院附設醫院 內科部 內分泌新陳代謝科 臨床研究醫師 2003/07/01 至 2005/06/31

國立台灣大學醫學院附設醫院 內科部 老人醫學臨床研究醫師 2003/07/01 至 2005/06/31

中山醫學大學附設醫院 內科部 一般內科 2006/7/1 至 2013/06/31

中山醫學大學附設醫院 內科部 內分泌新陳代謝科 主治醫師 2005/07~

中山醫學大學附設醫院 內科部 內分泌新陳代謝科 主任 2013/07~

中山醫學大學附設醫院 內科部 副主任（醫研及教學） 2020-08~2022-07

中華民國糖尿病學會副秘書長 2019-03~2022-03

### 專科部分

內科專科

內分泌新陳代謝科專科

老人醫學專科

## 研究部分

臨床基礎研究：糖尿病血管病變

臨床研究：糖尿病衛教研究, 包括團體衛教、血糖監測、衛教工具等

## 擔任委員

臺中市政府衛生局糖尿病共同照護網專科諮詢工作坊「擔任諮詢專家臺中市政府衛生局糖尿病共同照護網優先輔導醫療院所擔任諮詢專家

臺中市政糖尿病共照網理事

中華民國糖尿病衛教學會試務評審委員會委員、創意研究審查委員、國健署計畫機構實評及輔導會委員

中華民國糖尿病學會糖尿病照護指引撰寫委員

## 國際會議發表

Oral presentation

1. Comparing a Structured Diabetes Education Program (Conversation Map™) to Usual Care Education on Self-management and Self-care Behaviors in Poorly Controlled Type 2 Diabetes Mellitus. 73th American Diabetes Association on June, 2013, in Chicago, USA.
2. Comparison of Different Models of Structured Self-Monitoring of Blood Glucose in Type 2 Diabetes. 74th American Diabetes Association on June, 2014, in San Francisco, USA.

## 發表文章

1. **Yang YS**, Chen HH, Huang CN, Hsu CY, Hu KC, Kao CH. GLP-1RAs for Ischemic Stroke Prevention in Patients With Type 2 Diabetes Without Established Atherosclerotic Cardiovascular Disease. *Diabetes Care*. 2022 May 1;45(5):1184-1192. doi: 10.2337/dc21-1993. PMID: 35275992.
2. Optimal Initial Blood Pressure in Intensive Care Unit Patients with Non-Traumatic Intracranial Hemorrhage. Wei MC, Kornelius E, Chou YH, **Yang YS**, Huang JY, Huang CN. *Int J Environ Res Public Health*. 2020 May 14;17(10):3436. doi: 10.3390/ijerph17103436.
3. Association of blood glucose and renal end points in advanced diabetic kidney disease. Kornelius E, Lo SC, Huang CN, Wang YH, **Yang YS**. *Diabetes Res Clin Pract*. 2020 Mar;161:108011. doi: 10.1016/j.diabres.2020.108011. Epub 2020 Jan 25. PMID: 31991151
4. Early cardiovascular risk and all-cause mortality following an incident of severe hypoglycaemia: A population-based cohort study. Lo SC, **Yang YS**, Kornelius E, Huang JY, Lai YR, Huang CN, Chiou JY. *Diabetes Obes Metab*.

