

# CURRICULUM VITAE

## PERSONAL

### NAME(姓名，含英譯)

黃國晉

Kuo-Chin Huang



### PROFESSIONAL APPOINTMENT (現職，含英譯)

2022.02-present Vice-superintendent, National Taiwan University Hospital Hsin-Chu Branch

2009.08-present Professor, Department of Family Medicine, College of Medicine, National Taiwan University, Taipei, Taiwan

### EDUCATION(學歷)

2012-2014 National Taiwan University, EMBA (Business Administration)

2002-2003 University of Sydney, Post-Doctoral (Human Nutrition)

1994-2000 National Taiwan University, PhD. (Epidemiology)

1983-1990 National Taiwan University, M.D. (Medicine)

### WORKING EXPERIENCE (經歷)

2015.08-2022.01 Superintendent, National Taiwan University Hospital Bei-Hu Branch

1996.08-present Attending physician, Department of Family Medicine, National Taiwan University Hospital, Taipei, Taiwan

2011.08-2015.07 Director, Department of Family Medicine, National Taiwan University Hospital, Taipei, Taiwan

2011.08-2015.07 Director, Department of Family Medicine, College of Medicine, National Taiwan University, Taipei, Taiwan

### MAJOR RESEARCH AREA(研究領域)

Obesity, Vaccine, Geriatrics, Nutrition

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

1. Chou TJ, Lu CW, Lin LY, Hsu YJ, Huang CC, **Huang KC**. Proteomic analysis of

- skeletal muscle and white adipose tissue after aerobic exercise training in high fat diet induced obese mice. *Int J Mol Sci.* 2023 Mar 17;24(6):5743. (**corresponding author**) (SCI)
2. Yang CJ, Lu CW, Chiang CH, Chang HH, Yao CA, **Huang KC**. Traveler's knowledge, attitude, and practice about travel health insurance: A community-based questionnaire study. *PLoS One.* 2023 Feb 9;18(2):e0281199. (**corresponding author**) (SCI)
  3. Chiu CM, Yang KC, Chang HH, Lu CW, Chiang CH, **Huang KC**. Dose-dependent association between sarcopenia and moderate-to-severe thoracic vertebral fragility fracture in older adults. *Gerontology.* 2023 Jan 2. doi: 10.1159/000528868. Online ahead of print. (**corresponding author**) (SCI)
  4. Lu CW, Yang KC, Chi YC, Wu TY, Chiang CH, Chang HH, **Huang KC**, Yang WS. Adiponectin-leptin ratio for the early detection of lean non-alcoholic fatty liver disease independent of insulin resistance. *Ann Med.* 2022 Dec; 55(1): 634-42. (**corresponding author**) (SCI)
  5. Wang CY, **Huang KC**, Lu CW, et al. A randomized controlled trial of r-form verapamil added to ongoing metformin therapy in patients with type 2 diabetes. *J Clin Endocrinol Metab.* 2022 Sep 28;107(10): e4063-e4071. (SCI)
  6. Jastreboff AM, Aronne LJ, Ahmad NN, Wharton S, Connery L, Alves B, Kiyosue A, Zhang S, Liu B, Bunck MC, Stefanski A; **SURMOUNT-1 Investigators**. Tirzepatide once weekly for the treatment of obesity. *N Engl J Med.* 2022 Jul 21;387(3):205-216. (SCI)
  7. Chou TJ, Lu CW, Liao CC, Chiang CH, Huang CC, **Huang KC**. Ovariectomy Interferes with Proteomes of Brown Adipose Tissue in Rats. *Int J Med Sci.* 2022 Mar 6;19(3):499-510. (**corresponding author**) (SCI)
  8. Tung HT, Chen KM, **Huang KC**, Hsu HF, Chou CP, Kuo CF. Effects of Vitality Acupuncture exercise on functional fitness and activities of daily living among probable sarcopenic older adults in residential facilities. *J Nurs Scholarsh.* 2022 Mar;54(2):176-183. (SCI)
  9. Chen PY, Chuang PN, Chiang CH, Chang HH, Lu CW, **Huang KC**. Impact of Coronavirus Infectious Disease (COVID-19) pandemic on willingness of immunization-A community-based questionnaire study. *PLoS One.* 2022 Jan 14;17(1): e0262660. (**corresponding author**) (SCI)
  10. Lien AS, Chiu SY, Chen SL, Fann JC, Yen AM, Yeh MC, Lou MF, **Huang KC**, Sheu WH, Chen HH, Gau BS. Community-based multiple screening for metabolic syndrome by innovative theory: A longitudinal study. *Public Health Nurs.* 2022 Jan;39(1):303-312. (SCI)
  11. Lin WT, Yang KC, Chen YT, **Huang KC**, Yang WS. Elevated serum S14 levels are associated with more severe liver steatosis by ultrasonography. *Sci Rep.* 2021 Dec 17;11(1):24181. (**co-corresponding author**) (SCI)

