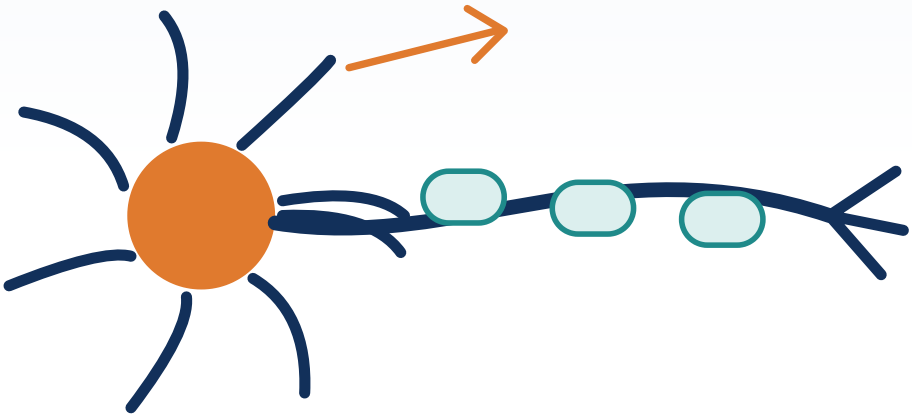
Surprising facts about the brain

Your Amazing Brain



Dr Anand Diwan

Consultant Neurologist · Adults & Children
Brain, spine, nerve & muscle specialist

MBBS, DNB (Neurology) · MMC Reg. No. 88279

Narayani Hospital **0253 2224411**
Dr Anand Diwan Neurology Clinic **0253 2472111**

Scan to book your appointment

Conditions treated at our clinic

- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

The control room of your body

Every thought, feeling, memory and movement starts in your brain. It never switches off – not even when you sleep.



1.3–1.4 kg

Only about 2% of your body weight

20%

of all the energy and oxygen your body uses goes to the brain

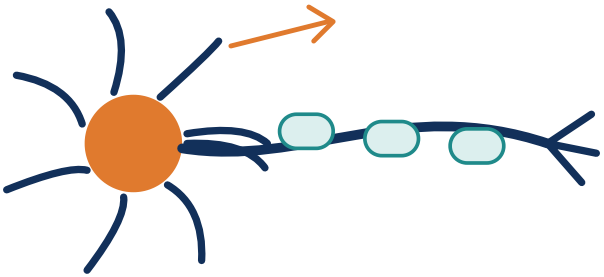
86 billion

nerve cells (neurons) – more than ten times the number of people on Earth

75%

of the brain is water – drink enough every day

Speed and wiring



430 km/h

The fastest nerve messages travel faster than a racing car

No pain

Brain tissue has no pain sensors – some brain operations are done with the patient awake

Crossed control

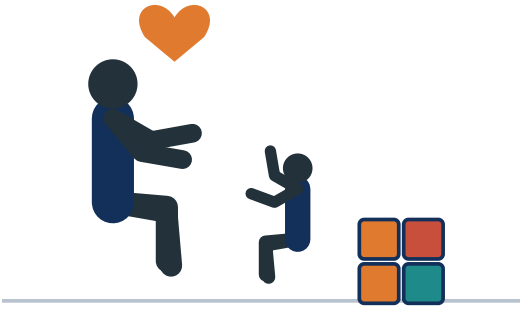
The left brain moves the right side of the body, and the right brain the left side

45 cm

The spinal cord carries messages between brain and body

This is why a stroke on the left side of the brain causes weakness of the right arm and leg – and often trouble with speech.

A brain that grows and changes



Doubles

A baby's brain doubles in size in the first year

90% by 5

By age 5 the brain reaches about 90% of its adult size

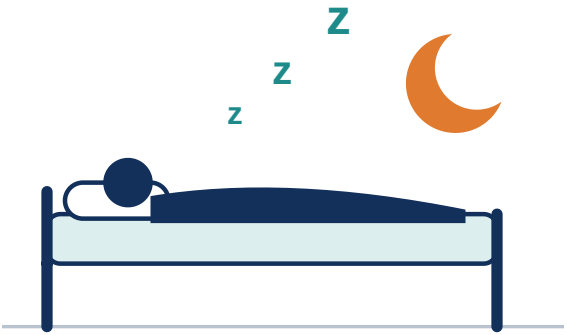
Till 25

The 'brakes' of the brain – the front part – finish developing only by about 25

Rewiring

The brain keeps making new connections all life. After a stroke, therapy helps other areas take over

Sleep, memory and senses



Night cleaning

During deep sleep, the brain washes away waste made during the day

Memory

What you learn in the day is stored as memory during sleep

Smell

Smell goes straight to the memory centre – that is why a smell can bring back childhood days

Dreams

Most dreams happen in 'REM' sleep – about 1½–2 hours every night

Keep your amazing brain healthy

- Protect your head – helmet on two-wheelers, seat belt in cars
- Keep BP, sugar and cholesterol under control
- Sleep 7–9 hours
- Walk or exercise at least 30 minutes a day
- Learn something new – a language, a song, a skill
- Eat a balanced diet; avoid tobacco and alcohol
- Stay in touch with family and friends
- Get your hearing and eyesight checked

Did you know?

- Learning a new skill at **any age** builds new connections in the brain.

Appointments

Monday to Saturday · Closed on Sundays

Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009

Consult 11 am – 3 pm · Tests 10 am – 5 pm

Hospital open 24 hours for emergencies

0253 2224411

Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009

Consult 6 pm – 8 pm

0253 2472111

Scan to book your appointment

Or book on WhatsApp

83900 00385 · 93702 54026

WhatsApp is for booking appointments only.

narayanihospitalfrontdesk@gmail.com

www.diwanneurology.com

Read more online

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This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.