



New FDA-Cleared Mobile App to Help Treat Patients with Opioid Use Disorders

For the first time on record, the odds of dying from an opioid overdose is greater than dying in a mobile vehicle crash, according to the [National Safety Council](#). Learn how a recently FDA-approved mobile app is being used to increase retention of patients with opioid use disorder (OUD) in outpatient treatment.

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Brain Facts

Brain experts agree that although our knowledge of the brain has increased drastically in recent years, there is more to learn. Here are our top fascinating brain facts of the month:

1. Did you know that unlike plenty of other areas that replace cells in our bodies, the brain only has a limited ability to replace dead brain cells?

According to [brainfacts.org](#), the dentate gyrus is one of only a few areas of the brain that is able to create new cells to replace the old ones.

2. What does a song taste like? What color is the letter C? To 95 percent of the population, these questions probably don't make any sense. However, people with synesthesia, or synesthetes, experience a tangling of two or more senses when they encounter specific stimuli.

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Advances in MRI hold great promise for diagnosis and treatment of neurological disorders

Researchers at the University of Minnesota Medical School have been leading an effort to develop the world's first whole-body human scanner operating above 10 Tesla (10 T). Read how this machine will give experts a better understanding of neurological diseases and how to treat them.

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Brain Food Spotlight: Mediterranean-Style Diets and Cognitive Function in Older Adults

Research shows that the Mediterranean diet and the MIND diet are two of the healthiest choices for older adults due to their connection with enhanced cognitive function. Here's what experts are saying.

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Make Better Brain Health Your New Year's Resolution

Healthy brain function depends on what you eat and drink, how well you sleep, the way you socialize and how well you manage stress. Here are some ways you can improve your brain health.

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Share information with the BrainFutures community!

In coming weeks, we will be highlighting news and resources from the BrainFutures community.

Please submit information that you'd like us to share across our network to info@brainfutures.org

Mission

BrainFutures accelerates adoption of effective applications of brain science advances to maximize human potential.

Vision

Science-based brain health practices will be widely accessible to people of all ages, enabling improvements in learning, enhancement of cognitive performance, prevention of debilitating brain conditions and effective treatment of mental health and substance use conditions.



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