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教學科目： 針灸學、中醫基礎理論、傷寒學、中醫養生康復學、針灸學專題、針灸學研究進展
研究方向： 針灸的作用機制, 經方藥抗腫瘤轉移

學歷

2010年 - 2013年 / 廣州中醫藥大學 / 中醫學 (中醫臨床基礎) / 博士學位
2003年 - 2010年 / 湖南中醫藥大學 / 中醫學 (針灸推拿方向) / 碩士學位
2003年 - 2010年 / 湖南中醫藥大學 / 中醫學 (針灸推拿方向) / 學士學位

教研經歷

2013年9月--今 澳門科技大學中醫藥學院與中藥機制與質量全國重點實驗室

學術成果

近年以第一 (†) 或通訊作者(*)發表的期刊論文:

1. Shi H, Chen Y, Huang Z, Shen C, Xiao J, Zhao H, Zou Z, Zhang W, Feng K, Ou Z, Jia L, Wang Q, Li B, Shi L, **Chen, M.*** (2025). Targeted synergistic therapy for bone and brain disorders using hydrogel microneedles loaded with exosomes and drugs. *Microstructures* 2025;5.
2. Qiu, Z., Gu, X., Gao, Q., Huang, Y., Ren, Y., He, J., Sun, X., Qu, S., Zheng, L., XuFeng, J., **Chen, M.***, & Sui, X. (2025). The antitumor mechanisms of Huangqin Houpo decoction and its effect on chemotherapy-induced toxicity in colorectal cancer. *Phytomedicine international journal of phytotherapy and phytopharmacology*, 150, 157424.
3. Shi H, Shao L, Ma J, Fang P, Lin L, Wang Q, Shi L, **Chen, M.*** (2025). Integrated multi-omics

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4. Chen, P., Xiao, L., Lv, C., Zhang, Q., Wu, Y., & **Chen, M.*** (2025). Multi-omics analysis links FERMT1 expression to patient survival, immunotherapy response, and metastasis across cancers. *Translational cancer research*, 15(1), 21.
5. Chen, Y. X., Xuan, Y. S., Wang, M. H., Li, Y., Shi, S. M., Zhao, H. Y., Niu, Y. H., **Chen, M.***, & Li, S. Y. (2025). Research on the regulation of gut microbiota homeostasis and immune function in asthmatic mice by Huanglong Zhixiao Formula. *Frontiers in microbiology*, 16, 1726388.
6. Xu, J., **Chen, M.***, Chen, G., Lou, T., & Xu, L. (2025). Association of laryngopharyngeal reflux with chronic rhinosinusitis prevalence in adults: A systematic review and meta-analysis. *Biomolecules & biomedicine*, 10.17305/bb.2025.13354. Advance online publication.
7. Fang, P., Jia, S., Lin, L., Guo, Z., Wang, R., Sun, H., Li, Y., **Chen, M.***, & Wang, T. (2025). Reactive astrocyte-related pathogenic genes in depression: A multi-omics Mendelian randomization study. *Journal of affective disorders*, 395(Pt A), 120706.
8. Lin, L., Li, S., Guo, Z., Fang, P., Feng, Y., Qi, C., Wang, M., Xiao, L., **Chen, M.***, & Wang, T. (2025). The efficacy and potential mechanism of the acupuncture treatment for type 2 diabetes mellitus: A systematic review and meta-analysis of data from animal models. *Frontiers in endocrinology*, 16, 1627061.
9. Lin, L., Guo, Z., Zhan, Q., Fang, P., Shi, H., Feng, Y., Tian, S., Xiao, L., **Chen, M.***, & Wang, T. (2025). A Bibliometric Analysis of Research on Natural Medicines for Depression from 2004 to 2024. *Journal of multidisciplinary healthcare*, 18, 6257–6274.
10. Wei, W., Qiu, Z., Xiao, L., Huang, Y., & **Chen, M.*** (2025). Genetic evidence for a causal relationship between oral bacterial taxa and asthma in east Asian population. *Cytokine*, 195, 157021.
11. Wu, D., Zhang, Y., Wu, C., An, B., Wang, X., Ni, J., & **Chen, M.*** (2025). The relationship between polycystic ovary syndrome and gynecological cancers: neurotransmitter metabolism changes and immune regulation. *Frontiers in immunology*, 16, 1578470.
12. Xie, Y., Chen, Y., Qin, T., Li, J., Chang, Z., Li, Y., Zhang, J., Liu, M., Wang, J., Ren, R., Qian, Z., Liu, J., & **Chen, M.*** (2025). Moxibustion inhibits inflammation in monosodium urate crystal-induced gouty arthritis model rats through metabolomic regulation. *Frontiers in molecular biosciences*, 12, 1433912.
13. Lin, L., Guo, Z., Ren, Z., Feng, Y., Fang, P., Wang, T., & **Chen, M.*** (2025). Bibliometric insights into astrocytic roles in depression and treatment. *Frontiers in cellular neuroscience*, 18, 1521398.
14. Weng, Y., Ren, X., Zu, Z., Xiao, L.*, & **Chen, M.*** (2024). Efficacy and safety of acupuncture for the treatment of insomnia in breast cancer patients: a systematic review and meta-analysis. *Complementary therapies in medicine*, 103087. Advance online publication.
15. Xie, YF., Xiao, L., Zhang, JM., Tang, H., Zhou, H., He, QD., Zhou, ZM., Chen, Y., Guo, ZY., Wang, Q., Lin, QC., Wu, QB. * & **Chen, M.*** (2024). Moxibustion and fire needle acupuncture for gouty arthritis: a systematic review and meta-analysis. *journal of mechanics in medicine and*

