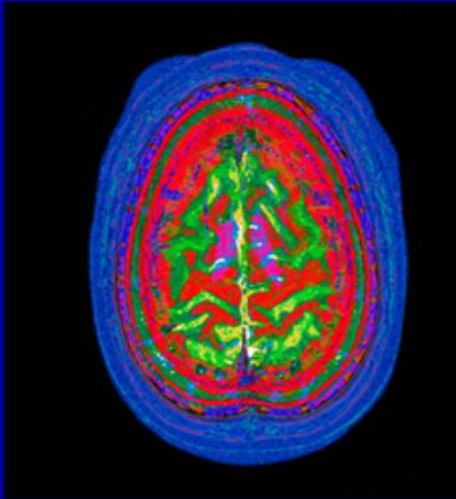


Staying in the Driving Seat

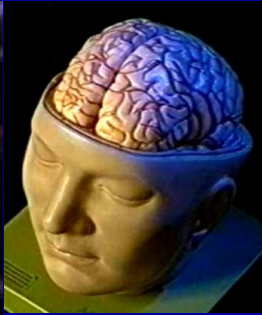
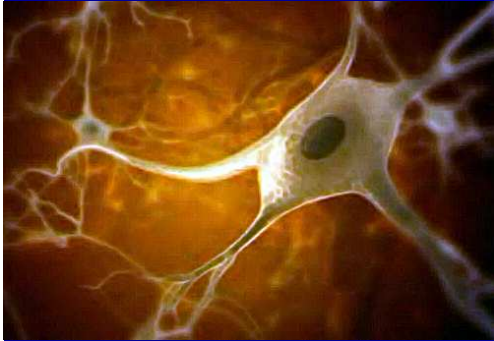


Rewiring the brain
throughout life



***Responding, retaining, recalling
and interpreting information and events***

Changes to memory over time

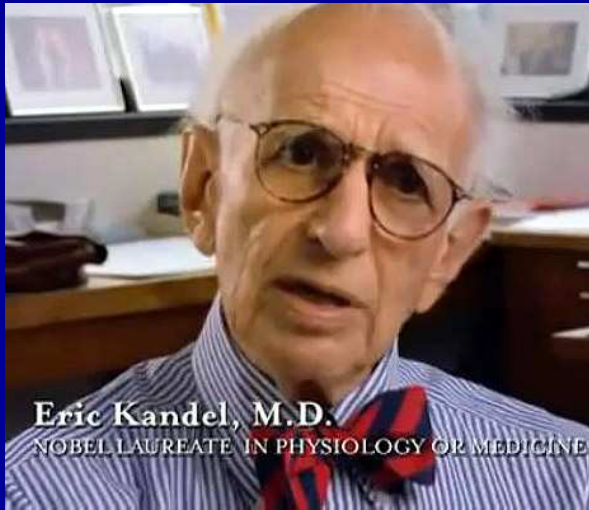


Neurons Synapses Axons and Dendrites



John Byrne PhD
Brain Research Scientist

Two broad classes of memory: Conscious and Unconscious
Brain Fitness: 3 factors



Eric Kandel, M.D.
NOBEL LAUREATE IN PHYSIOLOGY OR MEDICINE

Nobel laureate Eric Kandel

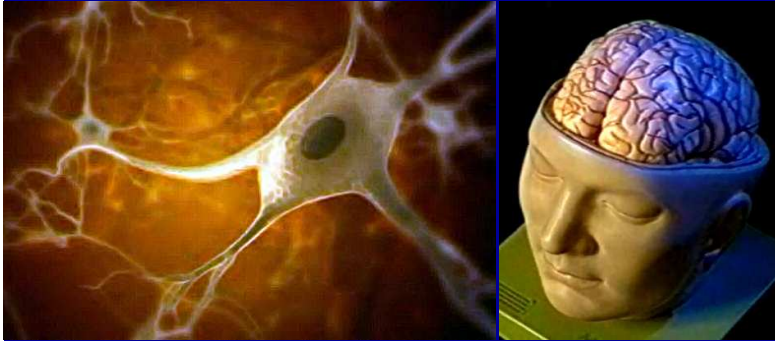
How experience is locked into the brain



Nir Barzilai, M.D.
Director, Institute for Aging Research
Lehman and Leo Leon Bennett Chair of Aging

