

20250623 尿失禁不用怕！ 肌緊椅為 5 旬上班族找回自信與健康
總計 47 篇新聞媒體刊載報導，歡迎轉傳，謝謝！

製表人:管理部/湯智斌

- 1.20250624 自由時報/健康醫療/B8 全國版
- 2.20250624 台灣新生報/長青保健/11 全國版
- 3.20250624 民時新聞報/中部新聞/2
- 4.自由健康網（即時新聞）：<https://health.ltn.com.tw/article/breakingnews/5083532>
- 5.自由健康網：<https://health.ltn.com.tw/article/paper/1713050>
- 6.聯合新聞網：<https://udn.com/news/story/7266/8825379>
- 7.台灣好新聞：
<https://www.taiwanhot.net/news/focus/1106063/%E5%B0%BF%E5%A4%B1%E7%A6%81%E4%B8%8D%E7%94%A8%E6%80%95%EF%BC%81+%E8%82%8C%E7%B7%8A%E6%A4%85%E7%82%BA5%E6%97%AC%E4%B8%8A%E7%8F%AD%E6%97%8F%E6%89%BE%E5%9B%9E%E8%87%AA%E4%BF%A1%E8%88%87%E5%81%A5%E5%BA%B7/55/%E5%81%A5%E5%BA%B7%E9%A0%BB%E9%81%93>
- 8.中廣新聞網：<https://bccnews.com.tw/archives/692149>
- 9.元丰傳媒：<https://www.yuanfengmedia.tw/detail.php?type=lastest&id=43264>
- 10.觀傳媒：<https://www.watchmedia01.com/archives/416157>
- 11.台灣新生報：<https://www.tssdnews.com.tw/?FID=12&CID=812417>
- 12.互傳媒：<https://hoomedia.com.tw/2025/06/23/73864/>
- 13.HOT 熱訊生活新聞網：<https://hotmessage.co/archives/178565>
- 14.民時新聞網：
<https://macrocosm.tw/%e3%80%8c%e8%82%8c%e7%b7%8a%e6%a4%85%e3%80%8d%e6%b2%bb%e5%b0%bf%e5%a4%b1%e7%a6%81-%e5%a5%b3%e6%80%a7%e5%85%8d%e5%9b%b0%e6%93%be/>
- 15.台灣導報：<https://taiwanreports.com/archives/921795>
- 16.優活搶先報：<https://www.facebook.com/share/p/15X4f3FmRu/>
- 17.TVBS 新聞網：<https://news.tvbs.com.tw/life/2910774>
- 18.優活健康網：<https://www.uho.com.tw/article-66954.html>
- 19.台灣時報：
<https://www.taiwantimes.com.tw/app-container/app-content/new/new-content-detail?blogId=blog-94d7293c-f270-4d67-b8ce-3efd6f003b27¤tCategory=4>
- 20.華人健康網：<https://www.top1health.com/article/96569>

21.yahoo!新聞/自由時報:

<https://tw.news.yahoo.com/%E5%B0%BF%E5%A4%B1%E7%A6%81%E4%B8%8D%E7%94%A8%E6%80%95-%E8%82%8C%E7%B7%8A%E6%A4%85%E7%82%BA5%E6%97%AC%E4%B8%8A%E7%8F%AD%E6%97%8F%E6%89%BE%E5%9B%9E%E8%87%AA%E4%BF%A1%E8%88%87%E5%81%A5%E5%BA%B7-025308057.html>

22.ahoo!新聞/中廣新聞網:

<https://tw.news.yahoo.com/%E6%89%93%E4%BA%86%E5%99%B4%E5%9A%8F%E5%B0%B1%E6%BC%8F%E5%B0%BF-%E8%82%8C%E7%B7%8A%E6%A4%85%E6%94%B9%E5%96%84%E5%B0%BF%E5%A4%B1%E7%A6%81%E5%9B%B0%E6%93%BE-5%E6%97%AC%E4%B8%8A%E7%8F%AD%E6%97%8F%E6%89%BE%E5%9B%9E%E8%87%AA%E4%BF%A1%E5%81%A5%E5%BA%B7-024321401.html>

23.Yahoo!新聞/互傳媒:

<https://tw.news.yahoo.com/%E5%B0%BF%E5%A4%B1%E7%A6%81%E4%B8%8D%E7%94%A8%E6%80%95-%E8%82%8C%E7%B7%8A%E6%A4%85%E7%82%BA5%E6%97%AC%E4%B8%8A%E7%8F%AD%E6%97%8F%E6%89%BE%E5%9B%9E%E8%87%AA%E4%BF%A1%E8%88%87%E5%81%A5%E5%BA%B7-004954255.html>

24.Yahoo!新聞/台灣好新聞:

<https://tw.news.yahoo.com/%E5%B0%BF%E5%A4%B1%E7%A6%81%E4%B8%8D%E7%94%A8%E6%80%95-%E8%82%8C%E7%B7%8A%E6%A4%85%E7%82%BA5%E6%97%AC%E4%B8%8A%E7%8F%AD%E6%97%8F%E6%89%BE%E5%9B%9E%E8%87%AA%E4%BF%A1%E8%88%87%E5%81%A5%E5%BA%B7-025308057.html>

25.Yahoo!新聞/台灣新生報:

