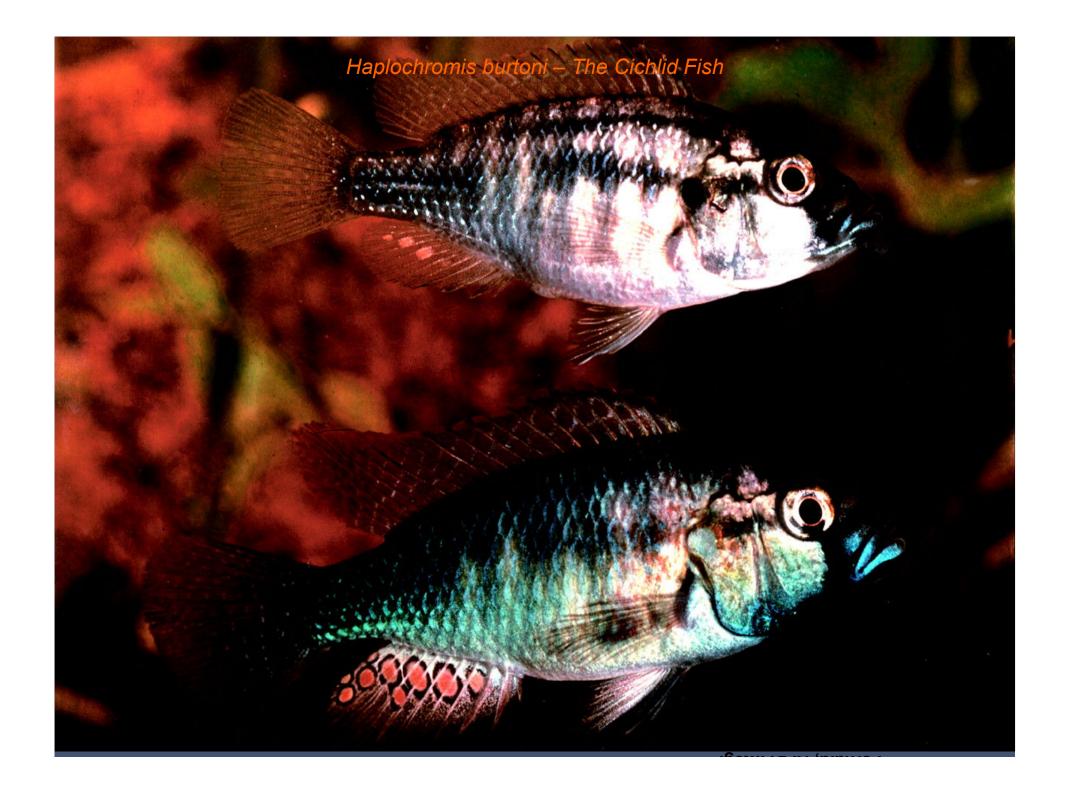
#### **The Brain and Environment**





Quantum/atomic

Molecular

Cellular

Systems

Cognitive/Psychological/Behavioural

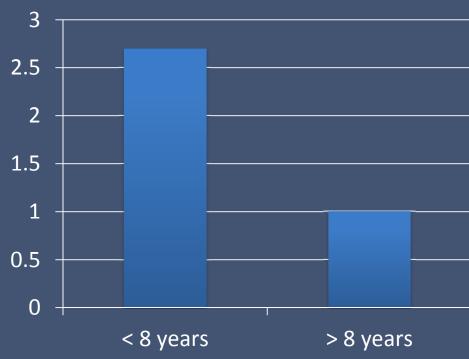
Socia

## Cognitive Reserve

#### Education