

近五年代表著作

1. Chang YC, Chan YC, Chen YC, Huang CY, **Sue-Joan Chang***. Oligo fucoidan alleviates sarcopenia via attenuating muscle mass loss and function decline in senescence-accelerated mouse prone 8 mice. *Experimental Gerontology*. 2026, Available online 31 October 2025, 112954.
<https://doi.org/10.1016/j.exger.2025.112954>. SCIE/ 2024 IF=4.3 / GERIATRICS & GERONTOLOGY Q1 15/73)
2. Yun-Ching Chang, Hung-Wen Liu, Tsung-Jen Hsieh, **Sue-Joan Chang***. The effects of Oligo-Fucoidan on muscle function in community-dwelling older adults: A double-blind, randomized, placebo-controlled trial. *Archives of Gerontology and Geriatrics* 2026, [Volume 140](#), January 2026, 106055.
<https://doi.org/10.1016/j.archger.2025.106055> (SCI, IF=3.8)
3. **Sue-Joan Chang ***, Yung-Chia Chen , Yun-Ching Chang , Chung-Che Cheng and Yin-Ching Chan. ETAS®, a Standardized Extract of *Asparagus officinalis* Stem, Alleviates Sarcopenia via Regulating Protein Turnover and Mitochondrial Quality. *Pharmaceuticals* **2025**, 18, 1243
<https://doi.org/10.3390/ph18091243> (SCI, IF= 4.9)
4. Yu-Chi Chen, Hung-Yu Lin, **Sue-Joan Chang**, Ching-Yu Huang and Yun-Ching Chang*. Oligonol, an oligomerized polyphenol from *Lichi chinese* extract, enhances cisplatin sensitivity and inhibits invasion in bladder cancer cells by the TNF- α /NF- κ B/Snail pathway. *CyTA-Journal of Food*,23:1, 2461658. <https://doi.org/10.1080/19476337.2025.2461658> (SCI, IF= 2.7)
5. Yun-Ching Chang,Yu-Yan Lan , Hung-Yu Lin,Cheng Liu and **Sue-Joan Chang***.
Low-molecular-weight polyphenol promotes cell sensitivity to cisplatin and alleviates cancer-related muscle atrophy via NF- κ B suppression in oral squamous cell carcinoma. *J Oral Biosciences* 67(2025)100595.
<https://doi.org/10.1016/j.job.2024.100595> (SCI, IF= 2.83)
6. Yun-Ching Chang, Yu-Chi Chen, Yin-Ching Chan, Cheng Liu and **Sue-Joan Chang***. Oligonol®, an Oligomerized Polyphenol from *Litchi Chinensis*,

Enhances Branched-Chain Amino Acid Transportation and Catabolism to Alleviate Sarcopenia. J. Mol. Sci. **2024**, 25, 11549.

<https://doi.org/10.3390/ijms252111549> (SCI, IF= 5.6, Q1 in “Biochemistry & Molecular Biology”)

7. Yung-Chia Chen, Yin-Ching Chan, Yun-Ching Chang, Hung-Wen Liu, Chung-Che Cheng and **Sue-Joan Chang***. Mitigation of high-fat diet-induced sarcopenia by *Toona sinensis* fruit extracts via autophagic flux and mitochondrial quality control. Food Science and Biotechnology. 2024 June 9. <https://doi.org/10.1007/s10068-024-01610-3> (SCI, IF= 3.2, Q1 in “food science and technology”)
8. Hung-Wen Liu and **Sue-Joan Chang***. Effects of Green Tea–Derived Natural Products on Resistance Exercise Training in Sarcopenia: A Retrospective Narrative Mini-Review. J Food Drug Anal. **2023**. August 31; 31(3) : 381-386 (SCI, IF= 6.157 in 2022-2023)
9. Shui-Yuan Feng , Shu-Jing Wu , Yun-Ching Chang , Lean-Teik Ng and **Sue-Joan Chang*** .Stimulation of GLUT4 Glucose Uptake by Anthocyanin-Rich Extract from Black Rice (*Oryza sativa* L.) via PI3K/Akt and AMPK/p38 MAPK Signaling in C2C12 Cells.Metabolites.**2022**, 12(9),856; doi:10.3390/metabo12090856.
10. Li-Ning Peng*, Ming-Hsien Lin , Huei-Fang Lee, Chia-Chia Hsu, **Sue-Joan Chang**, Liang-Kung Chen. Clinical efficacy of Oligonol® supplementation on metabolism and muscle health in middle-aged and older adults: A double-blinded randomized controlled trial. Arch Gerontol Geriatr. **2022**. Jul 31; 103:104784.doi: 10.1016/j.archger.2022.104784 (SCI, IF= 4.163)
11. **Sue-Joan Chang ***, Yin-Ching Chan, Hung-Wen Liu, Yun-Chin Chang and Shu-Jing Wu. Diet and health: functions and molecular mechanism. Proceeding of Canada –Taiwan bilateral conference on nutrition, health benefit and innovative processing of whole grains and pulses. **2022**. P.20-32.
12. Yun-Ching Chang, Yin-Chin Chan, Shu-Hui Hu, Ming-Yi Liu, Sue-Joan Chang*. The green tea polyphenol epigallocatechin-3-gallate attenuates

