

## Jen-Fang Cheng



### • Current position:

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

### • Specialty:

- Internal medicine
- Interventional cardiology
- General cardiology

- Hospital medicine

## • Education:

- PhD program, Department of Computer Science and Information Engineering, National Taiwan University.
- MPH, Graduate institute of Clinical Medicine, National Taiwan University.
- MD, School of Medicine, National Yang-Ming University.

## • Career and certification:

- Attending Physician, Department of Internal Medicine, Ministry of Health and Welfare Pingtung Hospital.
- Cardiology Researcher, Division of Cardiology, National Taiwan University Hospital.

## •Reminder from Dr. Cheng:

Cardiovascular diseases have remained the leading cause of death at the global level for the last 20 years and people have highly concerned about these diseases in recent years. Economic growth makes lifestyle change. More and more people have the so-called "lifestyle diseases". Diabetes, smoking, high cholesterol, high blood pressure, and obesity, are the major risk factors for heart disease. As the saying goes, "Prevention is better than cure". I recommend a healthy diet with low-sodium and low-fat and a good exercise habit to promote your heart health. If you experience chest tightness, shortness of breath, palpitation or syncope, see a doctor for further planning. Don't leave

it alone!

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