- 2019 Aug;21(8):1878-1885. doi: 10.1111/dom.13746. Epub 2019 May 9.PMID: 30972910
5. Variations of the proprotein convertase subtilisin/kexin type 9 gene in coronary artery disease. Chiang SM, **Yang YS\***, Yang SF, Tsai CF, Ueng KC. *J Int Med Res.* 2020 Jan;48(1):300060519839519. doi: 10.1177/0300060519839519. Epub 2019 Apr 5.PMID: 30947598
  6. Liraglutide protects against glucolipotoxicity-induced RIN-m5F  $\beta$ -cell apoptosis through restoration of PDX1 expression. Kornelius E, Li HH, Peng CH, **Yang YS**, Chen WJ, Chang YZ, Bai YC, Liu S, Huang CN, Lin CL. *J Cell Mol Med.* 2019 Jan;23(1):619-629. doi: 10.1111/jcmm.13967. Epub 2018 Oct 24.PMID: 30353648
  7. An Educational Intervention Using Steno Balance Cards to Improve Glycemic Control in Patients With Poorly Controlled Type 2 Diabetes Mellitus. Wu YC, Kornelius E, **Yang YS**, Chen YF, Huang CN. *J Nurs Res.* 2019 Feb;27(1):1-7. doi: 10.1097/jnr.0000000000000275.PMID: 30085990
  8. Author's Response to Jeon et al. **Yang YS\***, Kornelius E, Huang CN. *J Womens Health (Larchmt).* 2018 Jun;27(6):845. doi: 10.1089/jwh.2018.7096. Epub 2018 May 30.PMID: 29847742
  9. THE TRENDS OF HYPERTHYROIDISM TREATMENT IN TAIWAN: A NATIONWIDE POPULATION-BASED STUDY. Kornelius E, **Yang YS**, Huang CN, Wang YH, Lo SC, Lai YR, Chiou JY. *Endocr Pract.* 2018 Jun;24(6):573-579. doi: 10.4158/EP-2017-0266. Epub 2018 Apr 24.
  10. Progress of diabetes severity associated with severe hypoglycemia in Taiwan. Kornelius E, **Yang YS**, Lo SC, Peng CH, Lai YR, Chiou JY, Huang CN. *Am J Manag Care.* 2018 Apr 1;24(4):e99-e106.
  11. CHA<sub>2</sub> DS<sub>2</sub> -VASc scores for outcome prediction in acute ischaemic stroke. Su CH, Tsao TF, Chen AC, Chang KW, **Yang YS**, Ueng KC, Tsai CF. *Eur J Clin Invest.* 2018 Mar;48(3). doi: 10.1111/eci.12884. Epub 2018 Jan 29
  12. Mevastatin promotes neuronal survival against A $\beta$ -induced neurotoxicity through AMPK activation. Kornelius E, Li HH, Peng CH, Hsiao HW, **Yang YS**, Huang CN, Lin CL. *Metab Brain Dis.* 2017 Dec;32(6):1999-2007. doi: 10.1007/s11011-017-0091-4. Epub 2017 Aug 24
  13. **Yang YS\***, Kornelius E, Chiou JY, Lai YR, Lo SC, Peng CH, Huang CN. Low-Dose Aspirin Reduces Breast Cancer Risk in Women with Diabetes: A Nationwide Retrospective Cohort Study in Taiwan. *J Womens Health (Larchmt).* 2017 May 24

14. Peng CH, **Yang YS**, Chan KC, Kornelius E, Chiou JY, Huang CN Periodontal Treatment and the Risks of Cardiovascular Disease in Patients with Type 2 Diabetes: A Retrospective Cohort Study. *Intern Med.* 2017;56(9):1015-1021
15. Lai YR, **Yang YS**, Tsai ML, Lu YL, Kornelius E, Huang CN, Chiou JY Impact of potentially inappropriate medication and continuity of care in a sample of Taiwan elderly patients with diabetes mellitus who have also experienced heart failure. *Geriatr Gerontol Int.* 2016 Oct;16(10):1117-1126
16. Li CL, Wu YC, Kornelius E, Chen YJ, Lin YT, Hsiao HW, Peng CH, **Yang YS\***, Huang CN. Comparison of Different Models of Structured Self-Monitoring of Blood Glucose in Type 2 Diabetes. *Diabetes Technol Ther.* 2016 Mar;18(3):171-7
17. Kornelius E, Chiou JY, **Yang YS**, Lo SC, Peng CH, Lai YR, Huang CN Iodinated Contrast Media-Induced Thyroid Dysfunction in Euthyroid Nodular Goiter Patients. *Thyroid.* 2016 Aug;26(8):1030-8
18. **Yi-Sun Yang\***, Yueh-Chu Wu, Ying-Li Lu, Edy Kornelius, Yu-Tze Lin, Yu-Ju Chen<sup>3</sup>, Ching-Lu Li<sup>3</sup>, Hui-Wen Hsiao, Chiung-Huei Peng, Chien-Ning Huang. Adherence to self-care behavior and glycemic effects using structured education. *J Diabetes Invest* 2015
19. Kornelius E, Lin CL, Chang HH, Li HH, Huang WN, **Yang YS**, Lu YL, Peng CH, Huang CN. DPP-4 Inhibitor Linagliptin Attenuates A $\beta$ -induced Cytotoxicity through Activation of AMPK in Neuronal Cells. *CNS Neurosci Ther.* 2015 Jul;21(7):549-57
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22. Ting-Wen Chia : Chien-Ning Huang : Ching-Ru Li : Yueh-Chu Wu : Yu-Tze Lin : **Yi-Sun Yang\*** Strategies for Diabetes Self-Care Intervention and Education in Elderly Patients with Suboptimal Controlled Type 2 Diabetes: A Pilot Study. *中山醫學雜誌* ; 31 卷 1 期 (2020 / 06 / 01) , P33 - 41
23. Wu YC, Huang CN, Chen YJ, Kornelius E, Lu YL, Lin YT, Li CL, Yang YS Application of Self-Regulatory Behavioral Management in Postprandial Self-Blood Glucose Monitoring for Noninsulin Treated Type 2 Diabetic Patients *Acta Endo (Buc)* 2014 10: 629-639

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36. Yang YS, Peng CH, Lin CK, Wang CP, Huang CN. 2007 Use of serum cystatin C to detect early decline of glomerular filtration rate in type 2 diabetes. Intern Med. 2007;46(12):801-6.
37. Yang YS, Peng CH, Sia SK, Huang CN. 2006 Acquired hypophosphatemia osteomalacia associated with Fanconi's syndrome in Sjogren's syndrome. Rheumatol Int. Nov 9
38. Yang YS, Chang TC. 2006. Primary Thyroid Lymphoma Mimicking Subacute Thyroiditis. Acta Cytologica 50(6):710-2.
39. Yang YS, Chang CC, Su DH. 2005 Aug. Unusual presentation of thyrotoxicosis as bradycardia, acute renal failure and hyperuricemia in an elderly patient. J Formos Med Assoc. 104(8):597-600.