Centenarians with good brains

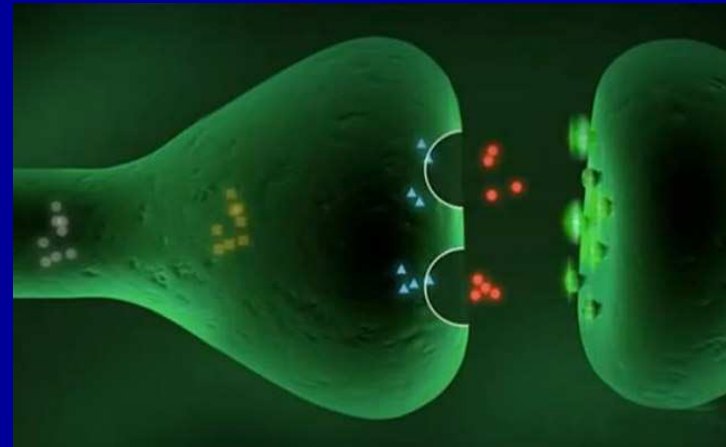
How memories are formed



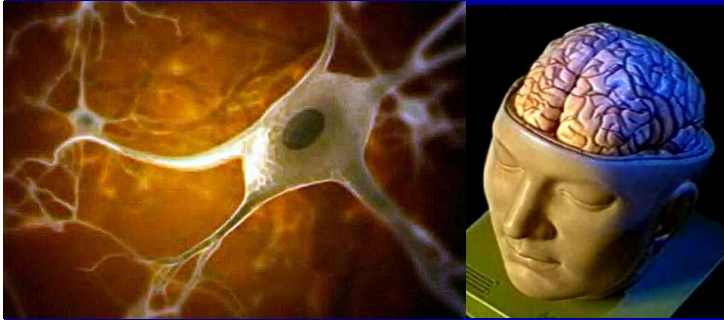
Neurons and Synapses
Axons and Dendrites
Neurotransmitters



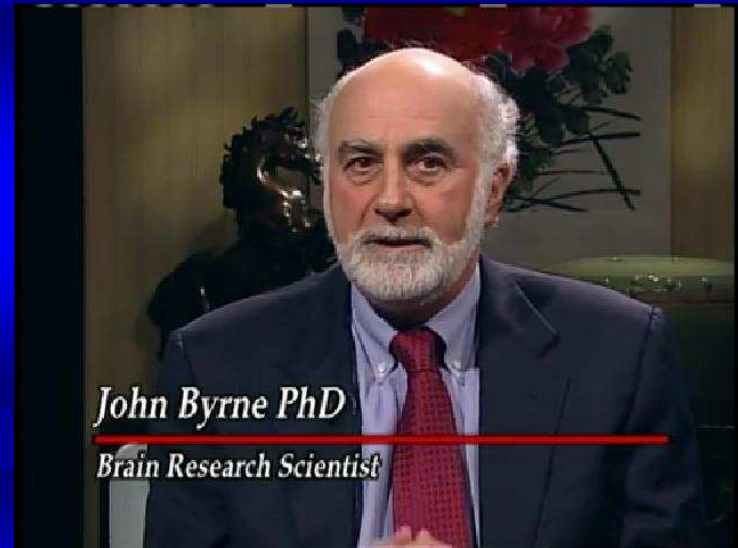
Eric Kandel
Aplysia



How experience is
locked into the brain



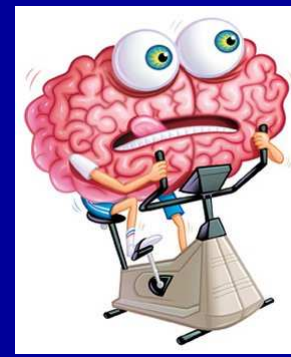
Two broad classes of memory

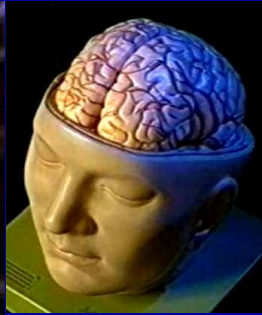
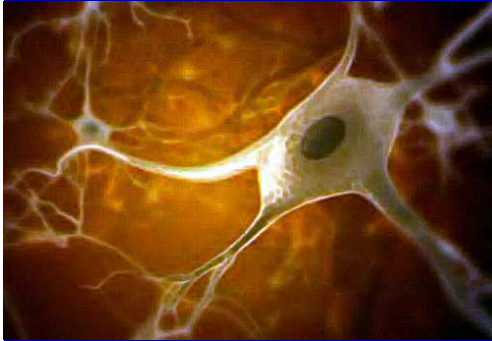