biology, 2440055.

16. Shi, H., & **Chen, M.*** (2024). The brain-bone axis: unraveling the complex interplay between the central nervous system and skeletal metabolism. *European journal of medical research*, 29(1), 317.
17. Guo, Z., Long, T., Yao, J., Li, Y., Xiao, L.*, & **Chen, M.*** (2024). Potential antidepressant effects of Traditional Chinese botanical drug formula Chaihu-Shugan-San and its active ingredients. *Frontiers in pharmacology*, 15, 1337876.
18. Zhu, D., He, X., Li, Y., Li, G.*, & **Chen, M.*** (2024). Immune microenvironment of human papillomavirus-positive head and neck squamous cell carcinoma. *Science progress*, 107(1), 368504241237888.
19. Lyu, K., Li, J.*, **Chen, M.***, Li, W., Zhang, W., Hu, M., Zhang, Y., & Feng, X. (2024). A bibliometric analysis of autism spectrum disorder signaling pathways research in the past decade. *Frontiers in psychiatry*, 15, 1304916.
20. Guo, Z., Ren, Z., Yao, J., Li, Y., Che, Z., Yu, Z., Fang, P., Lu, X.*, & **Chen, M.*** (2024). Does acupuncture treatment modulate inflammatory cytokines in rodent models of depression? A systematic review and meta-analysis. *Frontiers in behavioral neuroscience*, 18, 1329638.
21. Xie, Y., Li, Y., Zhang, J., Chen, Y., Ren, R., Xiao, L.*, & **Chen, M.*** (2024). Assessing the causal association between human blood metabolites and the risk of gout. *European journal of clinical investigation*, 54(3), e14129.
22. Zhai, X.[†], He, Q.[†], **Chen, M.[†]**, Yu, L., Tong, C., Chen, Y., Wang, J., Fan, X., Xie, H., Liang, Z., Sui, X., Zeng, L., & Wu, Q. (2023). Pinellia ternata-containing traditional Chinese medicine combined with 5-HT₃RA for chemotherapy-induced nausea and vomiting: A PRISMA-compliant systematic review and meta-analysis of 22 RCTs. *Phytomedicine : international journal of phytotherapy and phytopharmacology*, 115, 154823.
23. **Chen, M.**, Tong, C., Wu, Q., Zhong, Z., He, Q., Zeng, L*., & Xiao, L*. (2023). 6-Shogaol Inhibits the Cell Migration of Colon Cancer by Suppressing the EMT Process Through the IKK β /NF- κ B/Snail Pathway. *Integrative cancer therapies*, 22, 15347354231172732.
24. Tong, C., He, Q., Ho, M., Zhong, Z., Wu, Q.*, & **Chen, M.*** (2022). Tuina for Enuresis in Children: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Frontiers in public health*, 10, 821781.
25. **Chen, M.**, He, Q. D., Guo, J. J., Wu, Q. B., Zhang, Q., Yau, Y. M., Xie, Y. F., Guo, Z. Y., Tong, Z. Y., Yang, Z. B., & Xiao, L. (2022). Electro-Acupuncture Regulates Metabolic Disorders of the Liver and Kidney in Premature Ovarian Failure Mice. *Frontiers in endocrinology*, 13, 882214.
26. Li, Z., **Chen, M.***, & Tang, C.* Improvement of Acupuncture Therapy on Relapse of Patients with Gouty Arthritis: A Pairwise and Bayesian Network Meta analysis. *Acupuncture & Electro-Therapeutics Research*.2022,47(2):167-182.
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28. Zhong, Z. H., Yi, Z. L., Zhao, Y. D., Wang, J., Jiang, Z. B., Xu, C., Xie, Y. J., He, Q. D., Tong, Z. Y., Yao, X. J., Leung, E. L., Coghi, P. S., Fan, X. X., & **Chen, M.*** (2022). Pyronaridine induces apoptosis in non-small cell lung cancer cells by upregulating death receptor 5 expression and inhibiting epidermal growth factor receptor. *Chemical biology & drug design*, 99(1), 83–91.
29. He, Q. D., Zhong, Z. H., Liu, M. N., Tong, Z. Y., Wu, Q. B., & **Chen, M.*** (2021). Efficacy and Safety of Acupuncture Vs. Hormone Therapy for Menopausal Syndrome: A Systematic Review and Meta-Analysis. *The American journal of Chinese medicine*, 49(8), 1793–1812.
30. Zhang, S., Meng, T., Tang, C., Li, S., Cai, X., Wang, D., & **Chen, M.*** (2020). MicroRNA-340-5p suppressed rheumatoid arthritis synovial fibroblast proliferation and induces apoptotic cell number by targeting signal transducers and activators of transcription 3. *Autoimmunity*, 53(6), 314–322.

