

# Brain Health

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Good brain health allows individuals to realize their own abilities and optimize their cognitive, emotional, psychological and behavioural functioning to cope with life situations. Brain health conditions, on the other hand, are characterized by disruptions in normal brain growth and/or brain functioning. This special feature, published during Brain Health Awareness Week March 13th to 19th, will explore the concept of brain health, which encompasses neural development, plasticity, functioning and recovery across the life course.

### Proposed topic highlights:

**Advocacy** – Advancing knowledge and awareness about the impact of neurodevelopmental and neurological conditions.

**Support** – Resources for patients with brain health conditions, from intellectual developmental disorders, epilepsy and cerebral palsy to dementia, brain tumors and more.

**Strategies** – Promotion of brain health and injury prevention.

**Research** – Understanding the determinants that influence the way our brains develop, adapt and respond to stress and adversity.

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