Conscious and Unconscious
Facts and events – skills and habits

Associations -
strengthen connections
Emotional elements –
memorable

Brain Fitness: 3 factors





Centenarians with good brains



Nir Barzilai, M.D.
Director, Institute for Aging Research
Professor and Ira L. Rosenbaum Chair of Aging

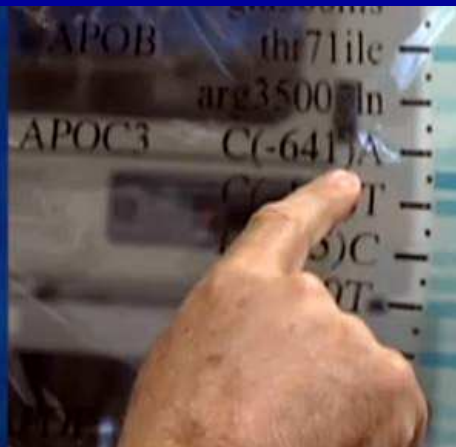
Longevity Genes Project

100 years olds enjoying a good quality of life – translating results to larger populations.

Nir Barzilai -
Institute for Ageing
Research

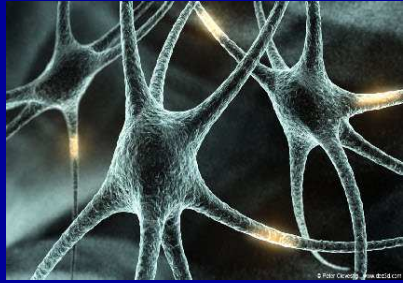
CETP Gene

Cardiovascular Disease
Alzheimer's Disease
Type 2 Diabetes



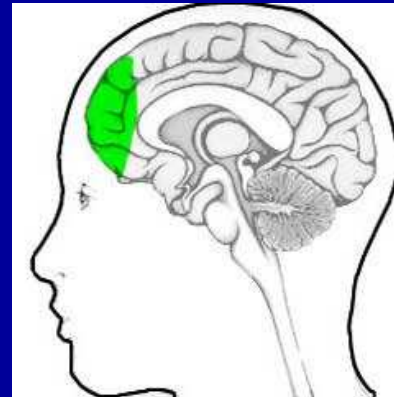
Normal: 80% environment
20% genes

Drug therapy to reach maximum lifespan in a healthy state.



BrainShapers

Emotions and making choices



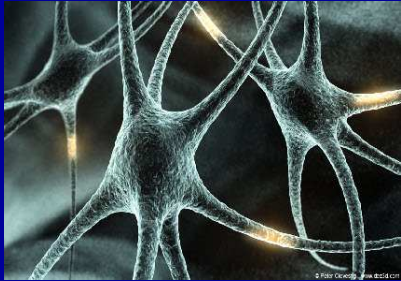
Decision-making
in the Prefrontal
cortex



