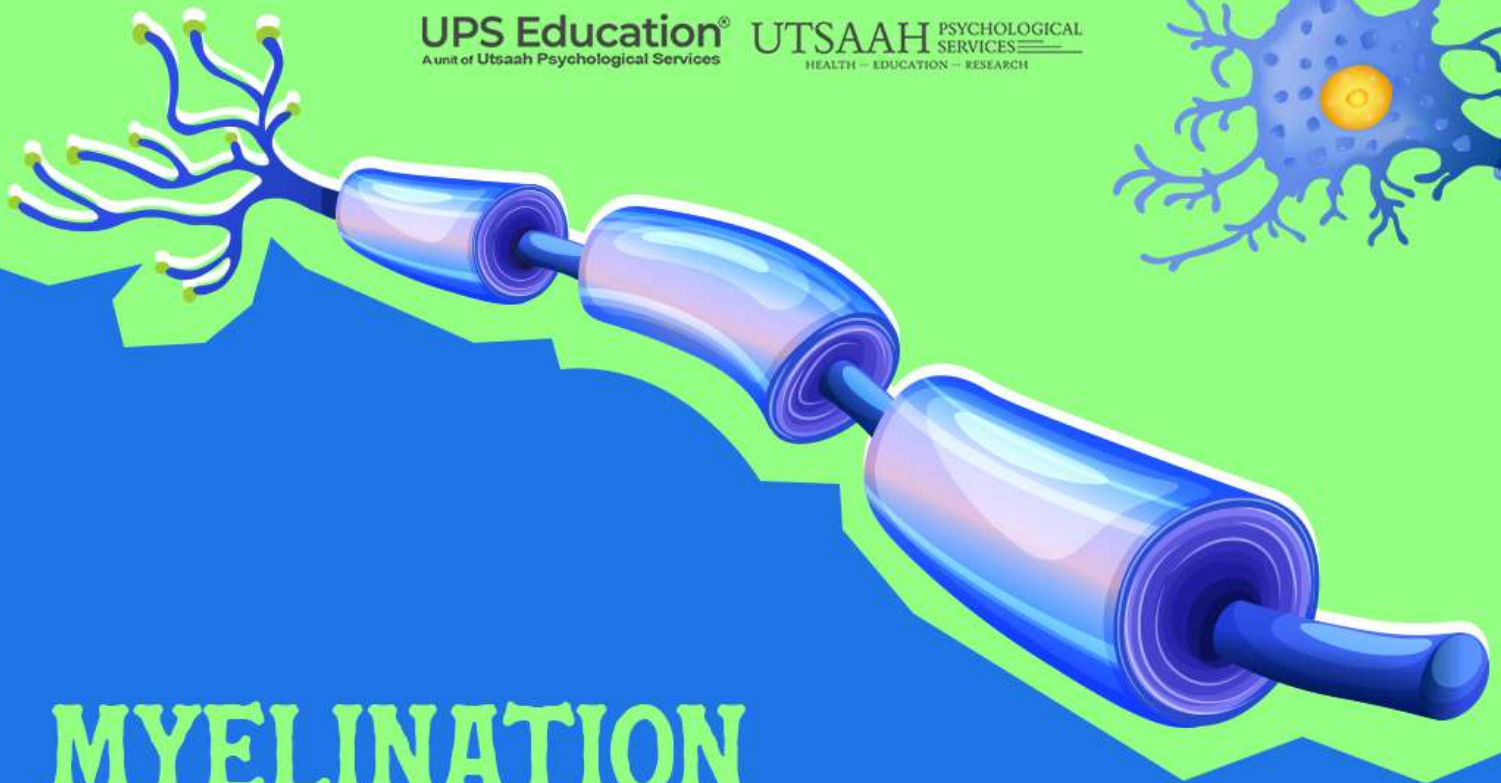




MYELINATION

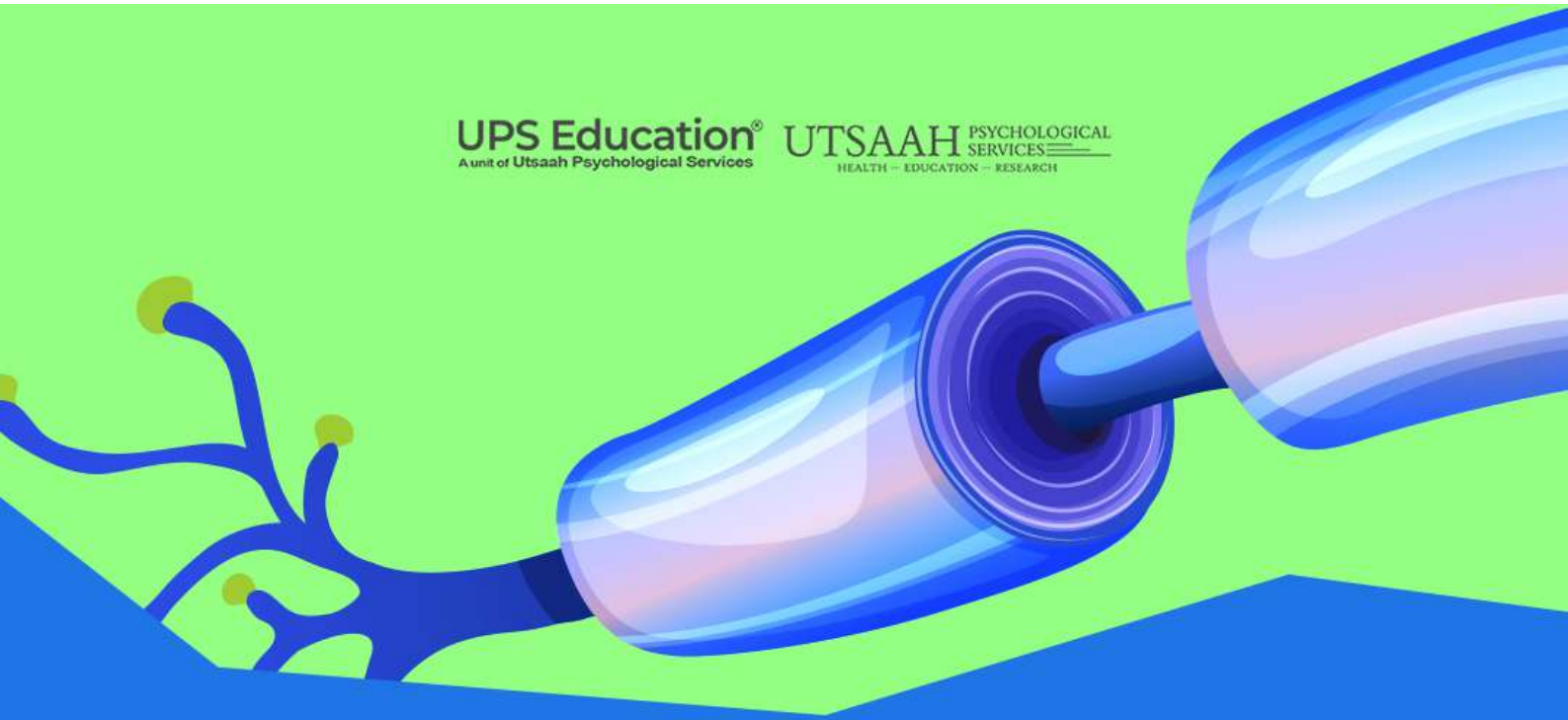
The Brain's Communication Booster

Myelination is the process of forming a myelin sheath, a fatty insulating layer that wraps around nerve fibres (axons). This sheath helps electrical signals travel faster and more efficiently between neurons.

Myelination is essential for:

- Rapid transmission of nerve impulses
- Efficient communication between brain regions
- Smooth movement and coordination
- Learning, memory, and cognitive development





Why Myelination Matters

Myelination begins before birth and continues into early adulthood, particularly in brain regions responsible for planning, decision-making, and self-control.

Research shows that healthy myelination supports:

- Faster processing speed and reaction time
- Improved attention and working memory
- Better motor skills and coordination
- Efficient learning and cognitive performance

Damage to the myelin sheath can disrupt communication between neurons and is associated with neurological disorders such as multiple sclerosis (MS).