

How Your Brain Changes With Age



Overview

Like every part of your body, your brain changes as you age. And some changes affect how you think. Let's look at what's normal, and let's talk about things that may be cause for concern.

Physical changes

How does the brain change with age? Well, a few things happen. Some parts shrink, including the parts that handle learning and complex mental tasks. Brain cells may begin to have trouble communicating with each other. The brain's blood flow may decrease. And, the brain may have some inflammation.

Healthy older brain

These normal changes can affect your thinking. You may have mild memory problems. Focusing on more than one thing at a time may be difficult. And it may be a bit harder for you to pay attention. But you can have positive changes, too. You may find that you're wiser and more insightful. And, you can still learn new things and sharpen your mind.

Unhealthy changes

Your brain can change in ways that aren't normal, too. For example, a buildup of harmful proteins causes things like Alzheimer's disease and dementia. These unhealthy changes cause many issues. You may have severe memory problems and confusion. You may have trouble taking care of yourself. These are all warning signs that something is wrong.

Conclusion

If you or your loved ones are worried about your brain health, see your doctor. Your doctor will find out what's wrong and create a care plan that's right for you.