Protects Against Alzheimer's Disease?



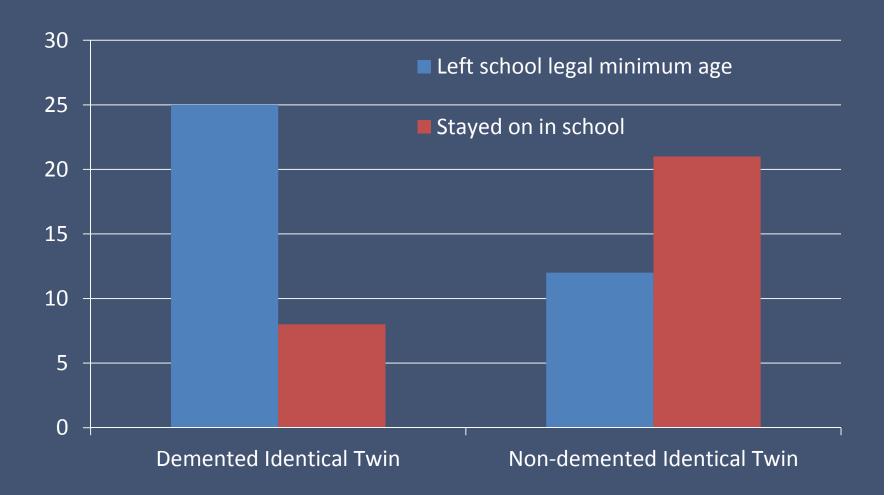
## Risk of Alzheimer's Disease by Education Level



# Common Genetic Factor Causing Both Independently?

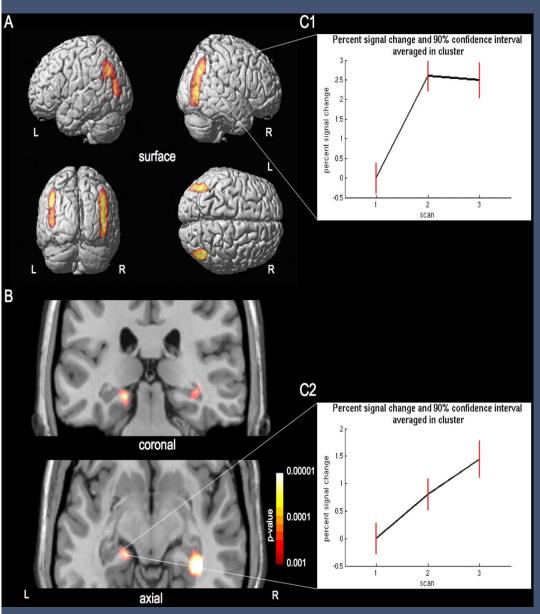
Correlation, not cause?