12. Chen TP, Lin WY, Chiang CH, Shen TH, **Huang KC**, Yang KC. Metabolically healthy obesity and risk of non-alcoholic fatty liver disease severity independent of visceral fat. *J Gastroenterol Hepatol*. 2021 Oct;36(10):2903-2910. (SCI)
13. Chiang CH, Sheu YH, Guo FR, Lin WW, Chen GR, **Huang KC**. Incorporating Post-Cessation Weight-Control Coaching into Smoking Cessation Therapy to Reduce Type 2 Diabetes Risk. *Nutrients*. 2021 Sep 25;13(10):3360. (**corresponding author**) (SCI)
14. Lu CW, Lee YC, Chiang CH, Chang HH, Yang WS, **Huang KC**. Independent Dose-Response Associations between Fetuin-A and Lean Nonalcoholic Fatty Liver Disease. *Nutrients*. 2021 Aug 24;13(9):2928. (**corresponding author**) (SCI)
15. Kuo KL, Chen HM, Hsiao SH, Chu D, Huang SJ, **Huang KC**, Huang CY. The relationship between anthropometric factors and hyperuricemia in adolescent athletes. *Obes Res Clin Pract*. 2021 Jul-Aug;15(4):375-380. (SCI)
16. Hsu CY, Wang JT, **Huang KC**, Fan AC, Yeh YP, Chen SL. Household transmission but without the community-acquired outbreak of COVID-19 in Taiwan. *J Formos Med Assoc*. 2021 Jun;120 Suppl 1:S38-S45. (SCI)
17. Han DS, Wu WT, Hsu PC, Chang HC, **Huang KC**, Chang KV. Sarcopenia Is Associated With Increased Risks of Rotator Cuff Tendon Diseases Among Community-Dwelling Elders: A Cross-Sectional Quantitative Ultrasound Study. *Front Med (Lausanne)*. 2021 May 5;8:630009. (SCI)
18. Hsiao MY, Chang KV, Wu WT, **Huang KC**, Han DS. Grip Strength and Demographic Variables Estimate Appendicular Muscle Mass Better Than Bioelectrical Impedance in Taiwanese Older Persons. *J Am Med Dir Assoc*. 2021 Apr;22(4):760-5. (SCI)
19. Chang KV, Wu WT, **Huang KC**, Han DS. Effectiveness of early versus delayed exercise and nutritional intervention on segmental body composition of sarcopenic elders - A randomized controlled trial. *Clin Nutr*. 2021 Mar;40(3):1052-9. (SCI)
20. Wilding JPH, Batterham RL, Calanna S, Davies M, Van Gaal LF, Lingvay I, McGowan BM, Rosenstock J, Tran MTD, Wadden TA, Wharton S, Yokote K, Zeuthen N, Kushner RF; **STEP 1 Study Group**. Once-weekly semaglutide in adults with overweight or obesity. *N Engl J Med*. 2021 Mar 18; 384(11):989-1002.
21. Lu CW, Lee YC, Kuo CS, Chiang CH, Chang HH, **Huang, KC**. Association of Serum Levels of Zinc, Copper, and Iron with Risk of Metabolic Syndrome. *Nutrients*. 2021 Feb 13: 548 (2):3390. (**corresponding author**) (SCI)
22. Chang KV, Chen YC, Wu WT, Shen HJ, **Huang KC**, Chu HP, Han DS. Expression of telomeric repeat-containing RNA decreases in sarcopenia and increases after exercise and nutrition intervention. *Nutrients*. 2020 Dec 8;12(12):3766. (SCI)
23. Hsiao MY, Chang KV, Wu WT, **Huang KC**, Han DS. Grip strength and demographic variables estimate appendicular muscle mass better than bioelectrical impedance in Taiwanese older persons. *J Am Med Dir Assoc*. 2020 Sep 15:S1525-8610(20)30693-9.