António Damásio
Author, *Descartes' Error: Emotion,
Reason, and the Human Brain*

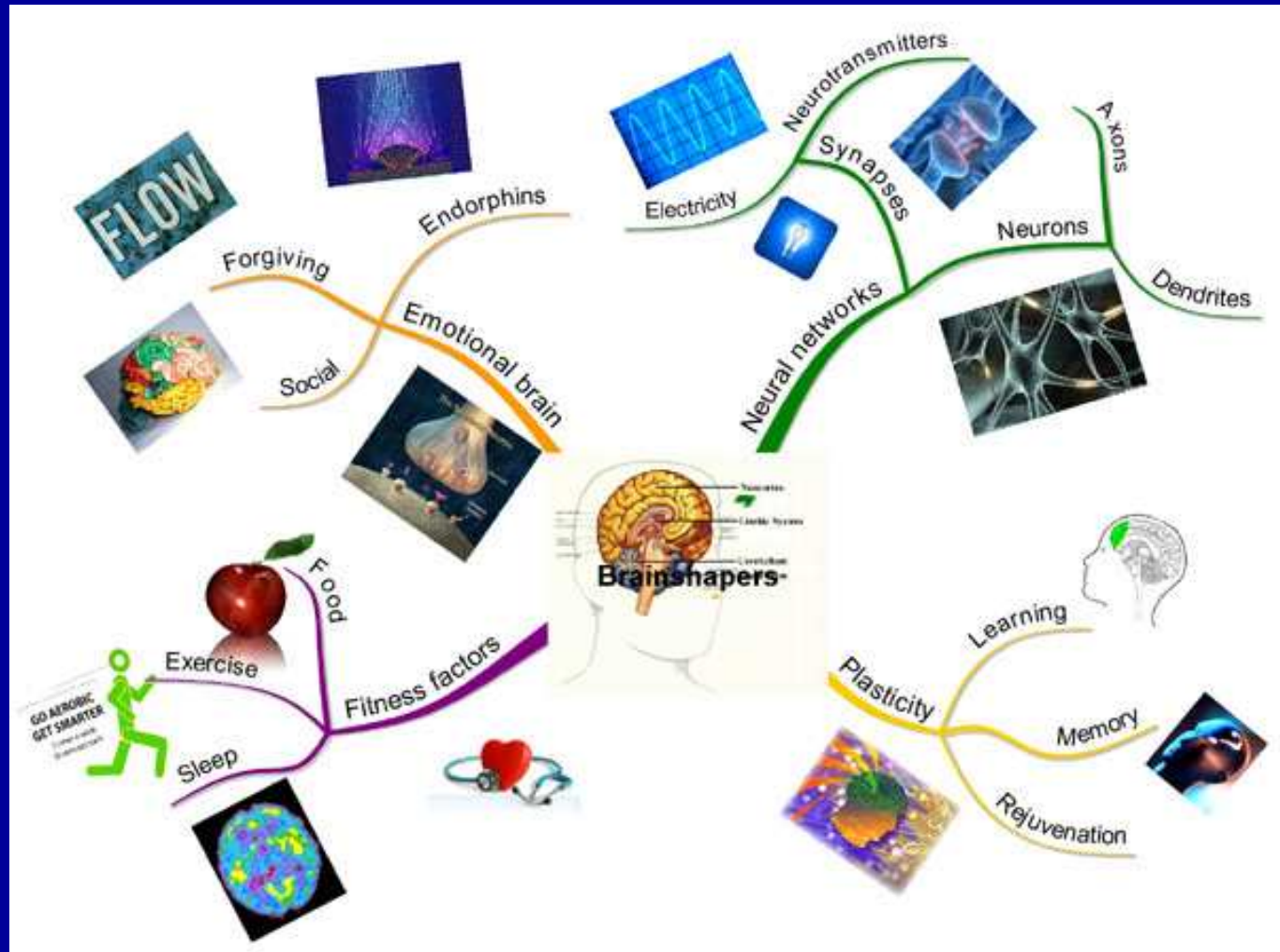
‘Ageing is a process of maturation’, Tony Buzan

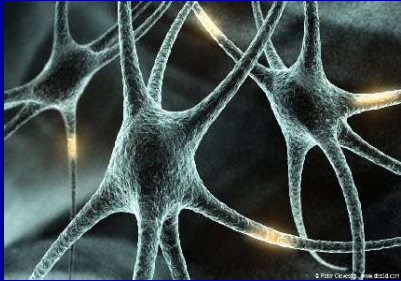
Emotional state + association with memories = wisdom



BrainShapers

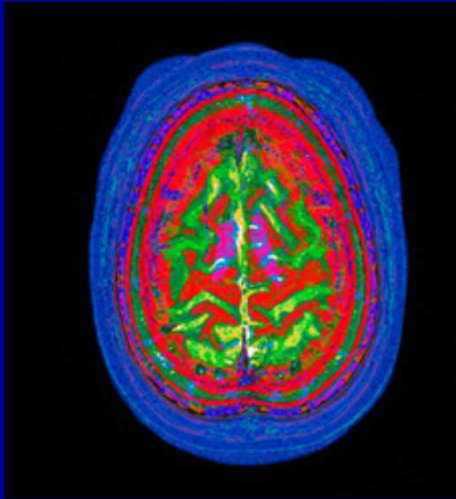
<http://tinyurl.com/brainshapers>





BrainShapers

<http://tinyurl.com/brainshapers>



Rewiring the brain
throughout life



Whether you think you can or whether you think you can't, you're right!

Just do it!