

學術發表會議之名稱與論文

1. Chang, W.C.W., Hsu, M.C., Hung, S.H., Lin, Y.C., Kan, H.L., Tung, C.W., Chen, T.T. (Apr, 26~28, 2024) Hair testing reveals doping histories in sports: an in vivo-in silico-clinical investigation. Sabah International Conventional Center, Kota Kinabalu, Sabah, Malaysia.
2. Kuo, Y.W., Hsu, M.C., Chen, C.C. Chang, W.C.W., Lin, Y.C. (Apr, 26~28, 2024) Taiwanese physicians' prescribing habits and anti-doping knowledge on glucocorticoids in sports. 18th Asian Federation of Sports Medicine Congress. Sabah International Conventional Center, Kota Kinabalu, Sabah, Malaysia. (優秀論文獎)
3. 林益安、許美智 (May, 2022) 調查國內市售中藥材與中藥濃縮製劑中含有運動禁藥去甲烏藥鹼之情形。臺灣身體活動與運動科學學會暨 2022 大墩體育運動聯合學術研討會
4. Chen, A., Lin, Y.A., Chiang, W.Y., Kuo, M.T., **Hsu, M.C.** (Dec, 2021) Potential risk of beta-blocker ophthalmic solution misuses in sports. Dec.4-5, Taipei, Taiwan (2021 年中華民國眼科醫學會第 62 次年度學術研討會).
5. Hsu, S.C., Wang, Y.C., Chen, M.Y., Chan, K.H., **Hsu, M.C.** (June, 2021) Effects of 6-week of betaine supplementation and compound training on exercise performance. 68th Annual Meeting of the American College of Sports Medicine. June 1-5, Orlando, Florida, USA. *Medicine & Science in Sports & Exercise*, 53 (5), S479.
6. Wu, Y.T. , Chang, C.W., Yen, C.C., **Hsu, M.C.** (Sep.,2020) Potential risk assessment of anti-doping rule violations caused by taking Chinese medicinal products in athletes: two cases studied by HPLC-MS/MS. 17th Annual Conference of the Taiwan Society for Mass Spectrometry (2020 年第十七屆台灣質譜學會年會).
7. Chang, C.W, **Hsu, M.C**, Wu, Y.T. (2019, Jul). Chinese herbal decoction (Danggui Buxue Tang) supplementation augments physical performance and facilitates physiological adaptations in swimming rats. 24th Annual Congress of the European College of Sport Science. Prague, Czech Republic.
8. Chang, C.W., **Hsu, M.C.** (July, 2018). Protective effects of *Angelica sinensis* on strenuous exercise-induced sports anemia. 2nd Asian Nutrition Society for Sports and Health (ANSSH). Thailand, Pattaya.
9. Chang, C.W., Chen, C.Y., Yen, C.C., Wu, Y.T., **Hsu, M.C.** (July, 2018). Repressed Exercise-induced Hepcidin Levels after Danggui

Buxue Tang Supplementation in Male Recreational Runners. 23rd Annual Congress of the European College of Sport Science. Dublin, Ireland

