

Women have brains that are more powerful than men

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The largest brain function imaging study so far has compared 46,034 brain imaging studies to quantify the difference between the brains of men and women.

Daniel G Amen, founder of Amen said: *"This is a very important study to help understand brain differences based on gender. Quantitative differences between men and women are important to understand. Get the risk of brain disorders like Alzheimer's disease "* .

This research has just been published in the Journal of Alzheimer's.

The brain of women in the study showed much stronger activity in the brain regions than men, especially in the prefrontal cortex, involved in the control of impulses, the feeling of the brain, the mind. condition and anxiety.

And visual brain centers and brain coordination are more active in men.

SPECT (single photon emission tomography) can measure blood flow in the brain. Images obtained while performing different cognitive tasks show different blood flow in specific brain regions.



The subjects included 119 healthy volunteers and 26,683 patients with many mental illnesses such as brain injury, bipolar disorder, mood disorders, schizophrenia / mental disorder, decreased hyperactivity disorder. attention (ADHD).

A total of 128 brain regions have been analyzed for subjects at the resting stage and while performing a focused task.

Understanding these differences is important because brain disorders affect men and women in a different way.

Women have a higher rate of Alzheimer's disease, depression, which is a risk factor for Alzheimer's disease, and anxiety disorders are significantly higher, while men have a higher rate of ADHD.

The results of the study on the increase of prefrontal cortical blood flow in women compared to men may explain why women tend to show greater strength in the areas of empathy, intuition, self owner and easy to pay attention and pay more attention to.

The study also showed an increase in blood flow in the limbic region of the female brain, which may also partly explain why women are more susceptible to anxiety, depression, insomnia and eating disorders. to drink.

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