

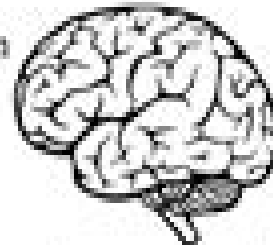
Patterns of Brain Aging

Red = related to poor cognition

Green = related to maintained cognition

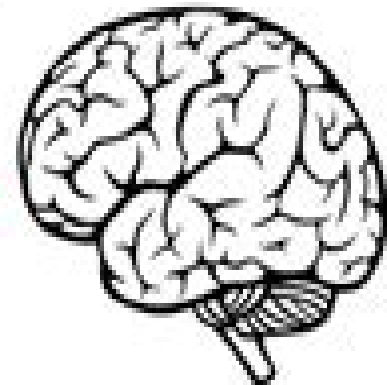
↑ = activation

↓ = suppression



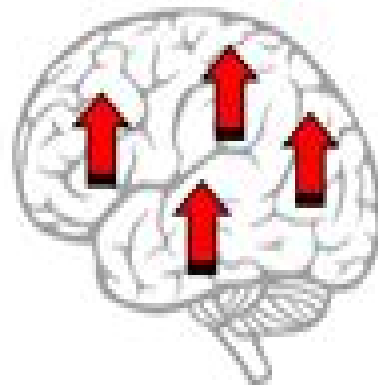
Healthy Young Adult
Balanced activation and suppression of brain activity with intact cognition

Aging



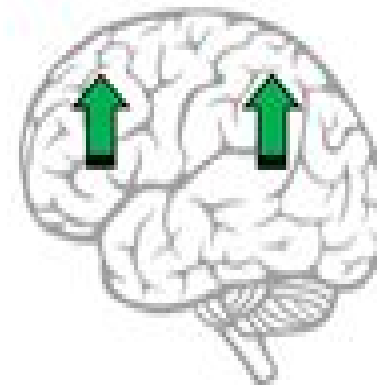
Brain

Maintenance
No changes to brain activity and cognition remains intact



Neural Inefficiency

Less suppression of brain activity and cognitive decline



Neural Compensation

Additional activation needed to minimize cognitive decline



Loss of Neural Distinctiveness/Differentiation

Unorganized additional activation and suppression of brain regions/networks and cognitive decline

Stress And The Aging Brain

Terry C. Jones



Stress And The Aging Brain:

Ignite the flame of optimism with is motivational masterpiece, Find Positivity in **Stress And The Aging Brain** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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