10. 顏清棋、張值維、吳育澤、許美智(2017.12.14) 白藜蘆醇自奈米乳化傳遞系統:提升實驗大鼠口服生體可用率及降低疲勞之效果,2017年台灣運動科技發展協會第七屆運動科技應用論文競賽—佳作,台中。
11. 張值維、廖彥婷、顏清棋、吳育澤、許美智(2017.12.03)滴雞精之抗疲勞功能評估試驗,2017 體育運動學術團體聯合年會暨學術研討會,中正大學,嘉義。
12. Chang, C.W., Hu, S.Y., Huang, G.Q., **Hsu, M.C.** (July, 2017). Ephedra alkaloids content in Chinese Herbal formulas sold in Taiwan. 22nd Annual Congress of the European College of Sport Science. Essen, Germany
13. 林姝妃、錢桂玉、許美智 (2016.12.03) 市售含 DHEA 保健食品之探討, 2016 體育運動學術團體聯合年會暨學術研討會, 宜蘭。
14. **Hsu, M.C.** (Sep. 2016) Anti-fatigue Health Foods in Taiwan, The 1st Conference of Asian Nutrition Society for Sports and Health. & The 6th Beijing International Forum on Sports Nutrition. September 11-15. Beijing, China.
15. Chang, C.W., Chen, Y.M., Hsu, Y.J., Huang, C.C., Wu, Y.T., **Hsu, M.C.** (July 2016). Protective Effects of a Traditional Chinese Medicine, *Angelica sinensis*, on Strenuous Exercise induced Sports Anemia in Rats. 21st Annual Congress of the European College of Sport Science. Vienna, Austria.
16. 張值維、吳育澤、許美智(2016.3.27) An analytical survey of cannaboids composition from hemp products from Taiwan markets using chemometric method, 國際中醫藥學術論壇第 86 屆國醫節 (Traditional Chinese Medicine International Forum), 高雄市, 台灣。壁報論文競賽仲景金牌獎
17. 許淑淨、甘乃文、徐藝洳、黃啟彰、許美智 (2015.10.25) 補充鹿茸對肌力型運動員運動表現之影響,2015 亞洲運動營養年會會前會暨國際運動科學產業學術論壇, 台北。
18. 吳雅婷、黃啟彰、許美智(2015.10.25)含 QH 成分產品之抗疲勞功能試驗, 2015 亞洲運動營養年會會前會暨國際運動科學產業學術論壇, 台北。

19. 徐藝洳、童鈺棠、黃文經、陳奕鳴、黃啟彰、許美智 (2015.10.25) Beneficial effects of Cocoa, coffee, green tea, and garcinia complex supplement on diet induced obesity in rats. 2015 亞洲運動營養年會會前會暨國際運動科學產業學術論壇，台北。
20. 蔡孟庭、張值維、蔡東榮、吳育澤、許美智(2015.10.25) Quality analysis of five tea catechins in the nutritional supplement by high-performance supplement by high-performance liquid chromatography liquid chromatography. 2015 亞洲運動營養年會會前會暨國際運動科學產業學術論壇，台北。
21. Che-Li Lin, Wen-Chyuan Chen, Wen-Ching Huang, Nai-Wen Kan, Chi-Chang Huang, **Mei-Chich Hsu** (2015.10.25) Effect of Cornu Cervi Pantotrichum supplementation on an intensive endurance training in mice. 2015 亞洲運動營養年會會前會暨國際運動科學產業學術論壇，台北。
22. Chih-Wei Chang, Tzu-Zung Haung, Wen-Hsin Chang, Yu-Tse Wu, **Mei-Chich Hsu** (2015.10.25) Acute mangosteen juice supplementation does not improve physical fatigue during exercise: a randomized, double-blind, placebo-controlled, crossover trial. 2015 亞洲運動營養年會會前會暨國際運動科學產業學術論壇，台北。(Oral Presentation)
23. Chia-Lun Lee, Ching-Feng Cheng, Wei-Chieh Hsu, **Mei-Chich Hsu** (2015.07.08) Carbohydrate mouth rinsing and caffeine ingestion after meal does not influence 40-km cycle time trial in cycling athletes. 2015 National Strength & Conditioning Association. July 8-11, Orlando, Florida, USA.
24. **Mei-Chich Hsu**, Chia-Lun Lee, Ta-Wei Liu (2015.07.08) Effect of two weeks of high-intensity interval training on triathlon-specific performance and physiologic responses in adolescent triathletes. 2015 National Strength & Conditioning Association. July 8-11, Orlando, Florida, USA.
25. Ting-Ting Chen, Yi-Chun Tseng, Yu-Tse Wu, Guo-Ping Chang-Chien, Su-Fan Lin, **Mei-Chich Hsu** (2015.06.26) Elimination of Triamcinolone in Urine following oral administration of Triamcinolone. 20th Annual Congress of European College of Sports Science, June 24-27, Malmo, Sweden.
26. Chang, C.W., Huang, C.C., Hsu, Y.J., Huang, W.C., Chen, Y.M., **Hsu, M.C.** * (May 2015). Effects of Cocoa, Coffee, Green Tea, and Garcinia Complex Supplement on Lipid Profile in Hamsters. 12th Asian Congress of Nutrition. Yokohama, Japan.