## Wrong

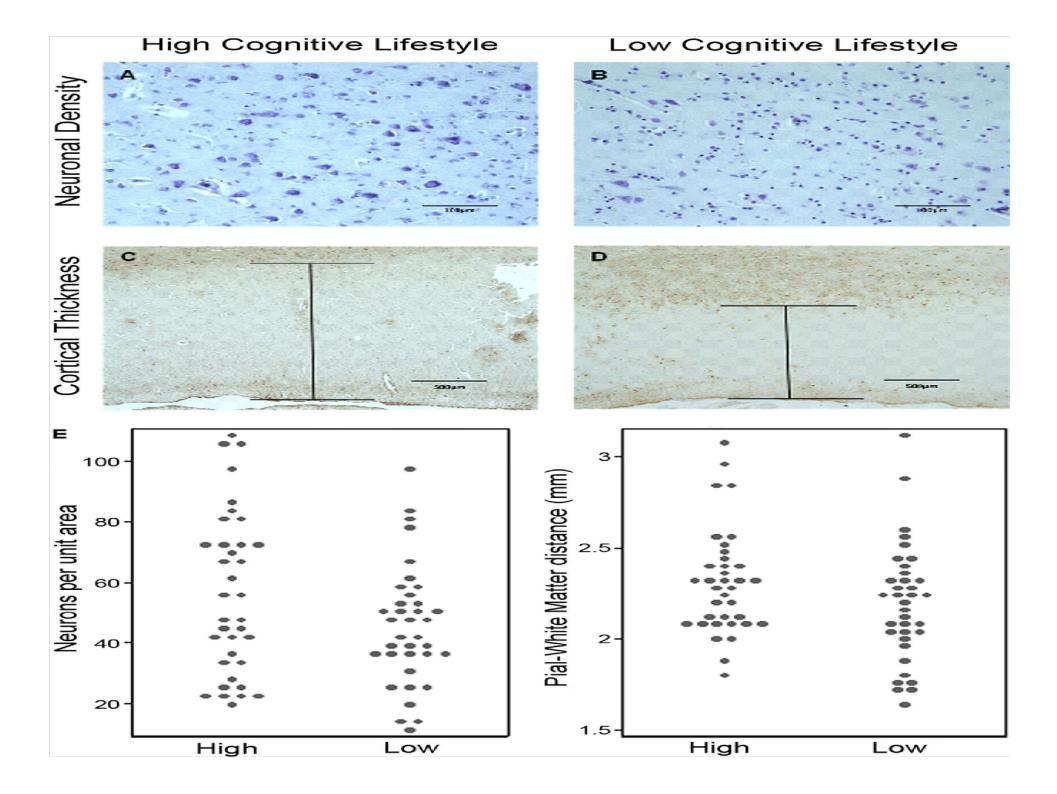


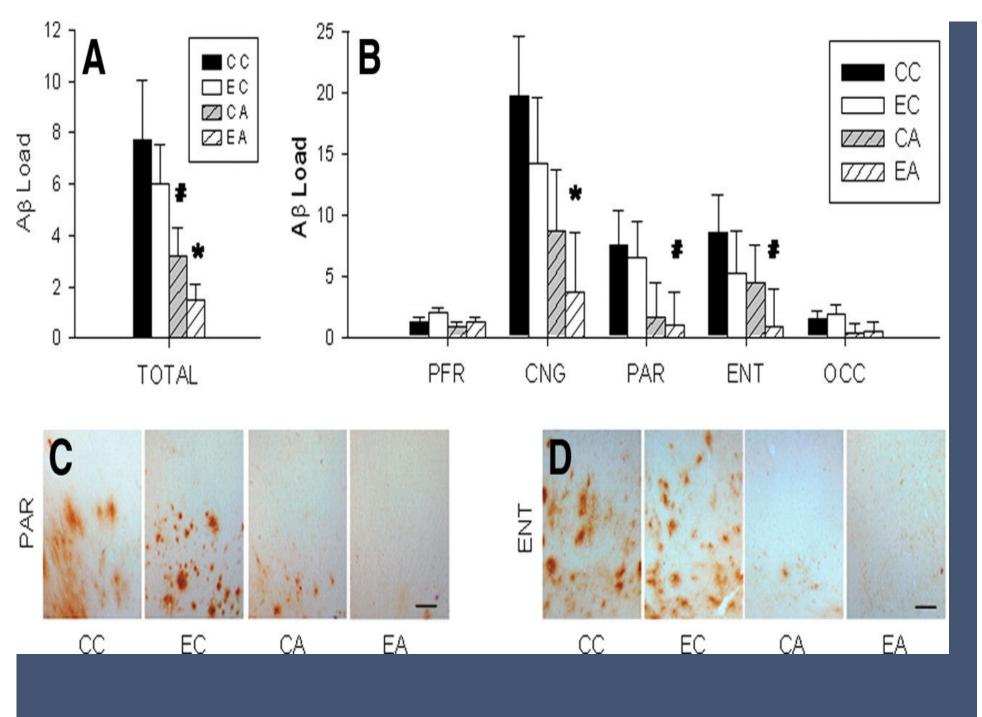
Gatz et al, Physiology and Behaviour, 2007

