CME for 13.1

1. Which of the following statement is true?
   (A) In Taiwan, the prevalence of osteoporosis is increased
   (B) Osteoporosis is associated with age-related fractures
   (C) Osteoporosis has been recognized as a major public health issue
   (D) In elderly, several factors, including vitamins, are associated with bone mass loss
   (E) All of the above

2. Which of the following statement is NOT true?
   (A) Vitamins are essential for well-being
   (B) Vitamin D is important for bone health
   (C) Other vitamins such as B2, B6, B12 and folate are not related to bone mineral density
   (D) The dietary deficiencies of vitamins have been linked to osteoporosis
   (E) All of the above

3. Which of the following statement in the elderly is true?
   (A) Elderly individuals are prone to have deficiency of vitamin B2
   (B) The evidence on vitamin B2 and bone health is scanty
   (C) Some studies have found independent roles of B6 in bone mass
   (D) Studies relating B6 (Pyridoxine) to bone health or fracture risk are limited
   (E) All of the above

4. Which of the following statement is NOT true?
   (A) Vitamin B12 is a dietary essential nutrient for humans
   (B) Low vitamin B12 and folate levels have been associated with deteriorated bone health
   (C) Some studies found an association between vitamin B12 and fracture risk and/or bone mineral density
   (D) Vitamin B12 is not necessary in bone health
   (E) All of the above

5. Which of the following statement is true?
   (A) Osteoporosis reduces the health quality
   (B) Osteoporosis is a complex, multi-factorial disease with a strong genetic component
   (C) The bone mineral density at the femur neck was lower when the vitamin B12 level < 300 pg/ml
   (D) Bone mineral density must be measured in elderly people who are found to have vitamin B12 deficiency
   (E) All of the above

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