(SCI)

24. Chen TP, Lai M, Lin WY, **Huang KC**, Yang KC. Metabolic profiles and fibrosis of nonalcoholic fatty liver disease in the elderly: A community-based study. *J Gastroenterol Hepatol*. 2020 Sep;35(9):1636-1643. (SCI)
25. Lee SY, Chao CT, Huang JW, **Huang KC**. Vascular Calcification as an underrecognized risk factor for frailty in 1783 community-dwelling elderly individuals. *J Am Heart Assoc*. 2020 Sep 15;9(18):e017308. (SCI)
26. Chao CT, Yeh HY, Han DS, Huang JW, **Huang KC**. Determinants of circulating microRNA-125b, a risk predictor of vascular calcification, among community-dwelling older adults. *Clin Transl Med*. 2020 Aug;10(4):e145. (**corresponding author**) (SCI)
27. Chao CT, Lee YH, Li CM, Han DS, Huang JW, **Huang KC**. Advanced age and chronic kidney disease modify the association between metabolic syndrome and frailty among community-dwelling elderly. *Rejuvenation Res*. 2020 Aug;23(4):333-340. (SCI)
28. Li CM, Chao CT, Chen SI, Han DS, **Huang KC**. Elevated red cell distribution width is independently associated with a higher frailty risk among 2,932 community-dwelling older adults. *Front Med (Lausanne)*. 2020 Aug 25;7:470. (SCI)
29. Yang KC, Liao YY, Chang KV, **Huang KC**, Han DS. The quantitative skeletal muscle ultrasonography in elderly with dynapenia but not sarcopenia using texture analysis. *Diagnostics (Basel)*. 2020 Jun 12;10(6):400. (SCI)
30. Lee YC, Lee YH, Lu CW, Cheng SY, Yang KC, **Huang KC**. Measles immunity gaps in an era of high vaccination coverage: A serology study from Taiwan. *Travel Med Infect Dis*. 2020 Jun 19:101804. (**corresponding author**) (SCI)
31. Chang KV, Wu WT, **Huang KC**, Han DS. Segmental body composition transitions in stroke patients: Trunks are different from extremities and strokes are as important as hemiparesis. *Clin Nutr*. 2020 Jun;39(6):1968-1973. (SCI)
32. Wang CY, Shih SR, **Huang KC**. Increasing risk of diabetes mellitus in postmenopausal women with newly diagnosed primary breast cancer. *J Diabetes Investig*. 2020 Mar; 11(2):490-8. (SCI)
33. Jan CF, Liu TH, Ho CH, Chien YC, Chang CJ, Guo FR, **Huang KC**. Doses of hepatitis B revaccination needed for the seronegative youths to be seropositive to antibody against hepatitis B surface antigen. *Fam Pract*. 2020 Feb 19; 37(1):30-5. (SCI)
34. Chang KV, Yang KC, Wu WT, **Huang KC**, Han DS. Association between metabolic syndrome and limb muscle quantity and quality in older adults: a pilot ultrasound study. *Diabetes Metab Syndr Obes*. 2019 Sep 11;12:1821-30. (SCI)
35. Chiang CH, Kuo CS, Lin WW, Su JH, Chen JD, **Huang KC**. Chronic viral hepatitis signifies the association of premixed insulin analogues with liver cancer risks: A nationwide population-based study. *Int J Environ Res Public Health*. 2019 Jun 13;16(12). (**corresponding author**) (SCI)
36. Chou JJ, Shih CS, Wang WD, **Huang KC**. IOT Sensing Networks for Gait Velocity

