A tool to identify patients with embolic stroke of undetermined source at high recurrence risk

This study introduces a simple score to assist in the identification of patients with embolic stroke of undetermined source (ESUS) at high risk for stroke recurrence. This could be useful for the design of future trials of secondary prevention in patients with ESUS, as well as to inform decisions about the intensity of diagnostic workup after ESUS.
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Insomnia symptoms and risk of cardiovascular diseases among 0.5 million adults: A 10-year cohort

Different insomnia symptoms have varying underlying pathologies, yet their associations with cardiovascular disease (CVD) remain unclear. In this study, 3 insomnia symptoms were associated with increased risk of CVD in a prospective cohort of 0.5 million Chinese adults. Insomnia symptoms are risk factors for CVD, especially in young adults or adults without hypertension.
Page 994

Cognition at age 70: Life course predictors and associations with brain pathologies

The effect of brain pathologies and life course exposures on cognition in elderly adults is unclear. In 502 individuals born in 1 week in 1946, cognition was independently predicted by amyloid status, white matter burden, sex, childhood cognitive ability, and education. Amyloid-positive 70-year-olds have subtle deficits across multiple cognitive domains.
Page 997
Physical activity and prodromal features of Parkinson disease

It has been posited that reduced physical activity may be a consequence rather than a cause of Parkinson disease (PD). Within 2 large cohort studies, higher levels of physical activity at baseline and during follow-up was associated with lower odds of several prodromal features of PD. Physical activity is one of the most effective ways to maintain health in older age.

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Spotlight on the December 3 issue
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