以第一或通訊作者身份發表的部分中文論文：

1. 針灸治療在体外受精-胚胎移植技術中的應用[J].廣州中醫藥大學學報,2024,42(01):159-164.
2. 基於陰病宜灸理論探析灸法治療 2 型糖尿病[J].中華中醫藥雜誌,2024,39(11):6199-6202.
3. 舒肝寧注射液藥理作用與臨床應用研究進展[J].時珍國醫國藥,2024,35(10):2427-2431.
4. 電針聯合督脈灸治療卵巢抵抗綜合征不孕臨床研究[J].中華中醫藥雜誌,2023,38(08):3948-3950
5. 社會體育專業針灸學課程評價量規的建立及其作用[J].中醫教育, 2023,42(02): 9-12.
6. 針灸治療痛風性關節炎預後及安全性的 Meta 分析[J].中國臨床研究, 2022,35(02):149 –156 +166
7. 《素問·刺腰痛論篇》中特殊九條經脈考辨[J].中國中醫基礎醫學雜誌,2021,27(07):1062-1064.
8. 檳榔雄花蕾中多酚的提取及活性[J].食品工業,2021,42(07):8-11.
9. 陳振虎教授運用岐黃針之臨證經驗[J].中醫外治雜誌, 2021, 30(03): 99-100.
10. 以經典針灸學理論指導經方的臨床運用舉隅[J].中國針灸, 2020,40(11): 1237-1240.
11. 關於針灸學理論中幾個問題的探討[J]. 中華中醫藥雜誌,2020,35(10):4877-4880
12. 超高效液相色譜-串聯質譜法測定 4 種禽畜肉中泰地羅新殘留量[J]. 理化檢驗(化學分冊), 2020,56(6):676-681.
13. 芻議易學思想對《傅青主女科》的影響[J].湖南中醫藥大學學報,2020,40(1): 46-49.
14. 靳三針合補陽還五湯治療橈神經麻痺一例[J].環球中醫藥, 2020,13(1): 137-139.
15. 針刺肌肉起止點治療痙攣性癱瘓的療效觀察[J].廣州中醫藥大學學報, 2019,36(06):827-830.
16. 《傷寒論》中未指明具體針灸部位的條文芻議[J].中華中醫藥雜誌,2018,33(09):4031-4033.
17. 小兒柴桂退熱顆粒的 UPLC 指紋圖譜及聚類、主成分分析[J].中國藥房,2018,29(4): 474-477.
18. "血頭行走穴道歌"與經脈流注的關係芻議[J].中國針灸,2017,37(5):561-564.

19. 淺述運用訓詁學研究腧穴名稱的意義[J].中國針灸,2016,36(5):539-542.
20. 淺談數術對針灸學的影響[J].中國針灸,2016,36(4):421-424.

參編著作:

1. 熊曼琪. 中醫藥高級叢書·傷寒論[M]第 2 版, 北京: 人民衛生出版, 2011.4
2. 李賽美. 圖表解中醫備考叢書·傷寒論[M].北京: 中國醫藥科技出版社, 2012.1
3. 李賽美. 名師經方講錄[M].北京: 中國中醫藥出版社, 2012.4
4. 跟名師臨床學傷寒[M]. 北京: 人民衛生出版, 2012.5
5. 李賽美,李宇航. 十二五規劃教材·傷寒論講義[M]. 第 2 版, 北京: 人民衛生出版, 2012.6
6. 王富春,賈春生. 十三五規劃教材·刺法灸法學[M]. 第 3 版.上海: 上海科技出版社, 2018.7.
7. 李賽美. 嶺南中醫藥特色系列教材·嶺南傷寒論臨床實踐[M]. 北京: 人民衛生出版社,2019.5.

