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Brain Aging

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Aging is identified as the changes that take place across entire course of the life span which classified into biological and pathological aging. The generalized decline in cognitive functions occur in biological aging differs from pathological functions secondary to known cause as degenerative brain diseases, trauma, infections, metabolic or toxic. The World Health Organization (WHO) classified the old age as followed:-Elderly (60 – 75 years), old age (76 - 90 years) and very old (aged 90 years) and more).The human brain changes and develops at various rates. The aging brain changes according to an individual's lifestyle and genetics. It is important to note that not all aging minds have or will have the same conditions. Our goal is to provide information for learning, understanding and to take an active role in precious brain health. Currently there has been a dramatic increase in the population of elderly people. This increment and the high incidence of age-related neurological disorder make it important to understanding how human brain ages. The effects of aging in brain with the decline of cognitive brain function are inevitable as we age unless proper measures are taken to prevent it.

The most widely seen cognitive change associated with aging is that of memory. The neurotransmitters most often discussed with regard to aging are dopamine and serotonin. Serotonin and brain derived neurotrophic factors levels also fall with age. Monoamine oxidase, increases with age and may liberate free radicals from reactions that exceed the inherent antioxidant reserves.

Biography

El-Shenawy obtained her MD.in clinical toxicology, faculty of medicine Ain- Shams University, Egypt in 1999. She did postdoctoral studies in field of pharmacology and toxicology. She obtained the scientific promotion award of NRC in medical science and its application in field of pharmacology in 2005. She was registered to two patents in 2006 and 2010. Her publications includes one book chapter in 2011 and 54 articles. She has supervised 7 PhD and 11 MSc theses. She reviewed some manuscript in some international journals). She is Vice President of pharmacological department in NRC Pharmacological department in NRC, Egypt.

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