- Measurement. *Int. J. Appl. Math. Comput. Sci.* 2019 Jun;29(2): 245-9. (SCI)
37. Liao YY, Yeh CK, **Huang KC**, Tsui PH, Yang KC. Metabolic Characteristics of a Novel Ultrasound Quantitative Diagnostic Index for Nonalcoholic Fatty Liver Disease. *Sci Rep.* 2019 May 28;9(1):7922. (SCI)
  38. Lin IW, Chang HH, Lee YH, Wu YC, Lu CW, **Huang KC**. Blood sugar control among type 2 diabetic patients who travel abroad: A cross sectional study. *Medicine (Baltimore).* 2019 Mar;98(13):e14946. **(corresponding author)** (SCI)
  39. Chang KV, Chen JD, Wu WT, **Huang KC**, Han DS. Association of loss of muscle mass with mortality in liver cirrhosis without or before liver transplantation: A systematic review and meta-analysis. *Medicine (Baltimore).* 2019 Mar;98(9):e14373. (SCI)
  40. Lu CW, Lee YH, Pan YH, Chang HH, Wu YC, Sheng WH, **Huang KC**. Tuberculosis among migrant workers in Taiwan. *Global Health.* 2019 Feb 28;15(1):18. **(corresponding author)** (SCI)
  41. Lu CW, Chang HH, Yang KC, Chiang CH, Yao CA, **Huang KC**. Gender differences with dose-response relationship between serum selenium levels and metabolic syndrome-A case-control study. *Nutrients.* 2019 Feb 24;11(2). pii: E477. **(corresponding author)** (SCI)
  42. Lee YH, Lu CW, Huang CT, Chang HH, Yang KC, Kuo CS, Chang YK, Hsu CC, **Huang KC**. Impact of a home health care program for disabled patients in Taiwan: A nationwide population-based cohort study. *Medicine (Baltimore).* 2019 Feb;98(7):e14502. **(corresponding author)** (SCI)
  43. Chen LH, Huang SY, **Huang KC**, Hsu CC, Yang KC, Li LA, Chan CH, Huang HY. *Lactobacillus paracasei* PS23 decelerated age-related muscle loss by ensuring mitochondrial function in SAMP8 mice. *Aging (Albany NY).* 2019 Jan 29;11(2):756-770. (SCI)
  44. Cheng CY, Yang AJ, Ekambaranellore P, **Huang KC**, Lin WW. Anti-obesity action of INDUS810, a natural compound from *Trigonella foenum-graecum*: AMPK-dependent lipolysis effect in adipocytes. *Obes Res Clin Pract.* 2018 Nov - Dec;12(6):562-9. **(corresponding author)** (SCI)
  45. Chang KV, Chen JD, Wu WT, **Huang KC**, Lin HY, Han DS. Is sarcopenia associated with hepatic encephalopathy in liver cirrhosis? A systematic review and meta-analysis. *J Formos Med Assoc.* 2018 Sep 29. pii: S0929-6646(18)30243-2. (SCI)
  46. Lu CW, Chang YK, Lee YH, Kuo CS, Chang HH, Huang CT, Hsu CC, **Huang KC**. Increased risk for major depressive disorder in severely obese patients after bariatric surgery - a 12-year nationwide cohort study. *Ann Med.* 2018 Sep 7:1-8. **(corresponding author)** (SCI)
  47. Lu CW, Chang CJ, Yang YC, Lin WY, **Huang KC**. Multicentre, placebo-controlled trial of lorcaserin for weight management in Chinese population. *Obes Res Clin Pract.* 2018 Sep - Oct;12(5):465-471. **(corresponding author)** (SCI)

