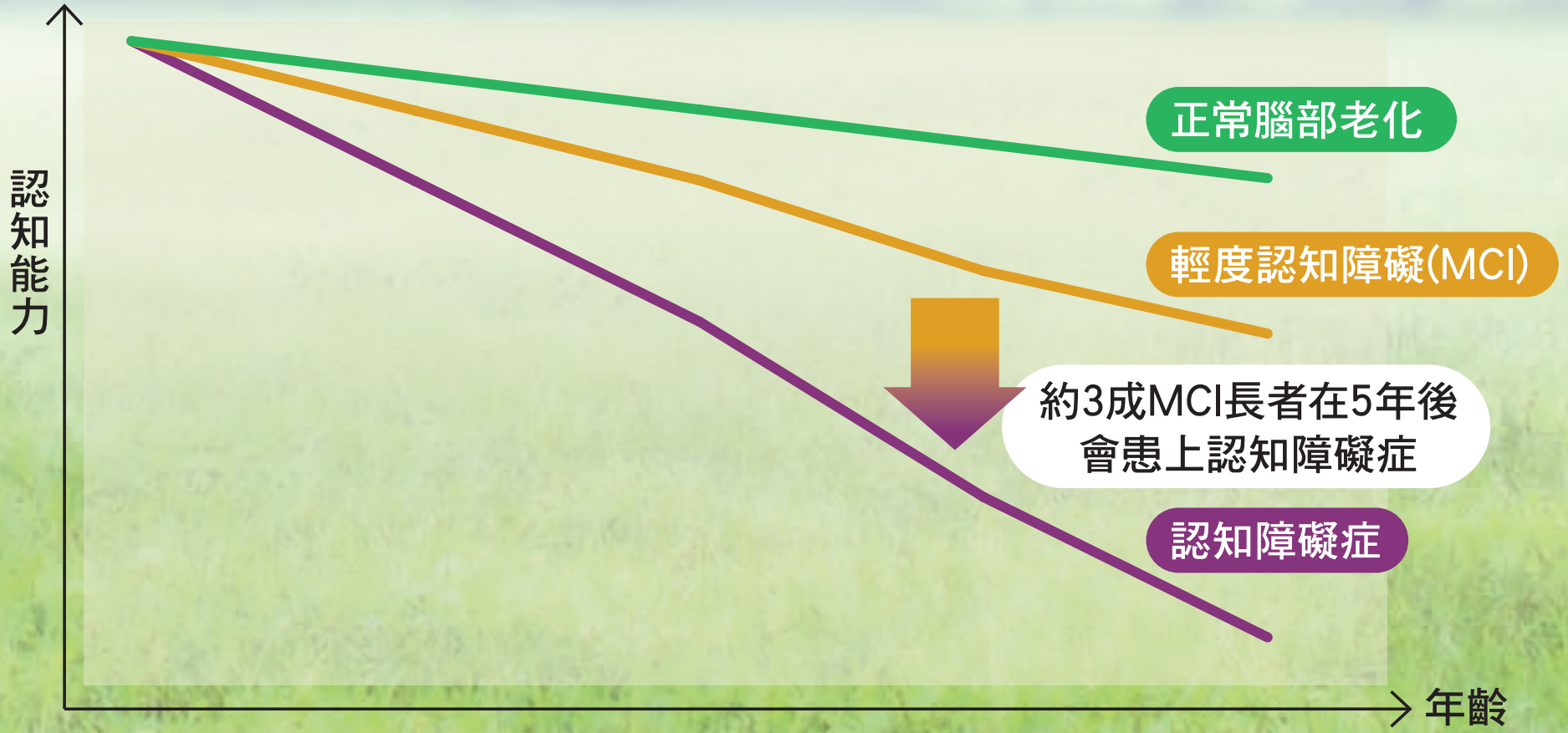表一：正常腦部老化、輕度認知障礙、認知障礙症對認知能力之影響