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一、臨床情境描述(200 字內、中英文皆可)

68 歲的林先生，患有高血壓，糖尿病，高血脂症，已規律服藥十多年，他自 20 歲起每天抽一包菸，55 歲時戒菸。最近半年以來，他的雙側小腿下半部時常有酸麻的感覺，出去旅行時，走路偶爾會跟不上同團的人，休息後略改善。另一方面，林先生自覺近一年來記憶力較差，偶爾會記不起以前同事的名字。他擔心以後是否會得老年失智症。他看到雜誌上寫說，服用銀杏萃取物可以改善腳麻，預防失智。他想要與醫師討論，是否應服用銀杏萃取物呢？

二、PICO

PICO-1

- Patient, problem：60 歲以上有間歇性跛行的成年人
- Intervention：服用銀杏萃取物
- Comparison：未服用銀杏萃取物或安慰劑
- Outcome：間歇性跛行的症狀改善

PICO-2

- Patient, problem：60 歲以上的成年人
- Intervention：服用銀杏萃取物
- Comparison：未服用銀杏萃取物或安慰劑
- Outcome：認知功能的改善，失智症的預防

三、最佳文獻(請參照 APA6 格式列出所有文獻，並挑選最佳 5 篇文獻附上 PDF 檔)

- 文獻 1: Birks, J., & Grimley Evans, J. (2009). Ginkgo biloba for cognitive impairment and dementia. *Cochrane Database Syst Rev*(1), CD003120. doi: 10.1002/14651858.CD003120.pub3
- 文獻 2: Cooper, C., Li, R., Lyketsos, C., & Livingston, G. (2013). Treatment for mild cognitive impairment: systematic review. *Br J Psychiatry*, 203, 255-264
- 文獻 3: Pittler, M. H., & Ernst, E. (2005). Complementary therapies for peripheral arterial disease: systematic review. *Atherosclerosis*, 181, 1-7. doi: 10.1016/j.atherosclerosis.2005.02.021
- 文獻 4: Nicolai, S. P., Kruidenier, L. M., Bendermacher, B. L., Prins, M. H., Stokmans, R. A., Broos, P. P. (2013). Ginkgo biloba for intermittent claudication. *Cochrane Database Syst Rev*, 6, CD006888. doi: 10.1002/14651858.CD006888.pub3
- 文獻 5: Snitz, B. E., O'Meara, E. S., Carlson, M. C., Arnold, A. M., Ives, D. G., Rapp, S. R. (2009). Ginkgo biloba for preventing cognitive decline in older adults: a

randomized trial. *JAMA*, 302, 2663-2670. doi: 10.1001/jama.2009.1913

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- 文獻 2 : Cooper, C., Li, R., Lyketsos, C., & Livingston, G. (2013). Treatment for mild cognitive impairment: systematic review *Br J Psychiatry*, 203, 255-264.
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- 文獻 7 : Le Bars, P. L., Velasco, F. M., Ferguson, J. M., Dessain, E. C., Kieser, M., & Hoerr, R. (2002). Influence of the severity of cognitive impairment on the effect of the Gnkgo biloba extract EGb 761 in Alzheimer's disease. *Neuropsychobiology*, 45, 19-26.
- 文獻 8 : McCarney, R., Fisher, P., Iliffe, S., van Haselen, R., Griffin, M., van der Meulen, J. (2008). Ginkgo biloba for mild to moderate dementia in a community setting: a pragmatic, randomised, parallel-group, double-blind, placebo-controlled trial. *Int J Geriatr Psychiatry*, 23(12), 1222-1230. doi: 10.1002/gps.2055
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- 文獻 13 : Pittler, M. H., & Ernst, E. (2000). Ginkgo biloba extract for the treatment of intermittent claudication: a meta-analysis of randomized trials. *Am J Med*, 108, 276-281.
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