

Specialists from the North-Western University (USA) after 25 years of research found out why some adults are able to live up to 80+ years and their brain works almost perfectly. It's all about their character and characteristics of the body.

Since 2000, scientists have analyzed the data of 290 people aged 80 and older and conducted an autopsy of 77 samples of their brain. They found that such people are most often very sociable and have strong interpersonal relationships. But that was just the beginning.



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In the brain of some "super-starting" people, scientists have discovered amyloid and tau-white (they are also known as plaques and balls), which are important in the development of Alzheimer's disease. At the same time, in none of the samples of their brain there were signs of damage, usually associated with plaques and balls.

There are two mechanisms that lead to the preservation of the brain at 80 years or more. This resistance (that is, plaques and balls are not formed) and stability (plaques and tangles are created, but do not affect the brain).

Scientists finally learned why some of us live up to 80 years and longer

In addition, in such people, the structure of the brain was the same as the young. That is, the bark (the outer layer of the brain) did not become thinner. They also had more neurons von Ekonomo. They are in the cerebral cortex and are responsible for social behavior, emotional processing, self-awareness.

***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***