## 研究計畫

### 臨床試驗

1. Retrospective Study of Patients with Type 2 Diabetes Mellitus on Dapagliflozin Therapy in Taiwan (Principle investigator) \
2. A 12-month prospective observational study assessing the real-world clinicaleffectiveness, safety and health-economic benefits of Toujeo® initiation after oral antidiabetic drug failure in insulin-naïve patients with type 2 diabetes mellitus (Principle investigator) \

### 臨床基礎研究

高血糖/糖尿病的 Stromal-derived factor-1a/CXCR4的表現與動脈粥 樣硬化之相關研究 行政院國家科 學委員會	Stromal-derived factor-1a/CXCR4 in atherosclerosis change in diabetes	楊宜瑛
健康識能對糖尿病患治療效果的 影響 中山醫學大學附設醫院院內計畫	Health literacy and diabetes	楊宜瑛
利用 Steno 健康教育模式和對話 工具加強配對血糖監測與飲食調 整在第二型糖尿病患者之成效探	The effect of Steno health- education model and dialogue tools on the enhancement of	楊宜瑛

討 中山醫學大學附設醫院院內計畫	using paired glucose monitoring for diet adjustments in T2DM patients	
碳水化合物計量與低GI飲食對第二型糖尿病患者之成效 中山醫學大學附設醫院院內計畫	The effectiveness of carbohydrate counting and low GI die for Type 2 diabetes patients	楊宜瑱
糖尿病照護網照護與併發症之相關性 中山醫學大學附設醫院院內計畫	The association of diabetes care shared program and its complications	楊宜瑱
不同減重衛教模式下，對於第二型糖尿病患者血糖之影響與減重成效 中山醫學大學附設醫院院內計畫	Effect of glycemic control on different type weight loss program in overweight and obese patients with type 2 diabetes mellitus.	楊宜瑱
廚房醫學模式應用於第二型糖尿病患者之成效 中山醫學大學附設醫院院內計畫	Analysis of Hands-On Cooking and Nutrition Education in Type 2 diabetes patient	楊宜瑱
應用糖尿病看圖對話於低糖尿病識能和偏鄉糖尿病病人之成效探討 中山醫學大學附設醫院院內計畫	Effectiveness of Diabetes Conversation Map in Diabetes patients with low diabetes health literacy and rural area	楊宜瑱

● 10年以上與此領域之經歷：

- ◆ 中山醫學大學附設醫院 內科部 內分泌新陳代謝科 主治醫師 2005/07~
- ◆ 中山醫學大學附設醫院 內科部 內分泌新陳代謝科 主任 2013/07~

● 曾擔任諮詢委員

- ◆ 臺中市政府衛生局糖尿病共同照護網專科諮詢工作坊「擔任諮詢專家（103-106年）」
- ◆ 臺中市政府衛生局糖尿病共同照護網優先輔導醫療院所擔任諮詢專家（103-106年）

● 理監事

台中市糖尿病共同照護學會 理事

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

降血糖的藥物或減重手術如何達到緩解

## **Intervention with Therapeutic Agents, Understanding the Path to Remission in Type 2 Diabetes**

楊宜瑛

中山附設醫院 內科部 內分泌新陳代謝科

Type 2 diabetes (T2D) has become a health crisis impacting millions of people in the world. It is a leading cause of death, blindness, amputation, and cardiovascular disease. T2D is characterized by progressive and irreversible loss of  $\beta$ -cell function. The current treatment of T2D consists of diet and lifestyle changes with progressive addition of more complex antidiabetic regimens (including metformin, sulfonylureas, sodium-glucose cotransporter-2 inhibitors, thiazolidinediones, and so forth) and eventually insulin therapy. Therefore, there is interest in the development of therapies to induce long-term diabetes remission in T2D mellitus to improve quality of life and potentially lower complications of diabetes. Diabetes remission is defined by the American Diabetes Association as the ability to achieve and maintain a glycosylated hemoglobin (HbA1c) concentration less than 6.5% for at least 3 months after cessation of glucose-lowering therapy. In this session, we will discuss studies aiming to achieve remission with pharmacotherapy therapy.