#### **EDUCATION BUILDS BRAIN STRUCTURE**



- Time 1 pre study
- Time 2 after 3 months daily study
- Time 3 3 months after exam
- gray matter increase in posterior parietal cortex (PPC) and inferior parietal cortex bilaterally.
- continuous gray matter
  increase in the posterior
  hippocampus throughout the
  three examined time points
- Draganski et al 2006 J Neuroscience





Pop et al. J. Neurosci. 2010



Quantum/atomic Cognitive/Psychological/Behavioural





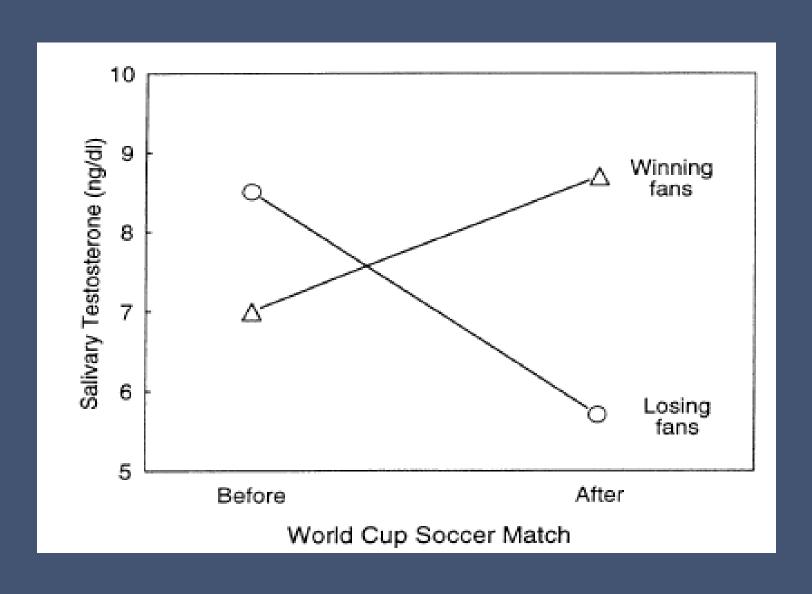
PII S0031-9384(98)00147-4

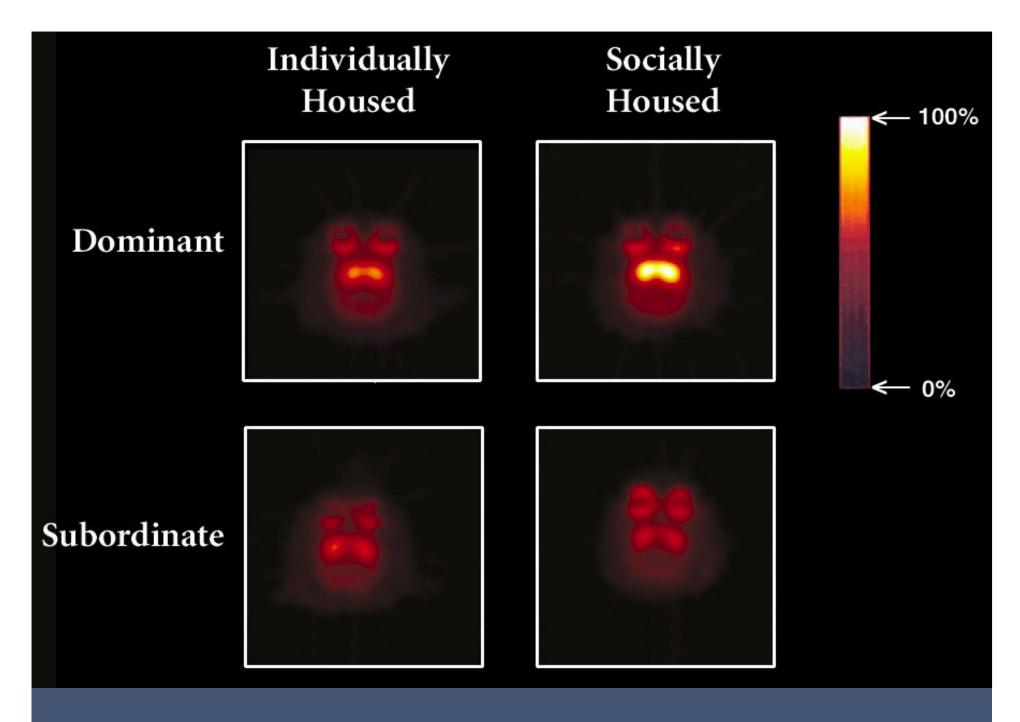
#### Testosterone Changes During Vicarious Experiences of Winning and Losing Among Fans at Sporting Events