27. **Mei-Chich Hsu*** (May 16, 2015) Effects of Astragalus membranaceus supplementation in exercise capacity. 12th Asian Congress of Nutrition. May 14-18, Yokohama, Japan. ([Invited speaker](#))

28. Chiu YS, Chen YM, Chuang HL, Liao CC, Huang CC*, and **Hsu MC*** (2014.07) Epimedium Brevicornum Supplementation Improves Exercise Performance and Exhibits Anti-Fatigue Action in Mice. 1st Asia-Pacific Conference on Coaching Science (AACS). Hokkaido University, Sapporo, Japan, July 11-13. ([Oral Presentation](#))

29. Chen WC, Huang WC, Huang CC*, and **Hsu MC*** (2014.07) Cuscuta chinensis Lam. Supplementation Improves Exercise Performance and Ameliorate Muscular Injury after Exercise. 1st Asia-Pacific Conference on Coaching Science (AACS). Hokkaido University, Sapporo, Japan, July 11-13.

30. **Mei-Chich Hsu***, Li-Chin Lin (2014.07.13) Cytoprotective effects of American Ginseng in a human submaximal exercise-induced muscle damage and rat ethanol gastric ulcer model. 1st Asia Pacific Conference on Coaching Science. July 11 –13, Sapporo, Japan.

31. Ting-Ting Chen, Guo-Ping Chang-Chien, **Mei-Chich Hsu**. (2014.05.29) Effects of raloxifene on gonadal hormones and urinary testosterone/epitestosterone ratio. 61th Annual Meeting of the American College of Sports Medicine. May 27 –May 31, Orlando, Florida, USA. *Medicine & Science in Sports & Exercise*, 46 (5), S479.

32. Yi-An Lin, Szu-Tah Chen, Chi-Chang Huang, **Mei-Chich Hsu** (2014.05.30) Effects of epimedium extracts on myoblast proliferation, myotube hypertrophy, and exercise performance in mice. 61th Annual Meeting of the American College of Sports Medicine. May 27 –May 31, Orlando, Florida, USA. *Medicine & Science in Sports & Exercise*, 46 (5), S729. (NSC 101-2410-H-037-016-MY3)

33. Chih-Wei Chang, Yi-Chun Tseng, Tai-Yuan Huang, Guo-Ping Chang-Chien, Su-Fan Lin, **Mei-Chich Hsu** (2014.05.29) Local injection of single-dose triamcinolone acetonide caused doping positive result. 61th Annual Meeting of the American College of Sports Medicine. May 27 –May 31, Orlando, Florida, USA. *Medicine & Science in Sports & Exercise*, 46 (5), S478.

34. Yu-Hua Tseng, Jung-Chu Liu, Chih-Wei Chang, Guo-Ping Chang-Chien, **Mei-Chich Hsu**, Fu-An Chen (2014.05.29) Investigation of geranium products containing doping methylhexylamine. 61th Annual Meeting of the American

College of Sports Medicine. May 27 –May 31, Orlando, Florida, USA.
Medicine & Science in Sports & Exercise, 46 (5), S480.

