

Min-Tsun Liao



• Current position:

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

• Specialty:

- Internal Medicine
- Cardiology

• Education:

- PhD, Institute of Epidemiology and Preventive Medicine, National Taiwan University.

- MD, School of Medicine, National Taiwan University.

• **Career and certification:**

- Assistant Professor, Ministry of Education
- Clinical Assistant Professor, College of Medicine, National Taiwan University
- Director of Cardiology, National Taiwan University Hospital, Hsin-Chu Branch
- Director of Cardiac Catheterization Room, National Taiwan University Hospital, Hsin-Chu Branch

• **Reminder from Dr. Liao:**

The incidence of cardiovascular disease is steadily increasing in Taiwan, and arrhythmia is a common yet often overlooked condition. It is important to take good care of your heart and avoid putting excessive stress on it. In the early stages, arrhythmias often cause no obvious symptoms—sometimes just occasional

palpitations or chest discomfort—earning them the nickname “silent threat.” By the time symptoms appear, damage may already have occurred.

Prevention is better than cure: maintain regular sleep habits, manage stress, follow a balanced diet, and exercise moderately. Avoid excessive caffeine or stimulants. If you have chronic conditions like hypertension or diabetes, be sure to keep them well-controlled. If you’ ve been diagnosed with an arrhythmia, work closely with your cardiologist to develop an appropriate treatment plan—never stop medications on your own or trust unproven remedies!