



FIVE MYTHS ABOUT BRAIN HEALTH

There are many myths about aging, including those that relate to brain function as we become older. The following are some of those myths so **believe the facts**.

MYTH: We only use 10 percent of our brain.

FACT: Medical scans show that much of the brain is engaged during even simple tasks, and injury to small sections of the brain that are called eloquent areas can have profound consequences for language, movement, emotion or sensory perceptions

MYTH: Older people are doomed to forget things.

FACT: Older people are more likely to be superior with vocabulary and a good judge of character. The other good news about aging is that, over time, we tend to improve at controlling our emotions, weathering stress and finding meaning in our lives.

MYTH: Older people can't learn new things.

FACT: Learning can happen at any age, particularly when you get involved in stimulating activities, like meeting new people or trying new hobbies.

MYTH: A crossword puzzle a day can keep the brain doctor away.

FACT: Crossword puzzles flex parts of your brain related to word-finding ability, though they're not a cure-all. While they may help you excel at that skill, it is important to challenge your brain in a variety of ways.

MYTH: You are dominated by your right or left brain.

FACT: Brain scans reveal that both sides often work together in complex processing.

(1) AARP Magazine, April/May 2020, pages 38-39.

Possible reading material:

- **Keep Sharp: Build a Better Brain at Any Age** by Sanjay Gupta, M. D.