

Facts on Brain

1. Your brain contains billions of brain cells called Neurons.
2. Each brain cell can communicate with nearly 10,000 other brain cells.
3. One neuron communicates chemically with other neurons.
4. Brain cells never touch other brain cells.
5. A Synapse is a chemical marriage between two brain cells.
6. Using 10% of your brain is a myth. We have no idea, but it is safe to say that we completely underutilize our brain's power.
7. We are the only organism who can make ourselves happy or miserable from a single thought.
8. Your grey matter is your Cortex where you process information consciously.
9. Your white matter sits beneath the Cortex and essentially serves as bridges of information processing to the Cortex.
10. The female brain is more bilateral in information processing, has more white matter, and a larger corpus callosum (connects two hemispheres) than the male brain.
11. Your hippocampus generates new brain cells and is a critical center of new learning in the middle part of your temporal lobe (just under your temple).
12. Your brain can learn and create regardless of age.
13. Dementia is a clinical term to describe decline in intellect, loss of memory, problems with cognitive processing, change in personality, and functional decline.
14. There are nearly 100 causes of dementia.
15. Alzheimer's disease is the leading cause of dementia in the USA.
16. Nearly 5.2 million Americans suffer AD and this number will increase to 15 million by 2050.