

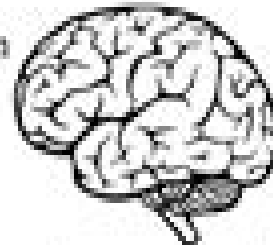
Patterns of Brain Aging

Red = related to poor cognition

Green = related to maintained cognition

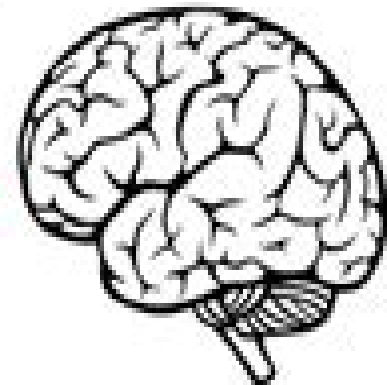
↑ = activation

↓ = suppression



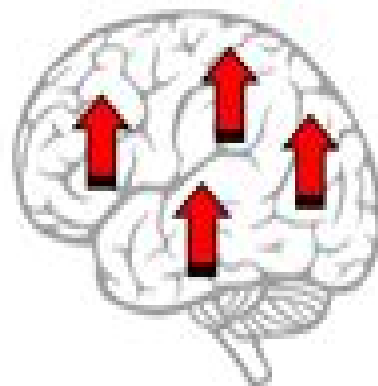
Healthy Young Adult
Balanced activation and suppression of brain activity with intact cognition

Aging



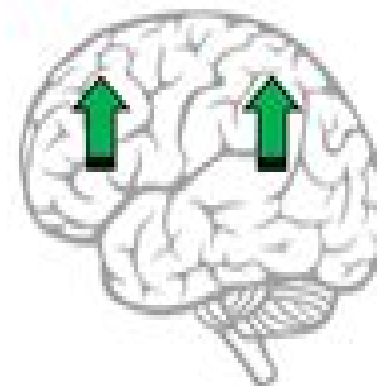
Brain

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

A Theory Of Cognitive Aging

Erin L. Woodhead, Brian P. Yochim



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