

## Hsun-Yi Fu



### • Current position:

- Attending Physician, Department of Surgery, National Taiwan University Hospital

### • Specialty:

- Heart failure
- Critical care

### • Education:

- MD, School of Medicine, College of Medicine, National Taiwan University

## • **Career and certification:**

- Attending Physician, Department of Surgery, National Taiwan University Hospital Hsin-Chu Branch

## • **Reminder from Dr. Fu:**

As a cardiovascular surgeon, I witness firsthand the importance of heart health every day. While advanced surgeries and life-saving interventions are available, prevention remains the most powerful tool we have. I want to remind you that many heart diseases are preventable—and the choices you make today can have a lasting impact on your future.

Please take these key points to heart:

- Know your numbers: Regularly check your blood pressure, cholesterol, and blood sugar

levels. Silent conditions can do damage long before symptoms appear.

- **Stay active:** Just 30 minutes of moderate exercise most days of the week can strengthen your heart and reduce your risk of disease.
- **Eat mindfully:** A diet rich in vegetables, fruits, whole grains, and lean proteins—while low in salt, sugar, and processed foods—can protect your arteries and support your overall health.
- **Don't smoke:** If you do, seek help to quit. Smoking is one of the most dangerous risk factors for heart disease and stroke.
- **Manage stress:** Chronic stress takes a toll on your cardiovascular system. Make time to rest, recharge, and care for your mental well-being.

If you have a family history of heart disease or other risk factors, don't delay seeing your doctor. Early detection and lifestyle changes can make all the

difference. Your heart deserves care—not just in the operating room, but in your everyday life. Take care and stay heart-healthy.

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