age-associated muscle loss via regulation of myostatin and miR-486. *Arch of Biochem and Biophy*. **2020** doi:

<https://doi.org/10.1016/j.abb.2020.108511>. (SCI) (IF: 4.013)

13. Hung-Wen Liu, Yun-Ching Chang, Yin-Ching Chan, Shu-Hui Hu, Ming-Yi Liu, **Sue-Joan Chang***. Dysregulations of mitochondrial quality control and autophagic flux at an early age lead to progression of sarcopenia in SAMP8 mice. *Biogerontology*. **2020** 21(3):367-380. DOI:10.1007/s10522-020-09867-x (SCI) (IF: 4.277)
14. Yin-Ching Chan, Ci-Sian Wu, Tsai-Chen Wu, Yu-Hsuan Lin and Sue-Joan Chang *. A Standardized Extract of *Asparagus officinalis* Stem (ETAS®) Ameliorates Cognitive Impairment, Inhibits Amyloid β Deposition via BACE-1 and Normalizes Circadian Rhythm Signaling via MT1 and MT2. *Nutrients*. **2019** Jul 17;11(7). pii: E1631. doi: 10.3390/nu11071631.
15. Chang YC, Chen YT, Liu HW, Chen YA, Chen YJ and Chang SJ*.Oligonol Alleviates Sarcopenia by Regulation of Signaling Pathways Involved in Protein Turnover and Mitochondrial Quality. *Mol Nutr Food Res*. **2019** Feb. doi: 10.1002/mnfr.201801102.
16. Chang YC, Liu HW, Chen YT, Chen YA, Chen YJ and Chang SJ*. Resveratrol protects muscle cells against palmitate-induced cellular senescence and insulin resistance through ameliorating autophagic flux. *J Food Drug Anal*. **2018** Jul;26(3):1066-1074.
17. Liu HW and Chang SJ. Moderate Exercise Suppresses NF- κ B Signaling and Activates the SIRT1-AMPK-PGC1 α Axis to Attenuate Muscle Loss in Diabetic db/db Mice. *Front Physiol*. **2018** May 29;9:636.
18. Liu HW, Chen YJ, Chang YC and Chang SJ*. Oligonol, a Low-Molecular Weight Polyphenol Derived from Lychee, Alleviates Muscle Loss in Diabetes by Suppressing Atrogin-1 and MuRF1. *Nutrients*. **2017** Sep 20;9(9). pii: E1040.
19. Liu HW, Chan YC, Wei CC, Chen YA, Wang MF and Chang SJ*. An alternative model for studying age-associated metabolic complications: Senescence-

accelerated mouse prone 8. *Exp Gerontol.* **2017** Aug 23. 99:61-68.

20. Hu SH, Chen KS, Liu MY, Cheung CK, Wang JC and Chang SJ*. Optimization of Submerged Cultivation Conditions for Production of Big Cup Culinary-Medicinal Mushroom *Clitocybe maxima* (Agaricomycetes) Biomass with Significant Antioxidative and Antihyperlipidemic activities. *Int J Med Mushrooms.* **2017**;19(7):641-651.
21. Chen YF, Shiau AL, Chang SJ, Fan NS, Wang CT, Wu CL and Jan JS. One-dimensional poly(L-lysine)-block-poly(L-threonine) assemblies exhibit potent anticancer activity by enhancing membranolysis. *Acta Biomater.* **2017** Jun;55:283-295.
22. Liu HW, Wei CC, Chen YJ, Chen YA and Chang SJ*. Flavanol-rich lychee fruit extract alleviates diet-induced insulin resistance via suppressing mTOR/SREBP-1 mediated lipogenesis in liver and restoring insulin signaling in skeletal muscle. *Mol Nutr Food Res.* **2016**,60:2288-2296.
23. Liu HW, Wei CC and Chang SJ*. Low-molecular-weight Polyphenols Protect Kidney Damage through Suppressing NF-B and Modulating Mitochondrial Biogenesis in Diabetic db/db Mice. *Food & Function.* **2016**; 7. 1941-9.
24. Liu HW, Chan YC, Wang MF, Wei CC and Chang SJ*. Dietary (-)-epigallocatechin-3-gallate supplementation counteracts aging-associated skeletal muscle insulin resistance and fatty liver in senescence-accelerated mouse. *J Agric Food Chem.* **2015** Sep 30;63(38):8407-17.
25. Liu HW, Huang WC, Yu WJ and Chang SJ*. *Toona Sinensis* ameliorates insulin resistance via AMPK and PPAR γ pathways. *Food Funct.* **2015** Jun;6(6):1855-64.
26. Liu HW, Tsai YT and Chang SJ*. *Toona sinensis* leaf extract inhibits lipid accumulation through up-regulation of genes involved in lipolysis and fatty acid oxidation in adipocytes. *J Agric Food Chem.* **2014** Jun 25;62(25):5887-96.