26.Yahoo!新聞/觀傳媒:

https://tw.news.yahoo.com/%E5%B0%BF%E5%A4%B1%E7%A6%81%E4%B8%8D%E7%94%A8%E6%80%95-%E8%82%8C%E7%B7%8A%E6%A4%85%E7%82%BA5%E6%97%AC%E4%B8%8A%E7%8F%AD%E6%97%8F%E6%89%BE%E5%9B%9E%E5%81%A5%E5%BA%B7-%E4%BA%AB%E5%8F%97%E6%97%85%E9%81%8A%E6%99%82%E5%85%89-105622269.html?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce_referrer_sig=AQAAAGo2skgft0VHPDr1I6VkiuWK40zRuysdEE8S3JXtYKwJBSDcntGteXew83eQPTVCudANCv1FGqt-i0fqXT3xs0fJNBfroDGHHjAF7cBENdlKE3T_Gl0C4ST7_2-mSUrG49jdhnIt0rdM8eO1UYNqBfQoPXxiiGTJx7XLmkNgAtOr

27.Yahoo!運動/台灣好新聞:

<https://tw.sports.yahoo.com/news/%E5%B0%BF%E5%A4%B1%E7%A6%81%E4%B8%8D%E7%94%A8%E6%80%95-%E8%82%8C%E7%B7%8A%E6%A4%85%E7%82%BA5%E6%97%AC%E4%B8%8A%E7%8F%AD%E6%97%8F%E6%89%BE%E5%9B%9E%E8%87%AA%E4%BF%A1%E8%88%87%E5%81%A5%E5%BA%B7-025308057.html>

28.Yahoo!運動/台灣新生報:

<https://tw.sports.yahoo.com/news/%E8%82%8C%E7%B7%8A%E6%A4%85%E7%A3%81%E5%A0%B4%E5%88%BA%E6%BF%80%E6%B2%BB%E7%99%82-%E5%8A%A9%E6%94%B9%E5%96%84%E5%B0%BF%E5%A4%B1%E7%A6%81-124027300.html>

29.Yahoo!新聞/台灣時報:

<https://tw.news.yahoo.com/%E4%BA%94%E6%97%AC%E5%A9%A6%E5%B0%BF%E5%A4%B1%E7%A6%81-%E8%82%8C%E7%B7%8A%E6%A4%85%E6%B2%BB%E7%99%82%E6%94%B9%E5%96%84-103440587.html>

30.PChome 新聞/台灣好新聞:

<https://news.pchome.com.tw/healthcare/taiwanhot/20250623/index-75064718851865221012.html>

31.PChome 新聞/互傳媒:

<https://news.pchome.com.tw/healthcare/hoomedia/20250623/index-75063979430785344012.html>

32.PChome 新聞/優活健康網:

<https://news.pchome.com.tw/healthcare/uho/20250624/index-17507484001522859012.html>

33.LIFE 生活網/台灣好新聞: <https://life.tw/?app=view&no=2750059>

34.LIFE 生活網/中廣新聞網: <https://life.tw/?app=view&no=2750040>

35.LIFE 生活網/觀傳媒: <https://life.tw/?app=view&no=2750604>

36.LIFE 生活網/優活健康網: <https://life.tw/?app=view&no=2751518>

37.MSN 新聞/中廣新聞網:

<https://www.msn.com/zh-tw/news/other/%E6%89%93%E4%BA%86%E5%99%B4%E5%9A%8F%E5%B0%B1%E6%BC%8F%E5%B0%BF-%E8%82%8C%E7%B7%8A%E6%A4%85%E6%94%B9%E5%96%84%E5%B0%BF%E5%A4%B1%E7%A6%81%E5%9B%B0%E6%93%BE-5%E6%97%AC%E4%B8%8A%E7%8F%AD%E6%97%8F%E6%89%BE%E5%9B%9E%E8%87%AA%E4%BF%A1%E5%81%A5%E5%BA%B7/ar-AA1HdsHx>

38.owl 新聞/台灣好新聞: <https://news.owlting.com/articles/1052551>

39.善思新聞網/台灣好新聞:

<https://tdn.today/posts/612924/%E5%B0%BF%E5%A4%B1%E7%A6%81%E4%B8%8D%E7%94%A8%E6%80%95%Ef%bc%81%E3%80%80%E8%82%8C%E7%B7%8A%E6%A4%85%E7%82%BA5%E6%97%ac%E4%B8%8A%E7%8F%ad%E6%97%8F%E6%89%be%E5%9B%9E%E8%87%aa%E4%bf%A1%E8%88%87%E5%81%A5/>

40.享新聞/觀傳媒: <https://i-news.com.tw/2025/06/212122/>

41.獨家報導/觀傳媒:

https://www.scooptw.com/local_news/375106/%E5%B0%BF%E5%A4%B1%E7%A6%81%E4%B8%8D%E7%94%A8%E6%80%95%E3%80%80%E8%82%8C%E7%B7%8A%E6%A4%85%E7%82%BA5%E6%97%ac%E4%B8%8A%E7%8F%ad%E6%97%8F%E6%89%be%E5%9B%9E%E5%81%A5%E5%BA%B7%E3%80%81%E4%BA%ab%E5%8F%97/

42.LINE TODAY 新聞/觀傳媒: <https://today.line.me/tw/v2/article/BElkW66>

43.台灣廣播公司台中電台 FB:

https://www.facebook.com/permalink.php?story_fbid=pfbid02vih8SCXavniw5tGw3FgTU6gT39GdzDnv5Nbv8s9v7mb3Rp3cAVMCNs6j2qtYkgGxl&id=100064047155206

44.仁愛醫院官網: <https://www.jah.org.tw/news/index-1.asp?m=9&m1=7&m2=71&id=3420>

45 仁愛醫院 FB: <https://www.facebook.com/jahfans/>

46.仁愛醫院 IG: <https://www.instagram.com/jchhospital/>

47.仁愛醫院 Threads: <https://www.threads.net/@jchhospital>