

CURRICULUM VITAE

PERSONAL

NAME(姓名，含英譯)

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PROFESSIONAL APPOINTMENT (現職，含英譯)

Aug 2013 – present Attending Physician
Division of Endocrinology and Metabolism,
Department of Internal Medicine,
National Cheng Kung University Hospital, Tainan, Taiwan

Feb 2021 – present Assistant Professor
Department of Medicine
College of Medicine, National Cheng Kung University, Tainan, Taiwan

EDUCATION(學歷)

Sep 1999-June 2006 Bachelor of Medicine (equivalent to M.D. in U.S.A.)
College of Medicine, National Cheng Kung University, Tainan, Taiwan

Sep 2013-Jan 2018 Master's degree. Gerontology
College of Medicine, National Cheng Kung University, Tainan, Taiwan

WORKING EXPERIENCE (經歷)

- Apr 2008-Jul 2011 Resident, Department of Internal Medicine
Department of Internal Medicine, National Cheng Kung University
Hospital, Tainan, Taiwan
- Aug 2011-Jul 2013 Fellow in Endocrinology, Diabetes and Metabolism
Division of Endocrinology and Metabolism, Department of Internal
Medicine, National Cheng Kung University Hospital, Tainan, Taiwan

MAJOR RESEARCH AREA(研究領域)

Continuous glucose monitoring, Telemedicine.

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

1. Lu JY, Ou HY, Wu CZ, Yang CY, Jiang JY, Lu CH, Jiang YD, Chang TJ, Chang YC, Hsieh ML, Wu WC, Li HY, **Du YF**, Lin CH, Hung HC, Tien KJ, Yeh NC, Lee SY, Yu HI, Chang LM. A randomized trial on the effect of transcutaneous electrical nerve stimulator on glycemic control in patients with type 2 diabetes. *Sci Rep* . 2023 Feb 15;13(1):2662.
2. Chou HW, Hung HC, Lin CH, Lin AC, **Du YF**, Cheng KP, Li CH, Chang CJ, Wu HT, Ou HY. The Serum Concentrations of Hedgehog-Interacting Protein, a Novel Biomarker, Were Decreased in Overweight or Obese Subjects. *J Clin Med*. 2021 Feb 12;10(4):742.
3. Chiu CJ, Yu YC, **Du YF**, Yang YC, Chen JY, Wong LP, Tanasugarn C. Comparing a Social and Communication App, Telephone Intervention, and Usual Care for Diabetes Self-Management: 3-Arm Quasiexperimental Evaluation Study. *JMIR Mhealth Uhealth*. 2020 Jun 2;8(6):e14024.
4. Huang RL, Li CH, **Du YF**, Cheng KP, Lin CH, Hu CY, Wu JS, Chang CJ, Wu HT, Ou HY. Discovery of a role of the novel hepatokine, hepassocin, in obesity. *Biofactors* . 2020 Jan;46(1):100-105.
5. Chiu CJ, Chou YH, Chen YJ, **Du YF**. Impact of New Technologies for Middle-Aged and Older Patients: In-Depth Interviews With Type 2 Diabetes Patients Using Continuous Glucose Monitoring. *JMIR Diabetes*. 2019 Feb 21;4(1):e10992.
6. Chiu CJ, **Du YF**. Longitudinal investigation of the reciprocal relationship between depressive symptoms and glycemic control: The moderation effects of sex and perceived support. *J Diabetes Investig*. *J Diabetes Investig*. 2019 May;10(3):801-808.
7. **Du YF**, Ou HT, Hung HC, Lee MC, Chiu CJ. Evaluation of glycemic control and self-efficacy among patients receiving continuous glucose monitoring with immediate counseling feedback compared with delayed counseling feedback. [Abstract]. In: Proceedings of the 39th Annual Meeting of the Endocrinology Society and the Diabetes Association of the R.O.C. (Taiwan) Mar 10-11, 2018.

探索糖尿病的新趨勢：醫學營養治療的優勢與挑戰 Medical Nutrition Therapy, the Advantages and Challenges

杜業豐

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在現在人飲食愈趨精緻化的年代，第 2 型糖尿病的盛行率也是逐漸升高，均衡營養、吃得健康不僅僅是第 2 型糖尿病人的挑戰，也是一般人的挑戰。

飲食型態除了要能改善血糖，也要顧及病人的個別需要及喜好，並維持足夠的營養素品質、總熱量及代謝目標，不是件容易的事情。我們常建議病人從減少高度精緻的碳水化合物做起，避免含糖飲料的攝取，並增加膳食纖維的攝取。但是要改變一個人長年的飲食習慣，是個極大的挑戰。

市面上的糖尿病專用配方，與一般均衡配方相比，減少了碳水化合物的份量、使用難消化麥芽糊精、添加黃豆纖維，增加單元不飽和脂肪酸的份量，可以延緩營養素的消化與吸收，並促進 GLP-1 的分泌，達到穩定血糖的效果。在進行糖尿病人的飲食計畫時，也值得納入規畫之中，用以取代部分正餐。