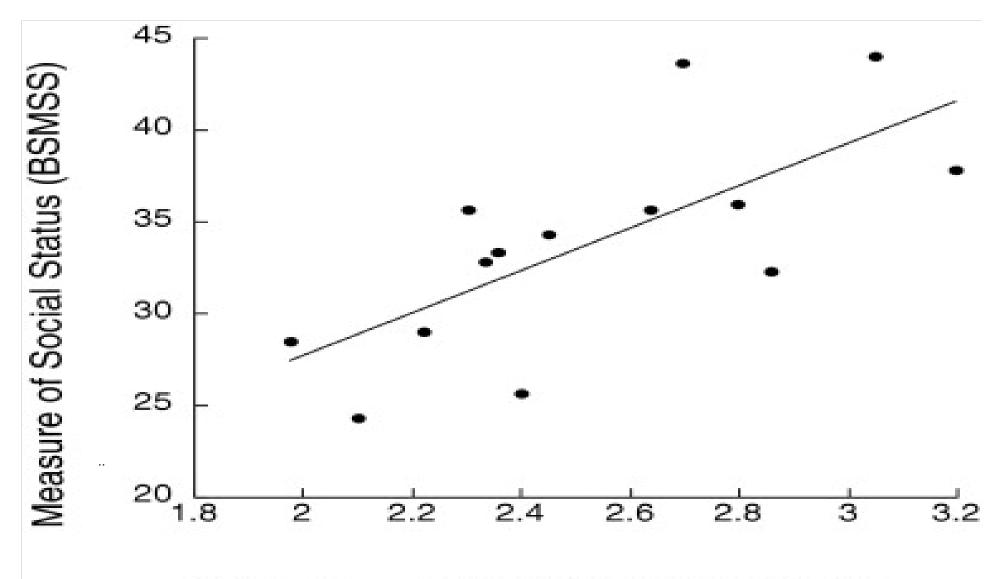
PAUL C. BERNHARDT,\* JAMES M. DABBS, JR.,† JULIE A. FIELDEN†
AND CANDICE D. LUTTER,†

- Brazil Italy Final, Pasadena, 1994
- One group Italy, other of Brazil fans, in Atlanta Tavern.

#### Brazil won on penalty shoot out







Striatal D<sub>2/3</sub> receptor binding potential

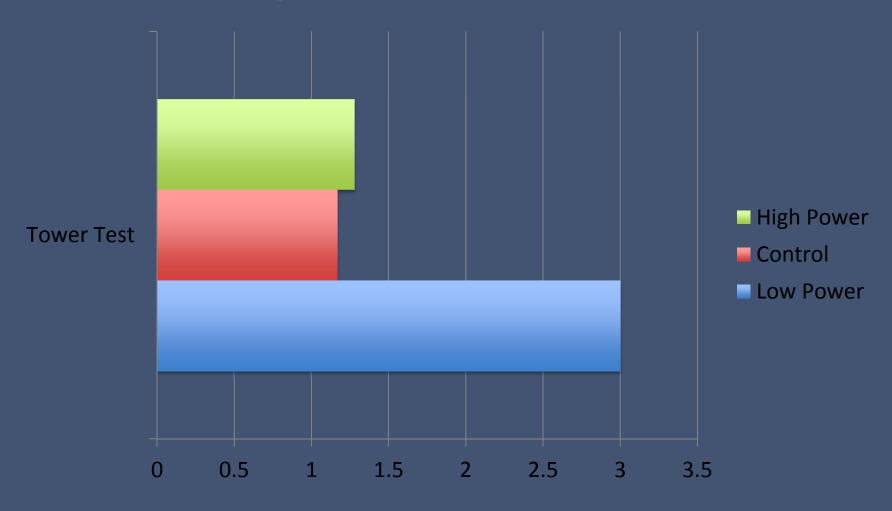
## Powerlessness changes cognitive function

