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## CME for 18.3

According to the article entitled "Cardiac Rehabilitation and Change of Plasma Cardiac Biomarkers in Patients with Coronary Artery Disease: A Prospective Single-Center Study" published in this issue, please answer the questions as follows:

1. Which biomarkers showed a significant decrease after the 6-month cardiac rehabilitation program in the study?
   (A) MRproANP and MRproADM
   (B) CRP and NTproBNP
   (C) Neopterin and MRproADM
   (D) NTproBNP and MRproANP
   (E) CRP and MRproANP

2. What was the primary aim of the study discussed in the article?
   (A) To evaluate the effectiveness of pharmacological treatments for CAD
   (B) To investigate the changes in multiple plasma biomarkers following cardiac rehabilitation
   (C) To compare different types of exercise protocols in cardiac rehabilitation
   (D) To analyze the long-term effects of cardiac rehabilitation on mortality
   (E) To study the gender differences in response to cardiac rehabilitation

3. Which of the following statements is true about MRproADM based on the study findings?
   (A) MRproADM levels decreased significantly after the cardiac rehabilitation program
   (B) Higher MRproADM levels were associated with adverse cardiovascular events
   (C) MRproADM is linked to improved vasodilation and cardiac protection
   (D) MRproADM levels remained unchanged after the cardiac rehabilitation program
   (E) MRproADM is a marker for inflammation

4. What was one of the limitations mentioned in the study?
   (A) The study had a large, diverse sample siz(E)
   (B) The study included both pharmacological and nonpharmacological interventions
   (C) The study was conducted in multiple centers across different regions
   (D) The study lacked a control group for comparison
   (E) The study included echocardiographic data post-CR

5. How did the study hypothesize the increase in MRproANP levels after the CR program should be interpreted?
   (A) As a sign of increased left atrial wall stress
   (B) As an indicator of worsened cardiac function
   (C) As reflecting improved atrial function rather than increased stress
   (D) As a marker of systemic inflammation
   (E) As a non-significant change without clinical relevance

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Volume 18 Issue 2 Answers:

1. (D)
2. (C)
3. (B)
4. (A)
5. (B)