

20260720 快速減重恐致臉部老化 醫師籲兼顧營養與臉部支撐重建
總計 44.篇新聞媒體刊載報導，歡迎轉傳，謝謝！

製表人:管理部/湯智斌

- 1.20260721 自由時報/健康醫療/B6 全國版
- 2.20260721 台中日報
- 3.20260720 大里人聊天室
- 4.20260720 霧峰人俱樂部
- 5.自由健康網（即時新聞）：<https://health.ltn.com.tw/article/breakingnews/5511384>
- 6.自由健康網：<https://health.ltn.com.tw/article/paper/1763418>
- 7.HOT 熱訊生活新聞網：<https://hotmessage.co/archives/201539>
- 8.鴨鴨新聞：<https://yayanews.com.tw/24778/>
- 9.台灣好新聞：
<https://www.taiwanhot.net/news/focus/1142443/%E5%BF%AB%E9%80%9F%E6%B8%9B%E9%87%8D%E6%81%90%E8%87%B4%E8%87%89%E9%83%A8%E8%80%81%E5%8C%96+%E9%86%AB%E5%B8%AB%E7%B1%B2%E5%85%BC%E9%A1%A7%E7%87%9F%E9%A4%8A%E8%88%87%E8%87%89%E9%83%A8%E6%94%AF%E6%92%90%E9%87%8D%E5%BB%BA/55/%E5%81%A5%E5%BA%B7>
- 10.台灣電報：<https://enn.tw/755136/>
- 11.華人健康網：<https://www.top1health.com/Article/101/98366>
- 12.優活健康網：<https://www.uho.com.tw/article-69989.html>
- 13.台中日報：<https://tc-news.shop2000.com.tw/news/485460>
- 14.元丰傳媒：<https://yuanfengmedia.tw/detail.php?type=lastest&id=58538>
- 15.創新聞：<https://pronews.tw/2026/07/20/291686/>
- 16.商傳媒：
<https://sunmedia.tw/news/collaborative/68i9wkYqDvhsda5Yh6cJORHROuSkAqfsUDHLptIMfmiD a1BIeGHv5vULmkoHe>
- 17.真晨報電子網：<https://5550555.com/web/story.html?s=340843>
- 18.中廣新聞網：<https://bccnews.com.tw/archives/805416>
- 19.好醫師新聞網：https://www.5678news.com/news_details.php?n=202607210811383203
- 20.台灣時報：
<https://www.taiwantimes.com.tw/app-container/app-content/new/new-content-detail?blogId=blog-fe8e8c0a-31a2-4bfa-8149-672ceab020b7¤tCategory=4>
- 21.Yahoo!新聞/自由時報：
<https://tw.news.yahoo.com/4%E6%97%AC%E5%A5%B3%E6%89%93%E6%B8%9B%E9%87%8D%E9%87%9D%E9%9B%99%E9%A0%B0%E5%87%B9%E9%99%B7%E8%80%81%E6%85%8B%E7%8F%BE-%E9%86%AB-%E9%80%99%E6%A8%A3%E5%81%9A-%E8%AE%93%E5%A5%B9%E6%89%BE%E5%9B%9E%E8%87%AA%E4%BF%A1-071822391.html>

22. Yahoo!新聞/中廣新聞網:

<https://tw.news.yahoo.com/%E6%96%BD%E6%89%93%E6%B8%9B%E9%87%8D%E9%87%9D3%E5%80%8B%E6%9C%88%E7%94%A9%E8%82%8912%E5%85%AC%E6%96%A4-45%E6%AD%B2%E5%A5%B3%E7%98%A6%E9%81%8E%E9%A0%AD%E8%87%89%E5%9E%AE%E6%80%A5%E6%B1%82%E9%86%AB-013754536.html>

23. Yahoo!新聞/華人健康網:

<https://tw.news.yahoo.com/%E5%BF%AB%E9%80%9F%E6%B8%9B%E9%87%8D%E6%81%90%E8%87%B4%E8%87%89%E9%83%A8%E9%AC%86%E5%9E%AE%E8%80%81%E5%8C%96-%E9%86%AB%E7%B1%B2-%E6%90%B6%E6%95%91%E8%84%82%E8%82%AA%E5%B1%A4%E6%B5%81%E5%A4%B1%E9%9D%A0%E7%87%9F%E9%A4%8A%E8%88%87%E8%87%89%E9%83%A8%E6%94%AF%E6%92%90%E9%87%8D%E5%BB%BA-035443857.html>

24. Yahoo!新聞/優活健康網:

<https://tw.news.yahoo.com/%E6%89%93%E7%98%A6%E7%98%A6%E9%87%9D%E6%9C%83%E5%B0%8E%E8%87%B4%E8%87%89%E9%A0%B0%E5%87%B9%E9%99%B7-%E9%86%AB%E6%9B%9D-%E9%97%9C%E9%8D%B5%E5%8E%9F%E5%9B%A0-%E5%A4%9A%E5%90%83%E8%94%AC%E6%9E%9C-%E8%9B%8B%E7%99%BD%E8%B3%AA%E8%A3%9C%E6%95%91-010000265.html>

