



## International Journal of Gerontology

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### CME for 13.1

- Which of the following statement is true?
    - In Taiwan, the prevalence of osteoporosis is increased
    - Osteoporosis is associated with age-related fractures
    - Osteoporosis has been recognized as a major public health issue
    - In elderly, several factors, including vitamins, are associated with bone mass loss
    - All of the above
  - Which of the following statement is **NOT** true?
    - Vitamins are essential for well-being
    - Vitamin D is important for bone health
    - Other vitamins such as B2, B6, B12 and folate are not related to bone mineral density
    - The dietary deficiencies of vitamins have been linked to osteoporosis
    - All of the above
  - Which of the following statement in the elderly is true?
    - Elderly individuals are prone to have deficiency of vitamin B2
    - The evidence on vitamin B2 and bone health is scanty
    - Some studies have found independent roles of B6 in bone mass
    - Studies relating B6 (Pyridoxine) to bone health or fracture risk are limited
    - All of the above
  - Which of the following statement is **NOT** true?
    - Vitamin B12 is a dietary essential nutrient for humans
    - Low vitamin B12 and folate levels have been associated with deteriorated bone health
    - Some studies found an association between vitamin B12 and fracture risk and/or bone mineral density
    - Vitamin B12 is not necessary in bone health
    - All of the above
  - Which of the following statement is true?
    - Osteoporosis reduces the health quality
    - Osteoporosis is a complex, multi-factorial disease with a strong genetic component
    - The bone mineral density at the femur neck was lower when the vitamin B12 level < 300 pg/ml
    - Bone mineral density must be measured in elderly people who are found to have vitamin B12 deficiency
    - All of the above
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- Volume 12 Issue 4 Answers:
- (E)
  - (D)
  - (D)
  - (B)
  - (E)