

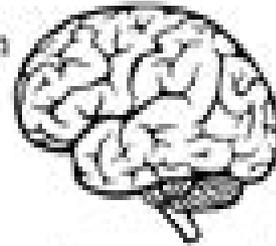
# Patterns of Brain Aging

Red = related to poor cognition

Green = related to maintained cognition

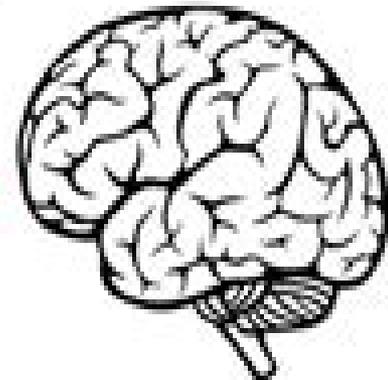
↑ = activation

↓ = suppression



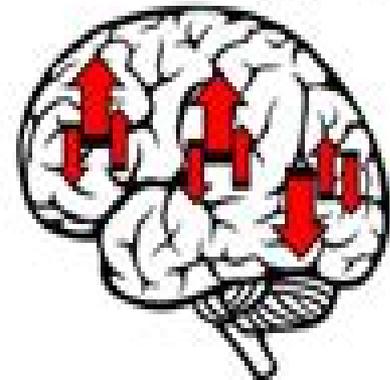
**Healthy Young Adult**  
Balanced activation and suppression of brain activity with intact cognition

Aging



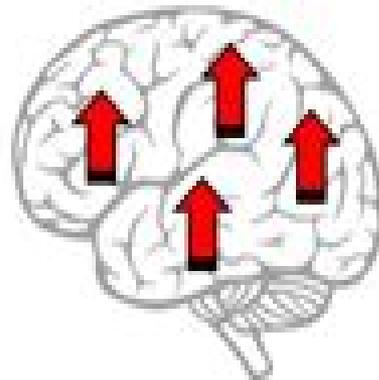
**Brain**

**Maintenance**  
No changes to brain activity and cognition remains intact



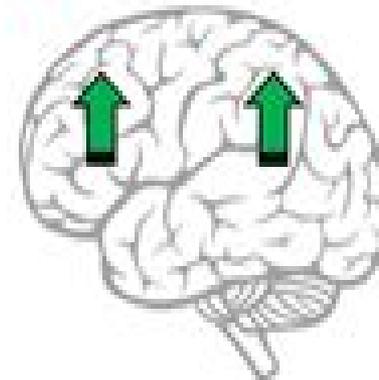
**Loss of Neural Distinctiveness/  
Differentiation**

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



**Neural Inefficiency**

Less suppression of brain activity and cognitive decline



**Neural Compensation**

Additional activation needed to minimize cognitive decline

# Aging Brain

**SA Dillow**



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