

Shu-mei Yang



• Current position:

- Attending Physician, Department of Physical Medicine and Rehabilitation, National Taiwan University Hospital.

• Specialty:

- Neurorehabilitation
- Cardiopulmonary Rehabilitation
- Musculoskeletal Diseases
- Ultrasound-Guided Injections

- Swallowing Disorders

•Education:

- Ph.D. Candidate, Department of Biomedical Engineering, National Taiwan University.
- M.D., School of Medicine, College of Medicine, National Taiwan University.

•Career and certification:

- Lecturer, Department of Physical Medicine and Rehabilitation, College of Medicine, National Taiwan University.
- Attending Physician, Department of Physical Medicine and Rehabilitation, National Taiwan University Hospital Hsin-chu Branch
- Chief Resident, Department of Physical Medicine and Rehabilitation, National Taiwan University Hospital
- Resident Physician, Department of Physical

Medicine and Rehabilitation, National Taiwan University Hospital

• **Reminder from Dr. Yang:**

Cardiopulmonary rehabilitation is crucial for improving heart and lung function, enhancing physical strength, and improving quality of life. Patients with heart disease or chronic respiratory conditions should actively participate in a cardiopulmonary rehabilitation program. Cardiopulmonary rehabilitation includes not only appropriate exercise training but also healthy eating, lifestyle adjustments, and psychological support. Patients are advised to start with low-intensity exercises, gradually increasing intensity under the guidance of a professional rehabilitation team.

Regular cardiopulmonary function assessments should be performed to understand one's condition and adjust the rehabilitation plan accordingly. In daily life, maintaining moderate physical activity, such as walking or cycling, can help improve cardiopulmonary function. However, it is important to exercise within one's limits and avoid overexertion.

Dietary recommendations include choosing low-salt, low-fat foods, consuming more fruits and vegetables, and maintaining a healthy weight. Additionally, quitting smoking and avoiding exposure to secondhand smoke are essential for protecting heart and lung health. Regularly monitoring your health status and closely cooperating with the rehabilitation team to develop the most suitable

rehabilitation plan will help you achieve optimal rehabilitation outcomes with your efforts and the support of your healthcare team!

NTUHF