

Debunking Myths About the Aging Brain

7 FACTS ABOUT YOUR BRAIN



MYTH

FACT

1

You are born with all the neurons that your brain will ever have.

Neurons are continually created throughout your life in areas of the brain through a process called neurogenesis.

2

You can't learn new things when you are old.

Learning can happen at any age when you get involved with cognitively stimulating activities like meeting new people or trying new hobbies.

3

We don't really know how the brain works.

Researchers have made great strides in understanding the brain in recent years. The field of neuroscience is at the cusp of new and exciting breakthroughs.

4

Dementia is an inevitable consequence of old age.

Dementia is not a normal part of aging. There is a big difference between typical age-related changes in the brain and those that are caused by disease.

5

Only young people can learn a new language.

While it may seem simpler for kids—with simpler sentence structures and a lack of self-consciousness—your age isn't a limitation in learning a new language.

6

Older people are doomed to forget things.

Remembering details is easier for some people than others, but this is true of all ages. There are strategies to help remember names, facts, etc. and paying closer attention can often help you remember better.

7

A person who has memory training never forgets.

Keep practicing your memory skills. "Use it or lose it" applies to memory training in the same way it applies to maintaining your physical health.