35. Ching-Hung Lin, Chi-Chang Huang, Chen-Chung Liao, **Mei-Chich Hsu** (2014.05.31) Differential serum proteome and physical activities of non-frail and frail older adults. 61th Annual Meeting of the American College of Sports Medicine. May 27 –May 31, Orlando, Florida, USA. Medicine & Science in Sports & Exercise, 46 (5), S900.
36. Tzu-Shao Yeh, Jen-Fang Liu, **Mei-Chich Hsu***, Suh-Chin Yang (2014.05.30) Astragalus Membranaceus induced myotube hypertrophy via the PI3K/Akt/mTOR pathway. 61th Annual Meeting of the American College of Sports Medicine. May 27 –May 31, Orlando, Florida, USA. Medicine & Science in Sports & Exercise, 46 (5), S736. (NSC 99-2410-H-179-006-MY2)
37. 賴筱雯、黃文經、陳凌熔、黃啟彰*、**許美智*** (2013)。補充巴戟天合併運動訓練對於提升運動表現之影響。2013 體育運動學術團體聯合年會暨學術研討會，12 月 8 日，桃園。
38. 曾紫羚、邱健昭、陳凌熔、賴筱雯、**許美智***、黃啟彰* (2013)。補充淫羊藿合併運動訓練對於提升運動表現之影響。2013 體育運動學術團體聯合年會暨學術研討會，12 月 8 日，桃園。
39. 陳凌熔、陳奕鳴、賴筱雯、黃啟彰*、**許美智*** (2013)。補充鹿茸合併運動訓練對於提升運動表現之影響。2013 體育運動學術團體聯合年會暨學術研討會，12 月 8 日，桃園。
40. 蘇韋霖、邱健昭、賴筱雯、陳凌熔、**許美智***、黃啟彰* (2013)。補充菟絲子合併運動訓練對於提升運動表現之影響。2013 體育運動學術團體聯合年會暨學術研討會，12 月 8 日，桃園。
41. 紀怡如、**許美智**、許政成、黃啟彰*(2013)。補充白藜蘆醇對於田徑中長跑選手高強度間歇運動後血乳酸與血糖變化之影響。2013 年兩岸運動訓練科學研討會，11 月 23-24，長榮大學，台南。
42. 鄭秀幸，吳睿兒，**許美智***，黃啟彰* (2013.06.08) 巴戟天之抗疲勞功效評估，2013 年運動教練科學學術研討會，林口國立體育大學。(Poster)
43. 溫淑苓，羅英琪，黃啟彰*，**許美智***(2013.06.08) 菟絲子之抗疲勞功效評估，2013 年運動教練科學學術研討會，林口國立體育大學。(Poster)

44. 巢慧玲，蔡依娟，黃啟彰*，許美智*(2013.06.08) 鹿茸之抗疲勞功效評估，2013年運動教練科學學術研討會，林口國立體育大學。(Poster)([優秀學術海報獎](#))
45. 陳易男，陳姵妤，許美智*，黃啟彰*(2013.06.08) 淫羊藿之抗疲勞功效評估，2013年運動教練科學學術研討會，林口國立體育大學。(Poster)
46. Tzu-Shao Yeh, **Mei-Chich Hsu**, Jen-Fang Liu (2013.05.31) Astragalus membranaceus supplement increased the concentration of IGF-1 for damaging muscle in human. 60th Annual Meeting of the American College of Sports Medicine. May 28 –June 1, Indianapolis, Indiana, USA. *Medicine & Science in Sports & Exercise*, 45 (5), S472.
47. Yi-Chun Tseng, Ting-Ting Chen, Tai-Yuan Huang, Guo-Ping Chang-Chien, Su-Fan Lin, **Mei-Chich Hsu** (2013.05.31) The usage of triamcinolone for tendon injection in athletes. 60th Annual Meeting of the American College of Sports Medicine. May 28 –June 1, Indianapolis, Indiana, USA. *Medicine & Science in Sports & Exercise*, 45 (5), S471.
48. 林勁宏，錢桂玉，陳麗華，黃啟煌，許美智 (2013.05.18-19) 探討高齡衰弱症者肌力與血液合成性荷爾蒙之關聯性，2013年國際身體活動與運動科學研討會，臺中市中興大學。(Poster)
49. 林勁宏，黃啟彰，廖辰中，游文杉，許美智 (2013.05.18-19) 高齡衰弱症者血清中蛋白質變化之探討，2013年國際身體活動與運動科學研討會，臺中市中興大學。(Poster)
50. 曾怡鈞，黃泰元，許美智*(2012.12)，服用 statin 類藥物高血脂患者之運動策略，2012 體育運動學術團體聯合年會暨學術研討會，國立臺灣師範大學。(Poster)([優秀論文獎](#))
51. 陳亭亭，張簡國平，林淑芬，許美智*(2012.06)，以 LC-MS/MS 分析尿液中同化性與腎上腺糖皮質類固醇，2012年國際運動教練科學研討會，國立體育大學。(Poster)
52. **Mei-Chich Hsu**, Kuei-Yu Chien, Chia-Hua Kuo, Chi-Chang Huan, Ku-Fu Hsu (2012.06.09) Effects of swimming on metformin levels and insulin sensitivity in insulin resistant rats. 10th World Congress of the International Society of Adaptive Medicine. Intercontinental Hotel, Bucharest, Romania, June 7-10, 2012. p. 137. ([Keynote speaker](#))

