

I-Weng Yen



• Current position:

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

• Specialty:

- Diabetes
- Gestational Diabetes
- Thyroid Disorders
- Other Metabolic Diseases

• Education:

- MS, School of Medicine, Graduate Institute of Clinical Medicine, National Taiwan University, College of Medicine
- MD, School of Medicine, College of Medicine, National Taiwan University.

• **Career and certification:**

- Attending Physician, Department of Internal Medicine, National Taiwan University Hospital Hsin-Chu Branch
- Chief Resident, Department of Internal Medicine, National Taiwan University Hospital
- Resident, Department of Internal Medicine, National Taiwan University Hospital

• **Reminder from Dr. Yen:**

The prevalence of diabetes in Taiwan continues to rise, making it a major public health concern.

Proper blood sugar management is essential to reduce the risk of complications. In its early stages, diabetes often presents no obvious symptoms, but prolonged high blood sugar levels can damage blood vessels and organs, leading to cardiovascular disease, kidney disease, vision impairment, and nerve damage. Prevention is always better than treatment. Maintaining a healthy lifestyle with a balanced diet, avoiding excessive sugar and fat intake, engaging in regular physical activity, and maintaining a consistent daily routine can help stabilize blood sugar levels. Individuals with a family history of diabetes or other risk factors should undergo regular blood sugar monitoring. For those diagnosed with diabetes, it is crucial to follow medical advice, take prescribed medications as directed, and monitor blood sugar levels regularly.