25. Yahoo!新聞/台灣時報:

<https://tw.news.yahoo.com/%E5%BF%AB%E9%80%9F%E6%B8%9B%E9%87%8D%E8%87%B4%E8%87%89%E9%83%A8%E9%AC%86%E5%BC%9B%E5%87%B9%E9%99%B7-%E8%86%A0%E5%8E%9F%E8%9B%8B%E7%99%BD%E5%A2%9E%E7%94%9F%E5%8A%91%E6%90%AD%E7%8E%BB%E5%B0%BF%E9%85%B8%E6%B3%A8%E5%B0%84%E6%94%B9%E5%96%84-093021461.html>

26. Yahoo!新聞/好醫師新聞網:

<https://tw.news.yahoo.com/%E4%B8%89%E5%80%8B%E6%9C%88%E6%B8%9B12%E5%85%AC%E6%96%A4%E7%AB%9F%E6%9C%89%E5%89%AF%E4%BD%9C%E7%94%A8-%E8%87%89%E7%9A%AE%E9%AC%86%E5%BC%9B-%E5%87%B9%E9%99%B7%E6%95%91%E5%8A%A9%E7%9A%AE%E8%86%9A%E7%A7%91-001714692.html>

27. PChome 新聞/創新聞:

<https://news.pchome.com.tw/healthcare/pronews/20260720/index-78454052242836353012.html>

28. PChome 新聞/優活健康網:

<https://news.pchome.com.tw/healthcare/uho/20260721/index-17845956009775259012.html>

29. PChome 新聞/華人健康網:

<https://news.pchome.com.tw/healthcare/top1health/20260721/index-17846060839411768012.html>

30. yam 新聞/鴨鵝新聞: <https://n.yam.com/Article/20260720622642>

31. yam 新聞/華人健康網: <https://n.yam.com/Article/20260721400277>

32. yam 新聞/創新聞: <https://n.yam.com/Article/20260720372190>

33. yam 新聞/優活健康網: <https://n.yam.com/Article/20260721521012>

34. owl 新聞/好醫師新聞網: <https://news.owlting.com/articles/1419896>

35.owl 新聞/創新聞: <https://news.owlting.com/articles/1419460>

36.LIFE 生活網/優活健康網:

<https://life.tw/article/%E6%89%93%E7%98%A6%E7%98%A6%E9%87%9D%E6%9C%83%E5%B0%8E%E8%87%B4%E8%87%89%E9%A0%B0%E5%87%B9%E9%99%B7-%E9%86%AB%E6%9B%9D-%E9%97%9C%E9%8D%B5%E5%8E%9F%E5%9B%A0-%E5%A4%9A%E5%90%83%E8%94%AC%E6%9E%9C-%E8%9B%8B%E7%99%BD%E8%B3%AA%E8%A3%9C%E6%95%91-3096764>

37.LIFE 生活網/台灣好新聞:

<https://life.tw/article/%E5%BF%AB%E9%80%9F%E6%B8%9B%E9%87%8D%E6%81%90%E8%87%B4%E8%87%89%E9%83%A8%E8%80%81%E5%8C%96-%E9%86%AB%E5%B8%AB%E7%B1%B2%E5%85%BC%E9%A1%A7%E7%87%9F%E9%A4%8A%E8%88%87%E8%87%89%E9%83%A8%E6%94%AF%E6%92%90%E9%87%8D%E5%BB%BA-3095476>

38.LINE TODAY 新聞/中廣新聞網: <https://today.line.me/tw/v3/article/1D1D61M>

39.善思新聞網/台灣好新聞:

<https://tdn.today/posts/753663/%e5%bf%ab%e9%80%9f%e6%b8%9b%e9%87%8d%e6%81%90%e8%87%b4%e8%87%89%e9%83%a8%e8%80%81%e5%8c%96%e3%80%80%e9%86%ab%e5%b8%ab%e7%b1%b2%e5%85%bc%e9%a1%a7%e7%87%9f%e9%a4%8a%e8%88%87%e8%87%89%e9%83%a8%e6%94%af/>

40.MSN 新聞/中廣新聞網:

<https://www.msn.com/zh-tw/health/%E9%AB%94%E9%87%8D%E6%B8%9B%E8%BC%95/%E6%96%BD%E6%89%93%E6%B8%9B%E9%87%8D%E9%87%9D3%E5%80%8B%E6%9C%88%E7%94%A9%E8%82%8912%E5%85%AC%E6%96%A4-45%E6%AD%B2%E5%A5%B3%E7%98%A6%E9%81%8E%E9%A0%AD%E8%87%89%E5%9E%AE%E6%80%A5%E6%B1%82%E9%86%AB/ar-AA28gofy?ocid=BingNewsVerp>

41.仁愛長庚合作聯盟醫院官網: <https://www.jah.org.tw/>

42.仁愛長庚合作聯盟醫院 FB: <https://www.facebook.com/jahfans/>

43.仁愛長庚合作聯盟醫院 IG: <https://www.instagram.com/jchhospital/>

44.仁愛長庚合作聯盟醫院 Threads: <https://www.threads.net/@jchhospital>