近三年國際會議

1. **Sue-Joan Chang***. Oligonol® in Muscle Health. *International Congress on Nutrition and Integrative Medicine*. (The 33rd ICNIM2025)「第三十三屆統合醫療機能性食品國際會議」, Invited speaker, Sapporo, Japan. 2025.11.8-9. Abstract Book: P. 19.
2. **Sue-Joan Chang***Plant-Based Precision Health: The Next Generation of Smart Strategy for Insulin Resistance. Health Ingredients 2025. Tokyo Big Sight Exhibition Center. Seminar PC. 2025.10.16.
3. **Sue-Joan Chang***. Oligonol® in Muscle Health – Scientific evidence from molecular mechanisms to clinical applications. Hokkaido innovation in ingredients for sports and muscle health. National Taiwan University Convention Center. 2025.9 2
4. International exchange Meeting(The 6th IEM2025) 「第八屆國際交流會議」, Sapporo, Japan. 2025.11.7 (Invited scholar)
5. Targeted nutrition and exercise prevent and/or attenuate sarcopenia. Nutrition and Physical Activity on Aging, Obesity, and Cancer (13th NAPA international conference). 2026.1 7–9, Yeosu, Korea(Invited scholar)
6. Oligonol® improves sarcopenia by facilitating the use of branched-chain amino acids in aging skeletal muscle. *International Congress on Nutrition and Integrative Medicine*. (The 32nd ICNIM2024)「第三十二屆統合醫療機能性食品國際會議」, Sapporo, Japan. 2024.7.20-21 (Invited speaker)
7. International exchange Meeting(The 6th IEM2023) 「第七屆國際交流會議」, Sapporo, Japan. 2024.07.19 (Invited scholar)
8. Oligonol® promotes chemosensitivity to cisplatin and prevents cisplatin-induced muscle wasting via NFκB suppression. *International Congress on Nutrition and Integrative Medicine*. (The 31st ICNIM2023)「第三十一屆統合醫療機能性食品國際會議」, Sapporo, Japan. 2023.07.08-09 (Invited speaker)
9. International exchange Meeting(The 6th IEM2023) 「第六屆國際交流會議」, Sapporo, Japan. 2023.07.07 (Invited scholar)
10. Non-proteinogenic amino acids in sarcopenia 第 22 屆國際營養大會(IUNS-ICN 22nd International Congress of Nutrition). Tokyo, Japan. 2022.12.06-11.(Invited speaker)
11. 2019「第七屆食品因子(ICoFF)、第十二屆營養保健品與機能性食品(ISNFF)

及第九屆多酚類與健康(ICPH)聯合國際會議」(7th International Conference on Food Factors, the 12th International Conference and Exhibition on Nutraceuticals and Functional Foods and the 9th International Conference on Polyphenols and Health)。講題：「Food Factors for Skeletal Muscle Health (有益於骨骼肌健康的食品因子)」、擔任座長並任大會國際指導委員。

2019.11.28-12.05 日本神戶

12. 2019 5th Asian Conference for Frailty and Sarcopenia (5ACFS),第五屆亞洲衰弱與肌少症國際會議，講題：「肌少症的治療標的:粒腺體品質與微環境」

2018 12. 22-24. 台北

13. 2019 第二十七屆統合醫療機能性食品國際會議(The 27th International Congress on Nutrition and Integrative Medicine, ICNIM 2019) ， 講題：

「Oligonol®透過調控肌肉蛋白質轉換與粒腺體品質可減緩肌少症」

2019.7.25-27. 日本北海道

14. 2018 APNNO 泛亞洲營養基因體學國際研討會 (Asia-Pacific Nutrigenomics & nutrigenetics Organization) 講題：「肌少症的治療標的」。2018.12.2-5.日本東京