



**How Are You Doing? 9**

SERIES OF TESTS OF MENTAL ACUITY including norms for scoring to determine if there may be a problem

**2. Mental Lapses that You Don't Need to Worry About 27**

SIGNS OF NORMAL, HEALTHY AGE-RELATED DECLINE

- Divided attention tasks ■ Reaction time
- Short-term recall ■ Naming ■ Proactive inhibition

RESEARCH SHOWS THAT "USING IT PRESERVES IT"

- Active older professors retain mental skills that usually weaken with age

MAKING YOUR MEMORY WORK FOR YOU

- Techniques for memorizing facts and for retaining mental flexibility



**3. Common Cognitive Problems That Are Not Alzheimer's and What You Can Do About Them 73**

EVALUATING THE SOURCES OF COGNITIVE PROBLEMS

- Depression ■ Mini-strokes (TIAs) ■ Medication
- Social isolation ■ Alcohol ■ Lifestyles without challenge



**COMMON SUBSTANCES THAT MAY HARM THE BRAIN AND HOW YOU CAN COMBAT THEM**

- Cortisol ■ Free radicals ■ Beta-amyloid protein
- "Killer" proteins

**IF YOU DO HAVE ALZHEIMER'S**

Current and future pharmaceutical therapies



**4. Preventing and Reversing Cognitive Decline with Age Based on Current Research Results 97**

**OUTMODDED BELIEFS ABOUT THE BRAIN**

- Brain structure is fixed early in life ■ Brain cells don't regenerate ■ Brain functions are strongly localized

**NEW FINDINGS**

- The brain is a fluid system ■ Brain cells can regenerate ■ Brain functions are widely distributed

**PRACTICAL WAYS TO APPLY RESULTS**

- Intellectual challenge ■ Stimulating neurogenesis by changing old patterns

**COMMON SUBSTANCES IN THE BODY THAT MAY HELP THE BRAIN AND HOW TO BOOST THEM**

- Stem cell research ■ Growth factors

**5. Conditioning Exercises Targeted to the Specific Brain Functions that Are at Risk with Aging 133**

**Index 139**

**Solutions To Exercises 143**