53. Chi-Chang Huang*, Wen-Ching Huang, **Mei-Chich Hsu**, Shao-Wen Hung, Chia-Chung Hou (2012.06.09) Potassium oxonate-induced proteinuria and acute renal. The 10th World Congress of the International Society for Adaptive Medicine. Intercontinental Hotel, Bucharest, Romania, June 7-10, 2012. p.163.
54. Shyi-Wu Wang, Shu-Lin Lee, Kenny Wen-Chyuan Chen, **Mei-Chich Hsu**, Mao-Kuan Su (2012.06.09) Effect of passive repetitive isokinetic training on plasma interleukin Il-6 and Il-15. The 10th World Congress of the International Society for Adaptive Medicine. Intercontinental Hotel, Bucharest, Romania, June 7-10, 2012, p.125.
55. Ching-Hung Lin, Li-Yuan Tsao, Chu-Chun Fang, **Mei-Chich Hsu**. (2012.05.31). Effects of impaired glucose metabolism-induced inflammation on the joint function in current and retired athletes. *Medicine and Science in Sports and Exercise*, 44(5), S416.
56. Tzu-Shao Yeh, Jen-Fang Liu, Mei-Chich Hsu (2012.05.30) Involvement of PI3K/Akt/mTOR pathway in *Angelica sinensis* induced myotube hypertrophy. 59th Annual Meeting of the American College of Sports Medicine. May 29 –June 1, San Francisco, California, USA. *Medicine & Science in Sports & Exercise*, 44 (5), S184.
57. Jou-Chi Tang, **Mei-Chich Hsu**, Chi-Chang Huang (2012.05.31) Protective effects of melanoxin extract supplementation on acute exhaustive exercise-induced oxidative damage in liver. 59th Annual Meeting of the American College of Sports Medicine. May 29 –June 1, San Francisco, California, USA. *Medicine & Science in Sports & Exercise*, 44 (5), S100.
58. Wen-Hsin Chang, Yi-Ting Pan, **Mei-Chich Hsu**, Shene-Pin Hu, Jen-Fang Liu (2012.06.01) Effect of post-exercise dietary intervention on the markers of energy metabolism and lipid synthesis. 59th Annual Meeting of the American College of Sports Medicine. May 29 –June 1, San Francisco, California, USA. *Medicine & Science in Sports & Exercise*, 44 (5), S623.
59. Nai-Wen Kan, Kuei-Yu Chien, **Mei-Chich Hsu**, Yung-Hua Lin, Yea-Lih Lin (2012.05.30) The change of muscle blood flow and oxy-hemoglobin saturation after different exercise intensity in water. 59th Annual Meeting of the American College of Sports Medicine. May 29 –June 1, San Francisco, California, USA. *Medicine & Science in Sports & Exercise*, 44 (5), S247.
60. Hung-Min Tseng, Chung-Hsiang Yang, Kui-Yu Chien, **Mei-Chich Hsu**, (2012.05.30) American ginseng and swimming combined effect on glucose

tolerance in fructose-fed rats. 59th Annual Meeting of the American College of Sports Medicine. May 29 –June 1, San Francisco, California, USA. *Medicine & Science in Sports & Exercise*, 44 (5), S179.