- The powerless live among threat and uncertainty
- They must attempt to discern the goals of the powerful
- They often cannot fully commit to action but must be prepared to change if their superior's goals change

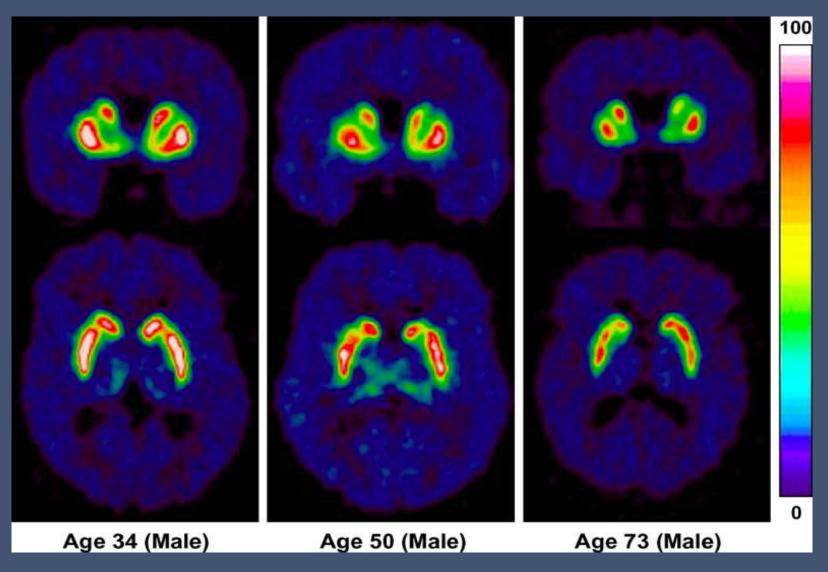
- Experimentally-induced powerlessness
  - Subordinate or dominant in computer test
  - Write about a time when you had power over someone or when someone had power over you.

(Smith et al, Psychological Science 2008)

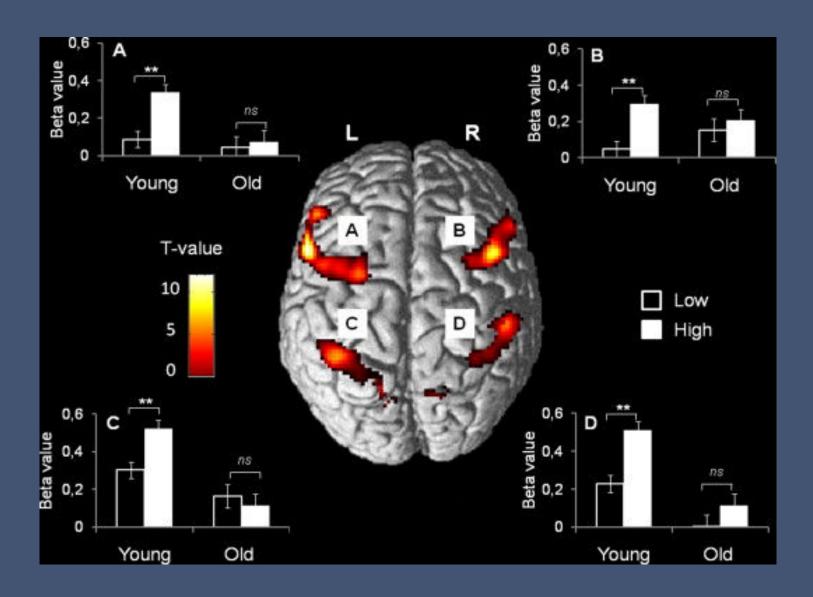
# Executive functions impaired by powerlessness



