Notable from Our Podcast

The June 11 2019, podcast interview showcases the incidence of lumbosacral radiculoplexus neuropathy and the association with diabetes mellitus. The What’s Trending segment discusses CGRP monoclonal antibodies for migraine prevention.

NPub.org/podcast

Author Tip

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Which foods do you eat together? How you combine them may raise dementia risk

It is no secret that a healthy diet may benefit the brain. However, it may not only be what foods you eat but also what foods you eat together that may be associated with your risk of dementia. A new study looked at “food networks” and found that people whose diets consisted mostly of highly processed meats, starchy foods such as potatoes, and snacks such as cookies and cakes were more likely to have dementia years later than people who ate a wider variety of healthy foods. “There is a complex inter-connectedness of foods in a person’s diet, and it is important to understand how these different connections, or food networks, may affect the brain because diet could be a promising way to prevent dementia,” said study author Cécilia Samieri, PhD, of the University of Bordeaux in France.

Using network science tools to identify novel diet patterns in prodromal dementia doi.org/10.1212/WNL.0000000000009399

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