61. Sun JC, Wen KC, Huang CY, Huang CC, and **Hsu MC** (2011.11) Protective effects of *Ixora parviflora* extract against exhaustive exercise-induced tissue damage in mice. International Conference on Food Factors 2011 (ICoFF 2011), Taipei, Taiwan, Nov. 20-23.
62. 林益安，許美智 (2011.12.18) 從血液中第一型胰島素生長因子及其結合蛋白的變化探討運動對癌症發展之影響，臺灣運動教育協會主辦，體育運動學術團體聯合年會暨學術研討會，臺北市國立臺灣師範大學。(Poster)
63. 楊惠茹，許美智 (2011.12.18) 運動禁藥-蛋白酵素，臺灣運動教育協會主辦，體育運動學術團體聯合年會暨學術研討會，臺北市國立臺灣師範大學。(Poster)
64. 葉姿劭，陳亭亭，劉珍芳，許美智 (2011.12.18) Effect of Danggui extract on viability and proliferation of C2C12 Cell. 臺灣運動教育協會主辦，體育運動學術團體聯合年會暨學術研討會，臺北市國立臺灣師範大學。(Poster)
65. 葉姿劭，羅欣怡，陳亭亭，張文心，劉珍芳，許美智 (2011.12.18) Akt phosphorylation induced by *Angelica sinensis* extract. 中華民國肥胖研究學會主辦，第8屆第二次年會暨學術研討會。臺北市臺北醫學大學。(Poster)
66. 葉姿劭，張文心，羅欣怡，劉珍芳，許美智 (2011.11.11) *Angelica sinensis* extract promotes C2C12 myotubes hypertrophy (當歸萃取促進C1C2肌小管肥大)，2011年運動健康促進管理學術研討會。國立臺中教育大學，臺中。(Oral)
67. 蘇美心，許美智，黃啟彰 (2011.11.11) TLR2 基因於運動表現所扮演之角色，2011年運動健康促進管理學術研討會。國立臺中教育大學，臺中。
68. 甘乃文，錢桂玉，林永華，許美智，林雅麗，李淑玲 (7月16-17日, 2011) 不同節拍水中跑步動作對女性生理及血液生化值的影響。第十屆華人國際運動生理及體能學者學會年會暨學術研討會。正修科技大學，高雄市。
69. Man-Chen Hsu, Kuo-Hui Wang, Ya-Wen Hung, Ryn-Nan Pan, Kuei-Hui Chan, **Mei-Chieh Hsu**. (Jan. 20-23, 2011) Elimination of ephedrine in urine following administration of a Yuehpi-chiachu-tang preparation. ICHPER.SD Asia congress, No.1-09. Taipei, Taiwan.

70. Ching-Hung Lin, **Mei-Chich Hsu**, Yi-Hung Liao, Mei-Chih Chen, Li-Yen Tsao, Chiu-Chou Chen, Chia-Hua Kuo (2011) Interactive effects of exercise and insulin on glycogen storage in different muscle groups. 58th Annual Meeting of the American College of Sports Medicine. May 31 -June 4, Denver, Colorado, USA. *Medicine & Science in Sports & Exercise*, 43 (5), S199.
71. Ting-Ting Chen, Li-Yen Tsao, Sharon Hsu, **Mei-Chich Hsu** (2011) Effects of chicken essence with Ginseng Extracts supplementation on physiological fatigue and metabolic response after exhaustive exercise. 58th Annual Meeting of the American College of Sports Medicine. May 31 -June 4, Denver, Colorado, USA. *Medicine & Science in Sports & Exercise*, 43 (5), S296.
72. Tzu-Hsiang Hung, Yi-An Lin, Ku-Fu Hsu, Ching-Yi Lu, **Mei-Chich Hsu** (2011) Effects of chrysin supplementation on blood and urinary testosterone levels in human. 58th Annual Meeting of the American College of Sports Medicine. May 31 -June 4, Denver, Colorado, USA. *Medicine & Science in Sports & Exercise*, 43 (5), S589. (NSC 97-2410-H-179-002 and NSC 98-2410-H-179-008)
73. Chung-Chen Huang, **Mei-Chich Hsu**, Kuei-Yu Chien (2011) Comparison of ultrasonic and skinfold caliper measurements on subcutaneous adipose tissue thickness. 58th Annual Meeting of the American College of Sports Medicine. May 31 -June 4, Denver, Colorado, USA. *Medicine & Science in Sports & Exercise*, 43 (5), S302. (NSC-98-2401-H-424-002)
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