Test yourself – then read the answer

Brain Myths: True or False?



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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.

Test yourself!

Read each sentence. Decide: true or false?
Then read the answer below it.

“We use only 10% of our brain.”

Myth

Brain scans show that almost every part of the brain is active during a day. Damage to even a small area causes problems.

“Some people are 'left-brained' (logical) and others 'right-brained' (creative).”

Myth

Both halves work together for almost every task. Personality does not come from one side.

“The brain cannot make new connections after childhood.”

Myth

The brain keeps forming new connections all through life. This is how we learn, and how people recover after a stroke.

Headache and fits

“Headache means a brain tumour.”

Myth

Most headaches are migraine or tension headache. A tumour is a rare cause. Your doctor will tell you if a scan is needed.

“Epilepsy is catching, or caused by evil spirits.”

Myth

Epilepsy is a brain condition. It does not spread from person to person and has nothing to do with spirits.

“During a fit, put a spoon in the mouth or make the person smell a shoe or onion.”

Myth

This can break teeth and cause choking. Turn the person on their side, protect the head and wait.

Stroke and paralysis

“Paralysis after a stroke can never improve.”

Myth

With early treatment and physiotherapy many people walk and talk again. Most recovery is in the first 3–6 months, but it can continue for longer.

“Stroke happens only to old people.”

Myth

It can happen at any age, even in young adults. High BP, diabetes and smoking raise the risk.

“If the weakness goes away in a few minutes, there is no need to see a doctor.”

Myth

This 'mini-stroke' (TIA) is a warning – a major stroke may follow within days. See a doctor the same day.

Food, puzzles and alcohol

“Almonds or memory tonics make you cleverer.”

Myth

No single food or tonic makes you smarter. A balanced diet, good sleep and learning help the brain.

“Crosswords and puzzles prevent dementia.”

Partly true

An active mind helps. But exercise, BP control, hearing aids and meeting people matter just as much.

“A little alcohol every day is good for the brain.”

Myth

Even regular moderate drinking is linked with a smaller brain. Heavy drinking damages nerves and memory.

More common beliefs

“Children with learning problems are lazy.”

Myth

Dyslexia, ADHD and similar conditions are brain-based. These children need help, not punishment.

“Brain diseases cannot be treated.”

Myth

Epilepsy, migraine, Parkinson's, neuropathy and stroke can often be well controlled with treatment.

“Using a mobile phone causes brain cancer.”

Myth

Large studies so far have not shown a clear link. But using a phone while driving is truly dangerous.

Remember

- For health questions, ask your doctor – not WhatsApp forwards.

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

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WhatsApp is for booking appointments only.

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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.