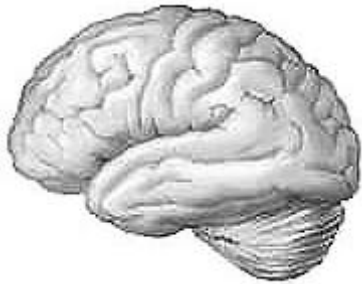


Brain Facts Daily Planner (2006)



Neuroscience for Kids

<http://faculty.washington.edu/chudler/neurok.html>

Instructions:

1. Print all of the pages on "regular" letter-sized (8.5" x 11") paper.
2. Cut all of the pages in half, right down the middle.
3. Put the title page at the front.
4. Put the other pages in order by month, January through December.
5. Place the "Notes" page at the end.
6. Staple all of the pages on the left side.
7. Throw away this instruction page.

January 2006



Brain Facts

January is National Glaucoma Awareness Month. Glaucoma is the leading cause of blindness for people over 60 in the US.

Some fish (e.g., sharks, sturgeon), lampreys, salamanders and the platypus can detect weak electrical fields.

Several types of beetles are attracted to forest fires. These beetles detect the heat of forest fires with receptors for infrared radiation. Eggs from the beetles are laid after the fire so that larvae can feed off of dead wood.¹

Squid and cuttlefish have eyes with W-shaped pupils.²

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February 2006



Brain Facts

Swordfish have special tissue (a "brain heater") behind their eyes that warms their brains as much as 14 degrees centigrade above the temperature of the water they live in.³

Although stroke is the third most common cause of death in the US, its death rate has declined 65% since 1950.⁴

Depression occurs in 2% of elementary school-aged children and 4-8% of adolescents.⁴

A "Mickey Finn" is a drink made with alcohol and chloral hydrate. This drink was developed in the 1870s by a group of tavern owners to make customers unconscious. Customers were robbed after they became unconscious.⁵

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March 2006



Brain Facts

Brain Awareness
Week is March 13-19, 2006.

Napoleon Bonaparte (French
ruler) had ailurophobia, the
fear of cats.⁶

Donald Trump (billionaire) has
chirophobia, the fear of
shaking hands.⁶

Howard Hughes (billionaire)
had mysophobia, the fear of
germs.⁶

Andre Agassi (tennis player)
has arachnophobia, the fear
of spiders.⁶

Cher (singer), Aretha Franklin
(singer), John Madden
(former football coach) and
Whoopi Goldberg (comedian)
all have aviophobia, the fear
of flying.⁶

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April 2006



Brain Facts

April is National
Autism Awareness Month.

The preying mantis has been
called an "auditory cyclops"
because it has only one ear.
The ear of this insect is
located in the middle of its
underside, between its legs.⁷

Americans rate the jobs as
scientist and doctor as having
the highest prestige.⁸

The stapedius muscle is the
smallest muscle in the body.
This muscle, 6.3 mm in length,
helps move the stapes bone in
the middle ear.⁹

A one-year subscription
(institution rate) to the
journal *Brain Research* costs
\$23,483.

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May 2006



Brain Facts

May is Better Hearing and Speech Month, Better Sleep Month, