《想成为“超级老者”？》

廉颇老矣，但精神矍铄，记忆力不减，认知能力丝毫不逊于中年人。你也想成为这样的“超级老者”吗？

It is “normal” for old age to be associated with gradual decline in memory and brain mass. However, there are anecdotal reports of individuals who seem immune to age-related memory impairment.

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Superagers are people over age 80 who have memories of healthy 50- to 60-year-olds.

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A new study is revealing interesting brain characteristics in older adults who aren’t aging like most. So-called superagers have cognitive abilities like those of much younger people.

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Scientists are working to discover the unique characteristics of the superagers by studying their brains. Research is showing that the superager brain is protected from the atrophy normally associated with aging, dementia and Alzheimer’s disease.

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