Neuroplasticidad: Ejercicios para retrasar los efectos de la Enfermedad de Alzheimer mediante Estimulación Cognitiva [

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text (article)

Analítica

Neuroplasticity refers to the ability of the nervous system to change its structure and functioning throughout its life, as a reaction to the diversity of the environment, it allows neurons to regenerate both anatomically and functionally and to form new synaptic connections. This adaptive potential of the nervous system allows the brain to recover from disorders or injuries, and can reduce the effects of structural alterations produced by pathologies such as Alzheimer's disease. Alzheimer's disease is a brain disease that causes problems related to memory, thinking, and behavior. It is not a normal part of aging. Alzheimer's gets worse over time. Although symptoms can vary greatly, the first problem many people notice is forgetfulness severe enough to affect their ability to function at home or work, or to enjoy permanent hobbies. Cognitive stimulation is a set of very useful procedures to stimulate the mechanisms of neuroplasticity and thereby stop the progression of dementia, as well as improve the quality of life of the patient and their family
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