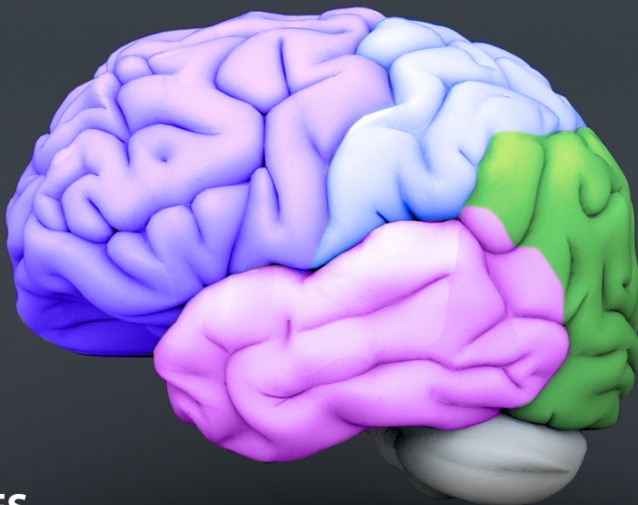




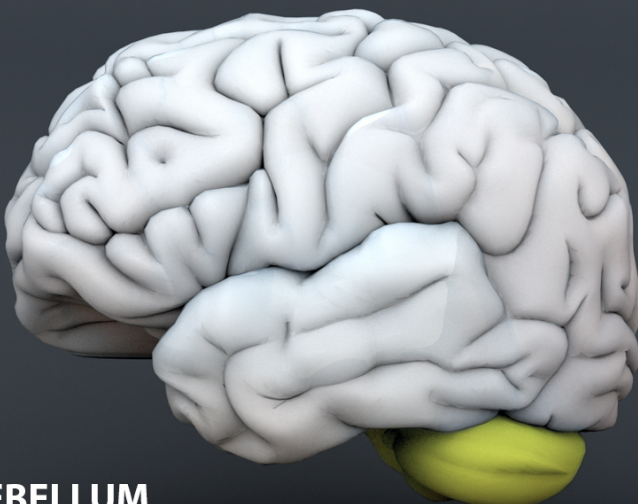
## What Does the Brain Do?



**HEMISPHERES**



**LOBES**



**CEREBELLUM**

### Overview

Your brain is your body's control center. This complex and mysterious organ sends and receives chemical and electrical signals that travel all through your body. Let's take a moment to learn more about the brain.

### Healthy brain

A healthy brain is about the size of your two clenched fists. It's divided into two halves (called "hemispheres") that connect at the middle. Each of these hemispheres is divided into areas we call "lobes." The lobes work together to handle different functions, like movement, thinking, speech, emotions and memory. The brain's soft, wrinkled tissue contains billions of nerve cells and fibers. At the base of the brain is a structure called the "cerebellum." It's sometimes called the "little brain."

### The brain's role

Your brain has many jobs. First, it manages everything in your body. It controls all the processes that keep you alive. It controls your organs. It sends signals to your arms and legs when you want to move. And, it manages things you don't have to think about, like breathing and maintaining balance. Second, your brain takes in information about all the things around you. It does this through your five senses. These are sight, hearing, taste, smell and touch. And finally, your brain creates all of your thoughts and feelings, and it stores your memories.

### Focus on brain health

Sometimes, the brain becomes damaged or diseased. This can lead to very serious issues. So it's important to keep your brain healthy. You can do this by eating a nutritious diet and doing things that keep your brain active. And make sure you protect your head from injury. Avoid head impacts, and wear a helmet when you need one. For more info, talk to your doctor.