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Cognitive Reserve
in Ageing

Why do some brains stay sharp as we get older?

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What is Cognitive Reserve?

Think of it as your brain's **"backup power."**

It's your brain's ability to cope with ageing or damage by using alternative pathways and strategies.

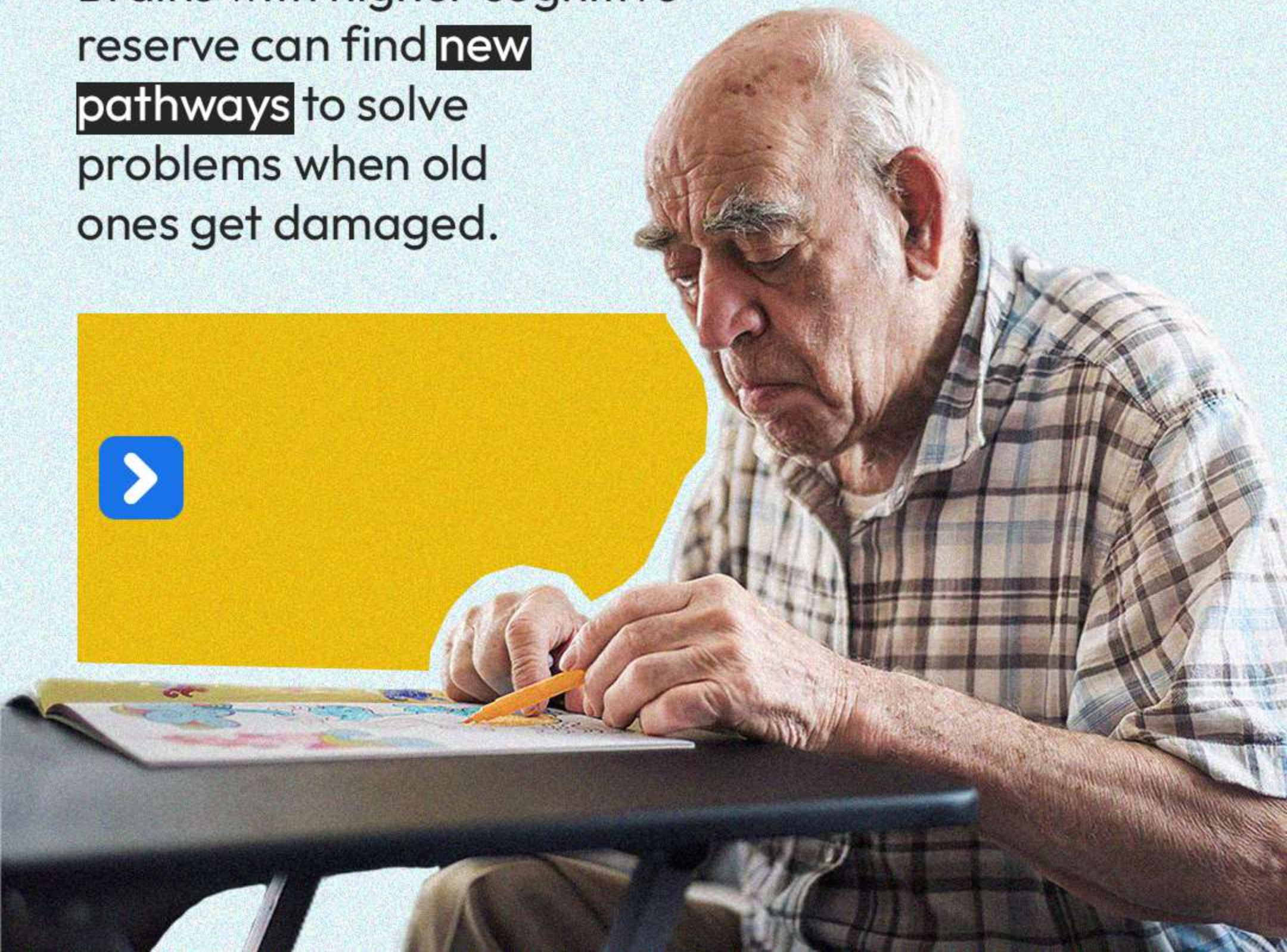


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Why Some Brains Resist Decline

Brains with higher cognitive reserve can find **new** **pathways** to solve problems when old ones get damaged.



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Role of Education

Lifelong learning builds neural networks.

More networks = more backup routes for thinking and memory.

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What the Research Shows

Neuroimaging studies show that people with high cognitive reserve recruit **different** brain networks to complete tasks — like taking a detour when the main road is blocked.



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Lifestyle & Neuroprotection



Healthy habits
(exercise, diet, sleep),

Social engagement,

Mental challenges
(complex problem-solving, mentally engaging work like learning new languages),

...all boost cognitive reserve keeps the brain flexible and adaptive.

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Build your cognitive reserve **now** —
it's never too late to start!

Your future brain will thank you.

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updates, and exam guidance