

## Yung-Hsuan Chen



### • Current position:

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

### • Specialty:

- Pulmonology and critical care
- Sleep medicine

### • Education:

- MD, School of Medicine, China Medical University.

### • Career and certification:

- Attending Physician, Department of Internal Medicine, National Taiwan University Hospital Yun-Lin Branch.
- Pulmonary Fellowship, Department of Internal Medicine, NTUH

## Reminder from Dr. Chen:

Sleep medicine is a growing field in the past two decades. Obstructive sleep apnea (OSA) is one of the most well-known diseases by the general public. Studies have found that OSA is one of the common comorbidities of chronic diseases such as asthma, chronic obstructive pulmonary disease, hypertension, or diabetes, and is also closely related to the management of these diseases. If you are bothered by long-term snoring with excessive daytime sleepiness, fatigue, nocturia, or \ headaches or dry mouth after waking up, it is recommended to seek help with a sleep specialist.