Diet quality is associated with disability and symptom severity in multiple sclerosis

The authors conducted a cross-sectional study of diet and disease course in 6,990 people with multiple sclerosis. Individuals with higher dietary quality scores (consistent with a healthier overall diet) were less disabled and had less severe depression. A healthy diet may contribute to less disability and symptom burden in multiple sclerosis.

Page 18

From editorialists Sumowski et al.: “The field of diet in MS has served up courses of a priori opinions garnished with anecdotes and small samples, to which Fitzgerald et al. add substantive and robust empirical data.”

Page 14

Sex disparities in access to caregiving in Parkinson disease

Additional resources provided by caregivers are important to improve outcomes in Parkinson disease (PD). The authors found that women with PD have less access to informal caregiving than do men. Changes in health policy and systems of care, particularly for women, are needed to improve caregiving resources in PD.

Page 23

Increased midlife triglycerides predict brain β-amyloid and tau pathology 20 years later

In this longitudinal study, the authors sought to determine important midlife risk factors for the development of Alzheimer pathology. Increased midlife plasma triglyceride levels in cognitively healthy elderly were associated with brain β-amyloid and tau pathology 20 years later. Lipids may be involved in the earliest stages of Alzheimer disease.

Page 26

Continued
Apathy is associated with incident dementia in community-dwelling older people

Symptoms of apathy without depression in older people receive little attention in clinical practice but carry a risk of incident adverse events. In this study, isolated symptoms of apathy predicted incident dementia, while isolated dysphoric depressive symptoms did not. Apathy symptoms might be used to identify increased risk of dementia.

Page 27

NB: “Pinball” intrusions in spinocerebellar ataxia type 3,” p. 36. To check out other Clinical/Scientific Notes, point your browser to Neurology.org/N. At the end of the issue, check out the Resident & Fellow Residency Training article discussing the recent changes to Section VI of the Accreditation Council for Graduate Medical Education Common Program Requirements. This week also includes a NeuroImage titled “Amyloid polyneuropathy in 2 patients after liver transplantation.”

NEW EPISODE

Neurology® PODCAST

January 2, 2018

CME Opportunity:

Clinical biomarkers differentiate myelitis from vascular and other causes of myelopathy (see page 19)

1) Featured Article: Clinical biomarkers differentiate myelitis from vascular and other causes of myelopathy
2) What’s Trending: Clinical Trials in Alzheimer Disease conference

This Neurology® Podcast begins and closes with Dr. Robert Gross, Editor-in-Chief, briefly discussing highlighted articles from the January 2, 2018, issue of Neurology. In the first segment, Dr. Stacey Clardy talks with Dr. Carlos Pardo about his paper on clinical biomarkers and differential diagnosis of myelitis. For the “What’s Trending” segment, Dr. Ted Burns speaks with journalist Damian Garde about the recent Clinical Trials in Alzheimer Disease conference.

Disclosures can be found at Neurology.org/podcast.
Spotlight on the January 2 issue  
Robert A. Gross  
*Neurology* 2018;90;1-2  
DOI 10.1212/WNL.0000000000004758

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