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## Notable in *Neurology* this week

This issue features an article that discusses factors contributing to sex differences in outcomes and participation in activities after stroke; another describes visual-nociceptive integration at the brainstem level in chronic migraineurs. A featured Views & Reviews article provides information on the use of virtual reality in rehabilitation, detailing methodologic quality, intervention programs, and reported efficacy.

## Articles

### Sauna bathing reduces the risk of stroke in Finnish men and women: A prospective cohort study

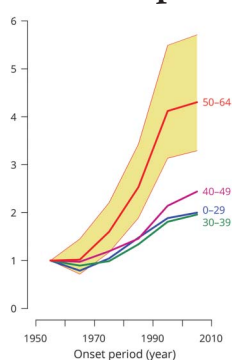
The authors of this article assessed the potential cardiovascular health benefits of sauna bathing. In a cohort of men and women, ages 53–74 years, 4–7 sauna sessions per week was associated with a reduced risk of future stroke. Frequent sauna bathing may be a therapeutic strategy for reducing the risk of stroke.

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*From editorialists Heckmann & Kukkonen-Harjula: "The authors convincingly demonstrate an inverse association between regular frequent sauna bathing and risk of future ischemic stroke."*

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### Incidence of MS has increased markedly over six decades in Denmark particularly with late onset and in women



Incidence of multiple sclerosis has markedly increased, particularly with later onset and in women with a certain birth cohort. In this nationwide population-based study covering 60 years, the authors identify the future need of upgrading neurologic services to manage disease-modifying treatment and comorbidities with increasing age.

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*From editorialists Franklin & McDonnell: "The epidemiologic study by Koch-Henriksen et al. is a gold standard, overcoming changes in diagnostic criteria and practice and raising interesting questions regarding the likely worldwide increased incidence of MS, particularly in women."*

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### Pattern of polyphenol intake and the long-term risk of dementia in older persons

Polyphenols, found in plant foods and beverages, may preserve brain health. In this study, a pattern of polyphenols provided by nuts, citrus, berries, soy, leafy vegetables, olive oil, and red wine was associated with lower risk of dementia in a large French cohort. A combination of dietary polyphenols may lower dementia risk.

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## MORE ONLINE

### 🎧 Editor's Summary

Audio summary of highlighted articles.

[NPub.org/edsum](http://NPub.org/edsum)

*Continued*

## Long-term neuropsychological outcome following pediatric anti-NMDAR encephalitis

Long-term outcome is considered good in children with anti-NMDA receptor encephalitis. In this study, however, only 2 out of 3 children returned to their previous school level. They had problems with sustained attention and fatigue, leading to a lower quality of life. Better awareness of neurocognitive, specifically frontal, dysfunction could improve functional outcome.

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NB: "COL4A1/2 CNVs and cerebral small vessel disease: Narrowing in on the critical chromosomal region," p. 1026. To check out other Clinical/Scientific Notes, point your browser to [Neurology.org/N](http://Neurology.org/N). At the end of the issue, check out the Resident & Fellow Teaching Neuro-Images illustrating a distinct microhemorrhage pattern in critical illness associated with respiratory failure and a case of anti-NMDA receptor encephalitis presenting with prosopagnosia. This week also includes a Resident & Fellow Mystery Case titled "Bilateral temporal crescent sparing after cardiac arrest."

### NEW EPISODE



May 29, 2018

#### **CME Opportunity:**

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## Long-term neuropsychological outcome following pediatric anti-NMDAR encephalitis

1. Featured Article: Long-term neuropsychological outcome following pediatric anti-NMDAR encephalitis (see p. 1006)
2. Resident & Fellow Section: Amateur fundus photography with various new devices: Our experience as neurology residents

This podcast begins and closes with Dr. Robert Gross, Editor-in-Chief, briefly discussing highlighted articles from the May 29, 2018, issue of *Neurology*. In the first segment, Dr. David Lapidus talks with Dr. Maarten Titulaer about his paper on neuropsychological outcome for patients following pediatric anti-NMDAR encephalitis. For the second segment, Dr. Roy Strowd interviews Dr. Saman Zafar about the Resident & Fellow Section paper on amateur fundus photography.

Disclosures can be found at [Neurology.org/podcast](http://Neurology.org/podcast).

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## Spotlight on the May 29 issue

Robert A. Gross

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