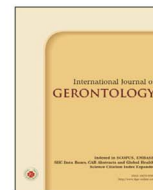




International Journal of Gerontology

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CME for 19.3

1. According to the article titled "Association between Spirometric Data and Cognitive Function in Middle-Aged and Older Adults", which pulmonary function parameters showed the strongest correlation with cognitive performance (MMSE and MoCA scores) in this study?
(A) Forced Vital Capacity (FVC)
(B) Forced Expiratory Volume in 1 second (FEV₁)
(C) Peak Expiratory Flow (PEF)
(D) Tidal Volume (VT)
2. Which of the following physiological mechanisms is most directly enhanced by physical activity to counteract frailty in older adults?
(A) Reduction of serum glucose via insulin secretion.
(B) Stimulation of mitochondrial biogenesis through PGC-1 α activation.
(C) Suppression of thyroid hormone levels to reduce basal metabolism.
(D) Promotion of adipocyte proliferation for energy storage.
3. According to the study "Outcomes of Autologous Hematopoietic Stem Cell Transplantation in Elderly Multiple Myeloma Patients: A Single-Center Analysis" findings, which of the following best describes the application of autologous stem cell transplantation (ASCT) in elderly patients with multiple myeloma?
(A) Overall survival is significantly worse in elderly patients due to their age.
(B) Elderly patients experience higher rates of complications such as fever and infections compared to younger patients.
(C) This study demonstrates that elderly patients have comparable survival outcomes to younger patients following ASCT.
(D) ASCT is generally not recommended for older adults due to poor chemotherapy tolerance and higher rejection rates.
4. Which of the following statements is most accurate regarding the impact of sarcopenia on patients with peripheral arterial disease (PAD), as reported in the study "Prevalence and Impact of Sarcopenia on Long-Term Mortality in Patients with Peripheral Arterial Disease: An NHANES Longitudinal Study"?
(A) Low muscle strength alone significantly increases all-cause mortality in PAD patients.
(B) Low muscle mass alone is not associated with any mortality outcomes in PAD.
(C) Combined low muscle mass and low muscle strength significantly increase cardiovascular mortality risk.
(D) All PAD patients with sarcopenia have worse outcomes regardless of strength status.
5. What was the primary objective of the study "Quantitative Flow Ratio in Angiography versus Intravascular Ultrasound Guided Percutaneous Coronary Intervention in Old Patients with Coronary Artery Disease"?
(A) To compare the long-term mortality rates between angiography-guided and IVUS-guided PCI in older adults.
(B) To establish the superiority of drug-eluting stents over bare-metal stents in the elderly population with CAD.
(C) To clarify the impact of intracoronary imaging guidance on the final coronary flow in older patients with CAD undergoing PCI.
(D) To develop a new non-invasive diagnostic tool for coronary artery disease in patients unsuitable for coronary angiography.

Issue date: July 1st, 2025

Expiration date: October 31st, 2025

Volume 19 Issue 2 Answers:

1. (A)
2. (E)
3. (B)
4. (A)
5. (E)