

Can adult brains grow new neurons? New study says yes.

If the memory center of the human brain can grow new cells, it might help people recover from depression and post-traumatic stress disorder (PTSD), delay the onset of Alzheimer's, deepen our understanding of epilepsy and offer new insights into memory and learning. If not, well then, it's just one other way people are different from rodents and birds.

For decades, scientists have debated whether the birth of new neurons—called neurogenesis—was possible in an area of the brain that is responsible for learning, memory and mood regulation. A growing body of research suggested they could, but then a [Nature](#) paper last year raised doubts.

Now, a new study published today in another of the Nature family of journals—[Nature Medicine](#)—tips the balance back toward “yes.” In light of the new study, “I would say that there is an overwhelming case for the neurogenesis throughout life in humans,” Jonas Frisén, a professor at the Karolinska Institute in Sweden, said in an e-mail. Frisén, who was not involved in the new research, wrote a News and Views about the study in the current issue of *Nature Medicine*.

Read full, original post: [The Adult Brain Does Grow New Neurons After All, Study Says](#)