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Notable in *Neurology* This Week

This issue features an article that compares PET and MRI biomarkers to predict cognitive decline in patients with preclinical Alzheimer disease; another explores diseases and symptoms in the 5 years preceding a diagnosis of multiple sclerosis. A featured Contemporary Issues report from the 2019 American Academy of Neurology Transforming Leaders Program highlights the urgent need for more neurologists.

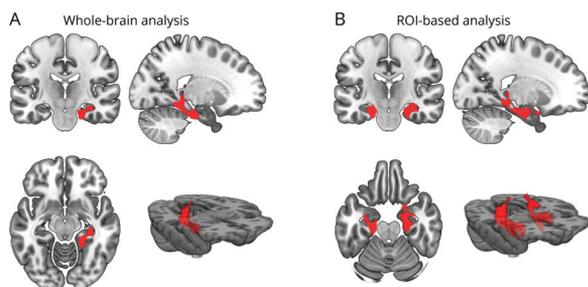
Articles

Early Risk of Readmission Following Hospitalization for Reversible Cerebral Vasoconstriction Syndrome

In this large, retrospective US cohort study, nearly 14% of patients with reversible cerebral vasoconstriction syndrome (RCVS) were readmitted within 90 days of discharge. Many of these readmissions were due to symptoms or neurologic sequelae of RCVS. Because of the risk of delayed complications, neurologists should consider an early postdischarge follow-up plan for these patients.

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Mediterranean Diet, Alzheimer Disease Biomarkers, and Brain Atrophy in Old Age



This cross-sectional study found that a Mediterranean-like diet may be a protective factor against temporal lobe atrophy and memory decline in old age, perhaps by mitigating the detrimental effects of amyloid deposition and tau pathology. The results are further evidence that a Mediterranean diet has widespread beneficial effects on brain health.

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Astrocyte Biomarkers in Alzheimer Disease: A Systematic Review and Meta-analysis

Astrocytes undergo molecular, functional, and structural changes in response to Alzheimer pathology. This comprehensive meta-analysis identified changes in specific biomarkers in people with Alzheimer disease: increased GFAP and YKL-40 in CSF and S100B in blood. Future validation studies are required before these biomarkers can be implemented in a clinical setting.

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MORE ONLINE

COVID-19 Resources

For the latest articles, invited commentaries, and blogs from physicians around the world

[NPub.org/COVID19](https://www.neurology.org/COVID19)

Continued

Kidney Function, Kidney Function Decline, and the Risk of Dementia in Older Adults: A Registry-Based Study

The authors of this study found that lower kidney function and steeper kidney function decline were both associated with the risk of dementia in older adults, with the risk being greater than other established dementia risk factors. These findings have implications for screening and monitoring for dementia in persons with kidney disease.

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NB: "Training in Neurology: How Lessons Learned on Teaching, Well-being, and Telemedicine During the COVID-19 Pandemic Can Shape the Future of Neurology Education," p. e3007. To check out other Resident & Fellow Section Training in Neurology articles, 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 Resident & Fellow Section Clinical Reasoning article discussing horizontal gaze palsy, anarthria, and quadriparesis in a patient with progressive multifocal leukoencephalopathy. This week also includes a Resident & Fellow Section Teaching NeuroImage titled "Teaching NeuroImages: A Ruptured Lumbar Disc Mimicking Spinal Tumor."

NEW EPISODE



June 15, 2021

Early Risk of Readmission Following Hospitalization for Reversible Cerebral Vasoconstriction Syndrome (see p. 1114)

The first segment features Dr. Stacey Clardy in conversation with 2021 Ted Burns Humanism in Neurology Award recipient Dr. John Quinlan. In the second part of the podcast, Dr. Andy Southerland discusses the risk of readmission following inpatient admission for reversible cerebral vasoconstriction syndrome with Dr. Santiago Ortega-Gutierrez.

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

CME Opportunity: Listen to this week's Neurology® Podcast and earn 0.5 AMA PRA Category 1 CME Credits™ by completing the online podcast quiz.

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Spotlight on the June 15 Issue

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