

The Art of Longevity

在斷崖來臨之前，
先為自己佈局。

你不缺健康資訊，缺的是一套為自己設計的系統。《孫子兵法》說「謀定而後動」：最好的治療策略，就是在還沒生病之前就先做好佈局。我以西方實證醫學 × 東方順勢智慧，依你的健康 *portfolio* 設計最省力的介入，讓你從容、有尊嚴地為後半場做主。

「不道聽途說，不削足適履；找到自己的支點，就能不靠意志力，順勢撬動改變。」

01 我是誰

高齡醫學專科醫師 鄭丁靚 Dr. TingTang

- **MRCP UK** 英國皇家內科醫學院院士 · **MBBCh** 英國威爾斯卡地夫大學醫學士
- 前臺北榮民總醫院 高齡醫學中心主治醫師 · 2022 年度最佳臨床教師
- 《挺健康》YouTube 頻道主持人 · 電視節目常駐專家

20+

年臨床經驗

461 萬+

影片播放

8 萬+

頻道訂閱

100+

場演講

02 推薦演講題目

企業演講 60-90 分鐘 · 提供客製化內容

- 機先一著 善用新科技，提前 10 年預知失智風險
- 天人合一 了解大腦節律，讓身體重新學會睡覺
- 大道至簡 長壽巨浪下的保命原則

合作形式 企業講座 · 主管培訓 · 品牌健康代言 · 節目來賓

演講邀約 · 商業合作 48 小時內回覆

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CHIEF LONGEVITY
STRATEGIST · 長壽策略長

叮噹醫師
Dr. TingTang

The Art of Longevity

Getting ahead of disease — not chasing it.

Twenty years at the bedside taught me one thing: most people meet their health too late. That's beginning to change — people want to **get ahead of disease now, not chase it later**. That shift is why I do this: to put clear, evidence-based medicine in people's hands **before the cliff, not after**.

01 WHY PARTNER WITH ME

- **Cleared for your boardroom.** MRCP-UK board certification and a top-hospital pedigree your HQ and legal team recognise on sight.
- **Trusted by your market.** A health voice millions of Chinese-speaking viewers follow by choice — credibility no media budget can buy.
- **East and West, in one voice.** A native command of the cultural frame and fluent English — your science resonates with the market and stays accurate for HQ.

02 CREDENTIALS & REACH

- **MRCP UK** — Royal College of Physicians (UK) · **MBBCh**, Cardiff University, Wales
- **Former Attending Physician, Geriatrics** — Taipei Veterans General Hospital, a leading medical centre in Taiwan
- **Host of “Team Health Sci 挺健康” on YouTube** · returning TV medical expert

20+

YEARS
CLINICAL

4.6M+

VIDEO VIEWS

80K+

SUBSCRIBERS

100+

TALKS GIVEN

03 SIGNATURE TALKS

- **Secrets of Sleep.** Why you can't switch off — and the three signals that get the body sleeping again.
- **The Future of Dementia.** The new blood tests that flag risk years before symptoms.
- **Occam's Razor for Longevity.** The few things that actually move the needle, minus the noise.

KEYNOTE · BRAND PARTNERSHIP

reply within 48 hours

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CHIEF LONGEVITY
STRATEGIST

**Dr.
TingTang**

鄭丁靚醫師 · MRCP UK