

Tai-Shuan Lai



Current Job:

- Attending Physician (Nephrology), Department of Internal Medicine, National Taiwan University Hospital.

Specialty:

- Internal Medicine
- Nephrology

Education:

- PhD, Institute of Epidemiology and Preventive Medicine, National Taiwan University.
- MPH, Harvard T.H. Chan School of Public Health.
- MD, School of Medicine, Taipei Medical University.

Experience:

- Clinical Assistant Professor, College of Medicine, National Taiwan University.
- Attending Physician, Department of Internal Medicine, National Taiwan University Hospital Bei-Hu Branch.
- Attending Physician, Department of Nephrology, National Taiwan University Hospital, Yun-Lin Branch
- Researcher, Division of Nephrology, National Taiwan University Hospital.

- Taiwan is one of the countries with the highest incidence of end-stage renal disease in the world. Chronic kidney disease represents a global health burden, huge medical costs and poor outcomes. As the saying goes, "prevention is better than cure." I recommend that healthy eating and exercise habits are good for the

kidneys: intake of adequate water, low salt and low protein diets, and aerobic exercise. In addition, the initial stages of chronic kidney disease are often asymptomatic. Regular health checks will help determine early kidney dysfunction. Please contact your doctor for more information.

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