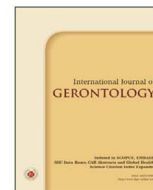




## International Journal of Gerontology

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### CME for 17.3

#### (Sarcopenia, Frailty and Fall Risk-Narrative Review)

1. What is osteosarcopenia?
  - (A) An age-related chronic inflammatory condition that involves changes to hormonal balance
  - (B) A decline in physiological functions that makes an individual less able to respond to stress
  - (C) A combination of osteopenia or osteoporosis with sarcopenia
  - (D) A condition where an elderly individual has muscle atrophy and obesity
  - (E) A type of musculoskeletal disorders
2. What is sarcopenia?
  - (A) An age-related chronic inflammatory condition that involves changes to hormonal balance
  - (B) A decline in physiological functions that makes an individual less able to respond to stress
  - (C) A combination of osteopenia or osteoporosis with muscle atrophy
  - (D) A condition where an elderly individual has muscle atrophy and obesity
  - (E) A type of muscular disorders
3. What is the annual chance of falling for elderly over the age of 65?
  - (A) Approximately 10–15%
  - (B) Approximately 28–35%
  - (C) Approximately 40–45%
  - (D) Approximately 50–55%
  - (E) Approximately 60–65%
4. What are the five main clinical indicators of frailty according to Fried?
  - (A) Unintentional weight loss, self-reported fatigue, decreased muscle strength, slow walking, low physical performance
  - (B) Unintentional weight gain, self-reported energy, increased muscle strength, fast walking, high physical performance
  - (C) Intentional weight loss, self-reported fatigue, increased muscle strength, fast walking, high physical performance
  - (D) Intentional weight gain, self-reported energy, decreased muscle strength, slow walking, low physical performance
  - (E) Unintentional weight gain, self-reported fatigue, decreased muscle strength, fast walking, low physical performance
5. What are the three systems required for maintaining body balance?
  - (A) The vestibular system, the somatosensory system, and vision
  - (B) The muscular system, the skeletal system, and the nervous system
  - (C) The respiratory system, the circulatory system, and the digestive system
  - (D) The endocrine system, the immune system, and the excretory system
  - (E) The pyramidal system, somatosensory system, and vestibular system

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Volume 17 Issue 2 Answers:

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