主持科研項目:

1. 黃芩厚朴湯誘導結直腸癌細胞焦亡的物質基礎和作用機制研究, 0018/2024/RIA1, 澳門科技發展基金項目, 2024-2027
2. 基于“腸道菌群-雌激素”途徑探討電針重塑卵巢早衰大鼠代謝穩態的作用機制, 0114/2022/A, 澳門科技發展基金項目, 2023-2026
3. 基于 NF- κ B/Snail 信號通路探討 6-薑烯酚抑制結腸癌細胞轉移的機制, gzwkj2022-023, 貴州省衛生健康委科學技術基金項目, 2022-2023
4. “評價量規”在西醫院校《中醫學》課程中的使用, 2020106, 貴州省高等學校教學內容和課程體系改革項目, 2020-2022
5. 小半夏湯對結腸癌細胞增殖與遷移的抑制作用及其機制, 20201324, 廣東省中醫藥局中醫藥科研項目, 2020-2021
6. 生薑對結腸癌細胞增殖離亡遷移的影響及作用機制, 0010/2019/A, 澳門科技發展基金項目, 2019-2020
7. 應用多功能納米金星逆轉乳腺癌多藥耐藥的研究, B2019005, 廣東省醫學科研基金項目面上項目, 2019-2021
8. 燈盞乙素對水飛薊實導致的乳腺癌細胞離亡與毒性的影響作用及機制, A2018438, 廣東省醫學科研基金項目青年項目, 2018-2020
9. 基於傷寒論類證病機的針灸處方設計方法研究, FRG-0452, 澳門科技大學科研基金項目, 2015-2016

10. 基于线粒体自噬及细胞凋亡探讨丹红通精方对生精功能的调控, 2220004000307, 珠海市社会发展领域科技计划项目, 2022-2024 (Co-PI)

主持科普項目：

1. Multimedia human acupoint luminous model, 186/2014/SP, The Science and Technology Development Fund (FDCT), 2014-2016
2. Simulation puncture training system of acupoints, 188/2014/SP, The Science and Technology Development Fund (FDCT), 2014-2016
3. Foot reflection area teaching system with LCD touch screen, 189/2014/SP, The Science and Technology Development Fund (FDCT), 2014-2016

近年參加重要學術會議與發言情況

1. 2024.12.29, 中華中醫藥學會慢病管理論壇、世界中聯第八屆慢病管理專委會學術年會暨張伯禮院士濕濁痰飲類病理論學術思想傳承研討會, 廣東•深圳, 演講題目: 中醫藥在澳門的基本情況
2. 2024.10.13, 第三屆粵港澳高校中醫臨床基礎聯盟教學研討會暨中醫經典病房學術交流會, 廣東•廣州, 演講題目: “一知半解”用經方
3. 2024.8.25, 澳門衛生局“中醫醫療事故預防培訓班”, 澳門, 演講題目: 針刺操作規範與醫療風險規避
4. 2024.8.17, 河南省康復醫學會治未病分會 2024 年國際學術年會, 河南•鄭州, 演講題目: 茶與中醫養生
5. 2024.8.3, 中國針灸學會針灸整脊分會成立大會暨全國針灸整脊技術學習班的函, 山東•濟南, 演講題目: 經典針灸學理論的臨床指導作用
6. 2024.4.26, 2024 中醫藥文化澳門高峰論壇, 澳門, 演講題目: 針灸治療急症的體會
7. 2023.8.20, 第二屆粵港澳高校中醫臨床基礎聯盟教學研討會暨中醫經典病房學術交流會, 廣東•廣州, 演講題目: 針灸學理論在中醫經典教學中的輻射作用
8. 2023.7.2, 2023 中醫藥文化澳門高峰論壇, 澳門, 演講題目: 常見病的針灸辨治思路
9. 2022.12.11, 2022 年澳門持有醫療牌照人員持續培訓課程 (CPD), 澳門, 演講題目: 以經典針灸學理論指導經方的臨床運用舉隅
10. 2022.11.26, 第十二屆國際經方班暨第二十二期全國經方臨床運用高級培訓班、第四屆李賽美名醫工作室學術傳承研討會, 廣州, 演講題目: 針灸與經方的結合舉隅

學術機構及社會任職

葡萄牙 A3ES 針灸學課程海外評審專家

世界中醫藥聯合會中醫免疫專業委員會常務理事

世界中醫藥聯合會醫案專業委員會常務理事

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獲獎情況：

“雲課堂”教學傑出獎（2020）

“中珠醫療生命科學獎” 教學類一等獎（2017）

“中珠醫療生命科學獎” 教學類一等獎（2016）