Aging of Cerebral Functions:
Advances in the prevention and treatment of organic memory disorders associated with aging

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The brain ages, and human genetics and genomes are involved in cellular aging. Aging genetic expression is conditioned by interaction with the environment. Some genes have less expression after the age of 40: those with a major role in synaptic plasticity, vesicular transportation and mitochondrial function. Loss of white matter increases after the sixth decade. Experience produces functional changes that can improve nervous system functioning. However, cerebral-self regulation can deteriorate with age. As we get older, we get wiser. However, other factors have adverse effects in the long-run.

Three of the most common neurological diagnoses in the elderly are Alzheimer’s, Parkinson’s and stroke. The most common diagnosis within the dementias is Alzheimer’s, affecting between 35-50% of dementia cases; next is vascular dementia, which will be detected in 18 -13% of these cases.

The brain’s weight changes with age. As we age, our vision deteriorates. Deterioration in sense of smell may be due to a decrease in the speed of cognitive processes. Prospective memory undergoes general deterioration during the aging process. Studies report that implicit memory is more resistant to deterioration during normal aging, and that aging is related to physical activity, age and cognitive/motor functions.