In Focus

Spotlight on the June 2 Issue

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Notable in *Neurology*

This issue features articles on cyclosporine in acute ischemic stroke and on how to diagnose central paroxysmal positional nystagmus despite its challenging characteristics and mechanisms. Another featured article focuses on the homozygous carriers of APP A713T mutation in an autosomal dominant Alzheimer disease family.

ARTICLES

Primary prevention of stroke by a healthy lifestyle in a high-risk group

Findings from this study showed that men at higher risk of stroke because of other cardiovascular diseases or conditions may reduce their stroke risk by adhering to a healthy lifestyle. A healthy lifestyle includes a healthy diet, not smoking, regular physical activity, a healthy body mass index, and alcohol in moderation.

See p. 2224

Epilepsy after aneurysmal subarachnoid hemorrhage: A population-based, long-term follow-up study

See p. 2229

Neurofilament light chain: A prognostic biomarker in amyotrophic lateral sclerosis OPEN ▲

Using an electrochemiluminescence immunoassay, neurofilament light chain (NfL) levels were measured in patients with sporadic amyotrophic lateral sclerosis (ALS) and in controls. An improved understanding of how NfL release changes in response to disease pathology, or factors that mitigate the pathology, will strengthen the case for NfL in the diagnostic process and in therapeutic trials in ALS.

See p. 2247

Healthy eating and reduced risk of cognitive decline: A cohort from 40 countries

Multivariable Cox proportional hazards regression showed that the highest quality diet was associated with a reduction in cognitive decline independent of baseline cognitive level, incident cardiovascular disease, and definition of cognitive decline. This article suggests that targeting a healthy diet may reduce the global burden of cognitive decline.

See p. 2258

NB: "Milestone-compatible neurology resident assessments: A role for observable practice activities," see p. 2279. To check out other Contemporary Issues: *Innovations in Education* articles, point your browser to Neurology.org. At the end of the issue, check out the *Clinical/Scientific Notes* discussing how climbing fiber synaptic changes correlate with clinical features in essential tremor and how next-generation sequencing revealed TK2 deficiency as a prevalent defect leading to mild forms of myopathy. This week also includes a *Historical Neurology* article titled "Description and clinical application of the Pulfrich effect."

Podcasts can be accessed at Neurology.org

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