#### Aging and Striatal Dopamine



Erixson-Lindroth et al Psychiatry Research 2005



Neurobiology of Aging Volume 32, Issue 10 2011 1849 - 1856 Lars B?ckman, Sari Karlsson, H?kan Fischer, Per Karlsson, Yvonne Brehmer, Anna Rieckmann, Stuart W.S. MacDo...



?

Quantum/atomic

Pharmaceutical

**Pharmaceutical** 

**Non-Invasive Brain Stimulation** 

Systems

Cognitive or Behavioral Cognitive/Psychological/Behavioural Training

**Empowerment, Advocacy, Education, Equality** 



Quantum/atomic

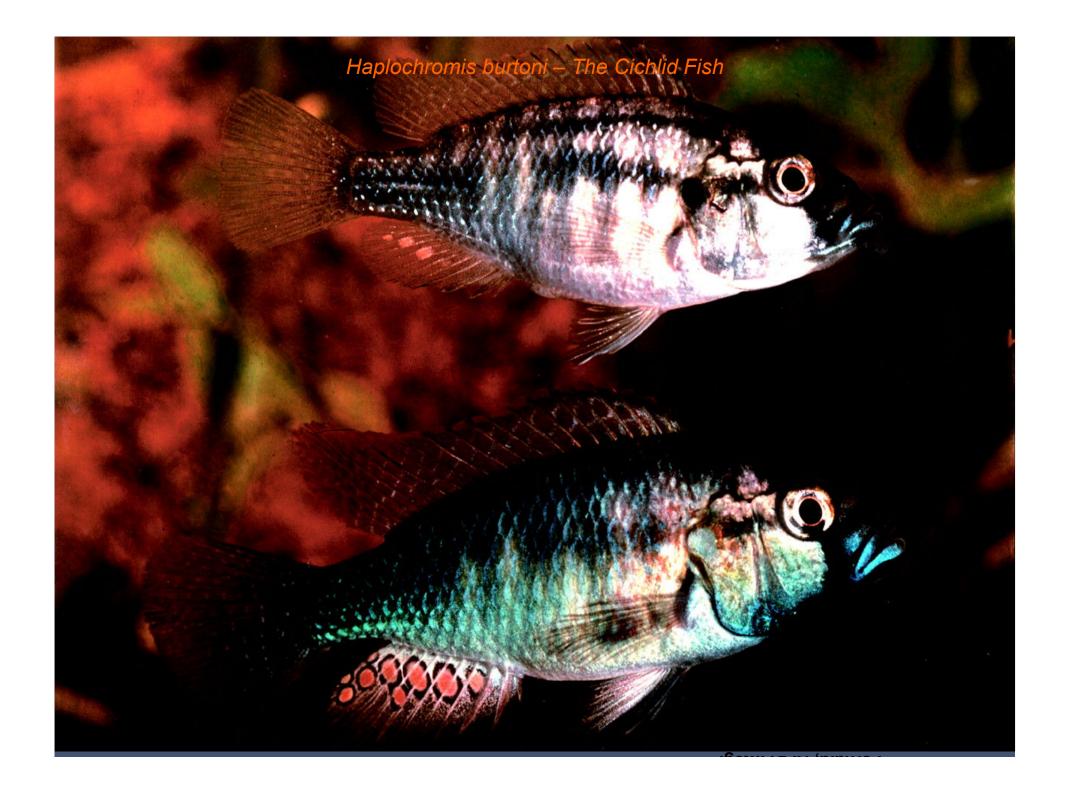
Molecula

Cellula

Systems

Cognitive/Psychological/Behavioural

Socia





**WHY?....** 

