

# CURRICULUM VITAE

## PERSONAL



### NAME(姓名，含英譯)

郭俸志 (Feng-Chih Kuo)

### PROFESSIONAL APPOINTMENT (現職，含英譯)

三軍總醫院代謝症候群防治中心主任

Chief, Metabolic Syndrome Prevention & Care Center, Tri-Service General Hospital

### EDUCATION(學歷)

2014-2018 Medical Sciences, University of Oxford, UK Ph.D.

1999-2006 National Defense Medical Center, Taipei, Taiwan M.D.

### WORKING EXPERIENCE (經歷)

2020 till now Department of Medicine, National Defense Medical Center, Taipei, Taiwan  
Assistant Professor

2018 till now Division of Endocrinology and Metabolism, Tri-Service General Hospital,  
Taipei, Taiwan Attending physician

### MAJOR RESEARCH AREA(研究領域)

- 1 Adipocyte biology
- 2 Obesity and fat distribution
- 3 Genetics and epigenetics

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

1 Sun YC, Shen PH, Wang CC, Liu, HY, Lu CH, Su SC, Liu JS, Li PF, Huang CL, Ho LJ, Hung YJ, Lee CH, **Kuo FC\***. DFATs derived from infrapatellar fat pad hold advantage on chondrogenesis and adipogenesis to evade age mediated influence. Journal of Orthopaedic Translation. 2023 Sep.42:113-126 (IF:6.600, Q1 (3/86) ORTHOPEDICS)

2 **Feng-Chih Kuo\***, Yu-Ting Wang, Chia-Hsin Liu, Yao-Feng Li, Chieh-Hua Lu, Sheng-Chiang Su, Jih-Syuan Liu, Peng-Fei Li, Chia-Luen Huang, Li-Ju Ho, Chien-Ming Lin, Chien-Hsing Lee. LncRNA HOTAIR impairs the prognosis of papillary thyroid cancer via

regulating cellular malignancy and epigenetically suppressing DLX1. *Cancer Cell International*. 2022 Dec 9;22(1):396. (IF:6.435, Q2 (63/245) ONCOLOGY)

3 **Feng-Chih Kuo**, Matt J Neville, Rugivan Sabaratnam, Agata Wesolowska-Andersen, Daniel Phillips, Laura B L Wittemans, Andrea D van Dam, Nellie Y Loh, Marijana Todorčević, Nathan Denton, Katherine A Kentistou, Peter K Joshi, Constantinos Christodoulides, Claudia Langenberg, Philippe Collas, Fredrik Karpe\*, Katherine E Pinnick\* HOTAIR interacts with PRC2 complex regulating the regional preadipocyte transcriptome and human fat distribution. *Cell Reports*. 2022 Jul 26;40(4):111136 (IF:9.995, Q1 (33/195) CELL BIOLOGY)

4 **Feng-Chih Kuo**\*, Yu-Chun Huang, Ming-Ren Yen, Chien-Hsing Lee, Kuo-Feng Hsu, Hsiang-Yu Yang, Li-Wei Wu, Chieh-Hua Lu, Yu-Juei Hsu, Pao-Yang Chen\*. Aberrant overexpression of HOTAIR inhibits abdominal adipogenesis through remodelling of genome-wide DNA methylation and transcription. *Molecular Metabolism*, 2022 Jun; 60:101473. (IF: 8.568, Q1 (17/146) ENDOCRINOLOGY & METABOLISM).

5 **Feng-Chih Kuo**, Chia-Ter Chao, Shih-Hua Lin\*. The Dynamics and Plasticity of Epigenetics in Diabetic Kidney Disease: Therapeutic Applications Vis-à-Vis. *International Journal of Molecular Science*. 2022 Jan, 23(2), 843. (IF: 6.208, Q1(69/296) BIOCHEMISTRY & MOLECULAR BIOLOGY).

## 逆轉糖胖症-如何從心所欲不逾矩?

### Overcome diabetes-how to fine tune your desires within bounds?

郭偉志

三軍總醫院新陳代謝科醫師

糖尿病與肥胖時很常見的共病症，兩者會共同加重併發症的產生(如腎病變，心血管疾病等)，均會增加病人失能與死亡的風險。目前的研究發現，長期肥胖狀態下，容易造成脂肪組織功能不良，進一步形成異位性脂肪沉積於肝臟造成脂肪肝，於是使得「胰島素阻抗」增加，進而導致糖尿病，相反地，糖尿病患者在使用胰島素狀態下，也會使得脂肪組織堆積而增加肥胖的風險！當身體面對2種有害因子的影響下，會讓血糖不易控制，而血脂及血壓異常的風險也升高，進而使得罹患心血管疾病或腎臟病變的機率大幅增加，因此糖胖症患者，除了血糖穩定控制之外，更需將減重列為優先治療目標，才能逆轉此惡性循環，從而減少相關心腎系統等器官病變的產生。原則上 BMI  $\geq 27$  的族群，建議至少必須要先降至  $24 \leq \text{BMI} < 27$ ，再慢慢控制回標準體重 (BMI < 24)。

不管是肥胖症或是糖尿病患者，都必須給予飲食衛教作為基本，進一步養成良好運動習慣，才能達到長期穩定的血糖及體重控制，另外若已達重度肥胖情況時，就可能顯著影響到日常生活能力，如走路會喘、產生睡眠呼吸中止症、或膝蓋負擔過重產生退化性關節炎等，這樣的高風險族群除了生活型態的介入治療外，就會建議儘早使用輔助藥物或接受減重手術，以避免越胖越無法運動，進一步造成血糖難以穩定控制。

因此本課程中將嘗試從基本觀念中著手，協助糖胖症患者透過養成每天量測體重的習慣，配合總熱量控制、搭配飲食指南及每天適當運動 20~30 分鐘，一週至少 3~5 天，進一步加上醫師囑咐的藥物治療，期能達到健康的體適能狀態並維持有效且長期穩定的血糖及體重控制。