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Professor Xu focuses on metabolism homeostasis and cardiac protection mechanism research with a particular emphasis on heart failure and cardiac remodeling. He is also interested in metabolic regulation through exercise intervention. Professor Xu is the editor in Chief of Book "Parents: The Best Health Managers for Children" and participated in the writing of "Expert Consensus on Cardiac Aging Markers (2023)" and "Chinese Expert Consensus on Diagnosis and Treatment of Hypertensive Nephropathy (2022)".