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Notable in *Neurology* This Week

This issue features an article that investigates the association of depression and anxiety with cognitive impairment in patients 6 months after stroke; another explores the utility of olfactory testing in screening for Parkinson disease and REM behavior disorder. A featured Views & Reviews examines the association of CSF and blood neurofilament levels with neuronal brain damage in athletes who play physical contact sports.

Articles

Blood Biomarkers to Differentiate Ischemic and Hemorrhagic Strokes

Using blood biomarkers, the authors differentiated between ischemic stroke and intracerebral hemorrhage in patients with suspected stroke who were admitted within 4.5 hours after onset. The panel including RBP-4, NT-proBNP, and GFAP showed moderate sensitivity rates at 100% specificity for ischemic stroke. When available as a rapid point-of-care test, this strategy might allow prehospital treatment in selected cases.

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From editorialists Jickling and Wartenberg: "... [W]ith the goal of improving patient outcomes after stroke by rapidly confirming the diagnosis and reducing the time to treatment, there is great interest in proceeding with further development of a biomarker panel and the corresponding technology."

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Quality of a Plant-Based Diet and Risk of Total, Ischemic, and Hemorrhagic Stroke

The authors evaluated the association of the quality of individuals' plant-based diets, measured using 3 plant-based diet indices (the plant-based diet index [PDI], the healthful PDI, and the unhealthful PDI) and the risk of total, ischemic, and hemorrhagic stroke. Findings indicated that healthful plant-based diets were associated with lower total and ischemic but not hemorrhagic stroke risk.

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Cerebral Small Vessel Disease and Functional Outcome Prediction After Intracerebral Hemorrhage

Patients with spontaneous intracerebral hemorrhage (ICH) have high mortality and only about a fifth of survivors are functionally independent at 6 months. The authors investigated whether imaging evidence of cerebral small vessel disease (SVD) on CT is associated with 6-month functional outcome in patients with ICH. Although the presence of SVD biomarkers was associated with functional outcome, adding them to existing clinical–radiologic risk scores did not improve outcome prediction.

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MORE ONLINE

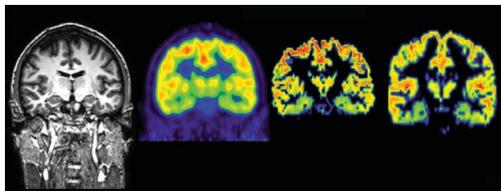
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Continued

Temporal Cognitive and Brain Changes in Korsakoff Syndrome



Korsakoff syndrome is an alcohol-induced cognitive disorder. In this study, patients with Korsakoff syndrome had long-term episodic memory deficits but no cognitive decline over 10 years despite persistent structural and functional abnormalities in the Papez circuit.
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NB: “Pearls & Oysters: Anisocoria Greater in the Dark: It’s Not Just All About Horner Pupil,” p. 719. To check out other Resident & Fellow Section Pearls & Oysters, point your browser to [Neurology.org/N](https://www.neurology.org/N) and click on the link to the Resident & Fellow Section. At the end of the issue, check out the NeuroImage discussing a bilateral vertebral artery compression that may be related to Chiari malformation in a patient who developed progressive right lower extremity numbness and lancinating pain of the right pharynx. This week also includes a Humanities in Neurology poem titled “Microglia.”

NEW EPISODE



PODCAST

April 13, 2021

Pregnancy in Patients With AQP4-Ab, MOG-Ab, or Double-Negative Neuromyelitis Optica Disorder (see p. 700)

In the first segment, Dr. David Lapidés talks with Dr. Nicolas Collongues about pregnancy in patients with neuromyelitis optica spectrum disorder. In the second part of the podcast, Dr. Jason Crowell discusses racial and ethnic health disparities exacerbated by COVID-19 with Drs. Leo Lopez III and Louis Hart.

Disclosures can be found at [Neurology.org](https://www.neurology.org).

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Spotlight on the April 13 Issue

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