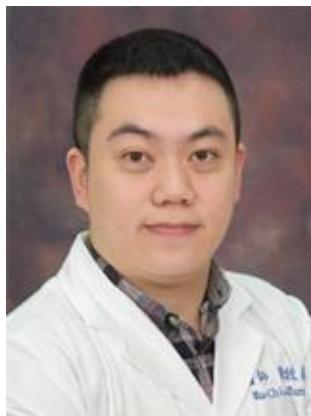


## Mu-Chiao Tung



### • Current position:

- Attending Physician, Department of Urology,  
National Taiwan University Hospital.

### • Specialty:

- Complicated urolithiasis
- Prostate disease and obstructive uropathy
- Endoscopic and laparoscopic surgery
- Renal transplantation

### • Education:

- MD, School of Medicine, National Yang-Ming University

## • **Career and certification:**

- Attending Physician, Department of Urology, E-Da Hospital.

## • **Reminder from Dr. Tung:**

Maintain good hydration by drinking at least 2,000c.c. of water a day to promote kidney health and urine output. Pay attention to bladder health by avoiding holding urine for too long; regular urination helps prevent urinary tract infections. Additionally, limit the intake of high salt, high sugar, and spicy foods, as these can irritate the bladder. If you experience symptoms like painful urination, frequent urination, or blood in the urine, seek medical attention promptly for proper

diagnosis and treatment. Healthy lifestyle habits and regular check-ups are key to maintaining urinary system health!

