

## Chiu-Hao Hsu



### • Current position:

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

### • Specialty:

- Cerebrovascular disease
- Minimally-invasive spine surgery
- Endoscopic spine surgery
- General neurosurgery

### • Education:

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

## • **Career and certification:**

- Clinical Lecturer, College of Medicine, National Taiwan University.
- Attending Physician, Department of Surgery, National Taiwan University Hospital Hsin-Chu Branch.

## • **Reminder from Dr. Hsu:**

Many of the conditions treated in neurosurgery—particularly those related to cerebrovascular or spinal issues—can be prevented from worsening, and may even be cured, if detected early and managed properly. For cerebrovascular diseases such as stroke

and aneurysms, it is recommended to start with controlling the three major risk factors: hypertension, diabetes, and dyslipidemia. Adopting a healthier diet and developing regular exercise habits are also crucial. If you experience sudden headaches, weakness in the limbs, blurred vision, or difficulty speaking, please seek medical attention immediately. Spinal health also begins with daily habits. Avoid improper postures, heavy lifting with poor technique, or prolonged sitting and standing. Maintaining correct posture and regular exercise is key to spinal care. If surgery becomes necessary, minimally invasive spinal surgery has seen significant advancements in recent years. Using small incisions and precise navigation, it effectively addresses conditions such as herniated discs and spondylolisthesis, helping to reduce postoperative pain and recovery time. However, every patient's

condition is different. If you have any questions about your illness or treatment options, you are always welcome to visit our clinic for further discussion.

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