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Notable in *Neurology* this week

This issue features an article that explores the phenotypic features of posttraumatic and concussion-unrelated headaches; another determines that muscle weakness in patients with facioscapulohumeral muscular dystrophy is not caused by reduced specific force of individual muscle fibers. A featured Views & Reviews article examines whether Parkinson disease encompasses one or many disorders.

Articles

Vegetarian diet and incidence of total, ischemic, and hemorrhagic stroke in 2 cohorts in Taiwan

Stroke is ranked within the top 5 causes of death globally, and modifiable risk factors account for >90% of attributable risk. The authors investigated incidence of stroke in vegetarians and nonvegetarians. Vegetarians have a lower risk of stroke and use of vitamin B₁₂ may reduce association between vegetarianism and stroke.

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From editorialists Spence and Tangney: "The reason that early studies of B vitamin treatment for homocysteine reduction failed to show reduction in stroke risk was that harm from cyanocobalamin among participants with renal failure negated the benefit of B vitamins among participants with good renal function."

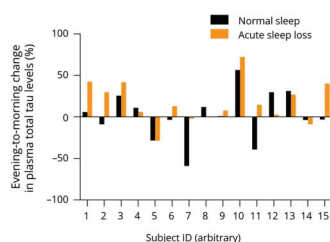
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Clinical and therapeutic features of myasthenia gravis in adults based on age at onset

Nearly half of patients diagnosed with myasthenia gravis are ≥65 years old. A high percentage of these patients in this study presented with a life-threatening event at disease onset and responded favorably to immunosuppressant therapies. Diagnosis of myasthenia gravis in seniors should be considered, because they usually achieve a good outcome when treated properly.

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Effects of acute sleep loss on diurnal plasma dynamics of CNS health biomarkers in young men



Research only recently unveiled the direct relationship between sleep and long-term health of the CNS. In this study, acute loss of sleep resulted in increased blood total tau levels, supporting the theory that sleep loss has damaging effects on brain health. Further studies are needed to identify sleep vs circadian mechanisms, and to determine lifestyle and genetic influences.

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Continued

Blood neurofilament light levels segregate treatment effects in multiple sclerosis

The concentration of neurofilament light chain in plasma (pNfL) is a promising biomarker for treatment response in patients with relapsing-remitting multiple sclerosis. Using propensity scores to analyze 1,139 patients with multiple sclerosis, the largest decrease in pNfL concentration was found with alemtuzumab. The pNfL concentration is influenced by both disease-modifying therapy and the baseline pNfL concentration.

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From editorialists Yeh and Sormani: "Despite the intrinsic limitations, noted by the authors, of a nonrandomized comparison, lack of MRI data, and limited longitudinal information, the results provide another piece of information favoring the role of pNfL as an inexpensive and rapidly available marker for the assessment of MS treatment efficacy."

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NB: "Teaching Video NeuroImages: Intralabyrinthine schwannoma masquerading as Ménière disease," p. e1227. To check out other Resident & Fellow Section Teaching NeuroImages articles, point your browser to Neurology.org/N and click on the link to the Resident & Fellow Section. At the end of the issue, check out the Resident & Fellow Section Clinical Reasoning articles discussing the diagnostic process and therapeutic decisions for 2 different patient cases. This week also includes a Resident & Fellow Section Education Research article titled "Multiple sclerosis and neuroimmunology fellowship training status in the United States."

NEW EPISODE



March 17, 2020

CME Opportunity: Listen to this week's *Neurology* Podcast and earn 0.5 AMA PRA Category 1 CME Credits™ by answering the multiple-choice questions in the online Podcast quiz.

Blood neurofilament light levels segregate treatment effects in multiple sclerosis (see p.478)

1. Blood neurofilament light levels segregate treatment effects in multiple sclerosis
2. What's Trending: The Future of Care—Preserving the Patient-Physician Relationship

In the first segment, Dr. David Lapides talks with Dr. Frederik Piehl about his paper discussing how blood neurofilament light levels segregate treatment effects in multiple sclerosis. In the second part of the podcast, Dr. Jason Crowell speaks with Dr. John Noseworthy about his *NEJM* article on preserving the patient-physician relationship. The article is available online at: <https://www.nejm.org/doi/full/10.1056/NEJMSr1912662>.

Disclosures can be found at Neurology.org.

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Spotlight on the March 17 issue

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