

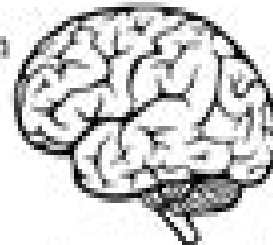
Patterns of Brain Aging

Red = related to poor cognition

Green = related to maintained cognition

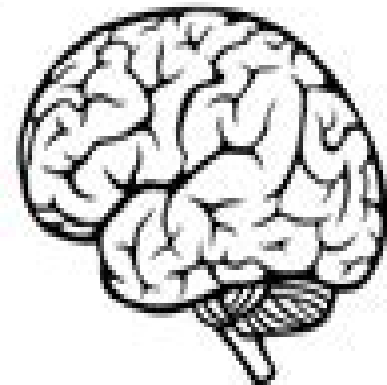
↑ = activation

↓ = suppression



Healthy Young Adult
Balanced activation and suppression of brain activity with intact cognition

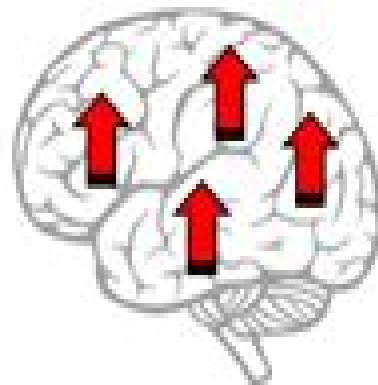
Aging



Brain

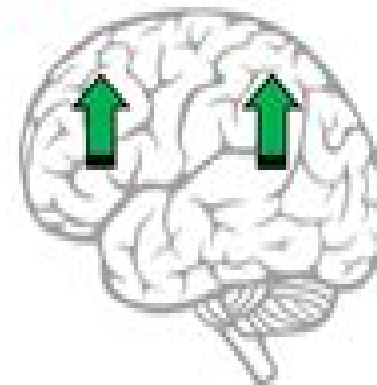
Maintenance

No changes to brain activity and cognition remains intact



Neural Inefficiency

Less suppression of brain activity and cognitive decline



Neural Compensation

Additional activation needed to minimize cognitive decline



**Loss of Neural Distinctiveness/
Differentiation**

Unorganized additional activation and suppression of brain regions/networks and cognitive decline

Aging Brain

M Woodhall



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