48. Yang KC, Hung HF, Chen MK, Chen LS, Fann JC, Chiu SY, Yen AF, **Huang KC**, Chen HH, Wang ST. Cost-Effectiveness analysis of universal influenza vaccination: Application of susceptible-infectious-complication-recovery model. *Int J Infect Dis*. 2018 Aug;73:102-108. (SCI)
49. Wang CY, Yu TY, Shih SR, **Huang KC**, Chang TC. Low total and free triiodothyronine levels are associated with insulin resistance in non-diabetic individuals. *Sci Rep*. 2018 Jul 16;8(1):10685 (SCI)
50. Lee YH, Lu CW, Wu PZ, Huang HL, Wu YC, **Huang KC**. Attitudes and awareness of medical assistance while traveling abroad. *Global Health*. 2018 Jul 11;14(1):67. **(corresponding author)** (SCI)
51. Chang KV, Wu WT, **Huang KC**, Jan WH, Han DS. Limb muscle quality and quantity in elderly adults with dynapenia but not sarcopenia: An ultrasound imaging study. *Exp Gerontol*. 2018 Jul 15;108:54-61. (SCI)
52. Chung YH, Chang HH, Lu CW, **Huang KC**, Guo FR. Addition of one session with a specialist counselor did not increase efficacy of a family physician-led smoking cessation program. *J Int Med Res*. 2018 Jan 1:300060518780151. (SCI)
53. Chang KV, Chen JD, Wu WT, **Huang KC**, Hsu CT, Han DS. Association between Loss of Skeletal Muscle Mass and Mortality and Tumor Recurrence in Hepatocellular Carcinoma: A Systematic Review and Meta-Analysis. *Liver Cancer*. 2018 Mar;7(1):90-103. (SCI)
54. Cheng SY, Li MC, Chia SL, **Huang KC**, Chiu TY, Chan DC, Chiu HM. Factors affecting compliance with confirmatory colonoscopy after a positive fecal immunochemical test in a national colorectal screening program. *Cancer*. 2018 Mar 1;124(5):907-915 (SCI)
55. Hsu SH, Huang HL, Lu CW, Cheng SY, Lee LT, Chiu TY, **Huang KC**. Tour leaders with detailed knowledge of travel-related diseases play a key role in disease prevention. *Medicine (Baltimore)*. 2018 Feb;97(6):e9806. **(corresponding author)** (SCI)

## 肥胖介入管理的長期療效新知

### Long-term results with obesity interventions: what do we know so far?

黃國晉

台大醫學院家庭醫學科教授兼新竹台大分院副院長

肥胖症已被視為如同高血壓或糖尿病等的一種慢性病，需要長期的控制與治療。但肥胖症不同的是，它是一種漸進性的疾病，通常無法迅速降低體重。此外，除了需要改變生活型態之外，包括飲食、運動與活動、壓力和睡眠等，有時候需要靠藥物(例如 Xenical, Contrave, Saxenda, Qsymia, Wegovy 等)、內視鏡減重(endoscopic bariatric procedure)、手術等方式，來達到長期控制體重的目標。另外，如果肥胖已經引起其他的健康問題，還要同時治療這些共病症，而治療同時更須考慮是否會進一步會導致體重的變化。經由適當的減重，即可減少罹患肥胖相關疾病之危險性或嚴重度，但若無追蹤控制，體重大多會回升，因此肥胖症必需接受專業人員長期的控制處理。