

# Brain Atrophy, Brain Shape Changes with Cerebral Atrophy

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## Editorial Note

Brain atrophy affects loss of neurons. Some degree of atrophy and subsequent brain shrinkage is normal with old age, even in people who are cognitively healthy. However, atrophy is accelerated in individuals with mild cognitive impairment, even faster in those who eventually progress from mild cognitive impairment to Alzheimer's. Many elements have concerned in affecting rate of brain atrophy, one of which is high levels of an amino acid in blood called homocysteine. Studies have display that hiked levels of homocysteine increase risk of Alzheimer's.

In fresh randomised controlled trial, researchers investigated part of vitamin B in regulating levels of homocysteine. They particularly wanted to test whether lowering homocysteine through giving high doses of vitamin B for two years could reduce rate of brain atrophy in people with pre existing mild cognitive impairment. Volunteers aged seventy and older with concerns about their memory were listed for study. It was cleared that volunteers shall diagnosis of mild cognitive impairment, explained using specific criteria. These included a concern about memory that did not involve with activities of daily living, pre specified scores on some cognitive scales assessing word recall, fluency. Study prevented individuals with diagnosis of dementia, who were taking anti-dementia drugs or who had active cancer. Individuals taking folic acid and vitamin B6 or B12 above certain doses were prevented.

Both healthy, pathological brain aging are characterized by many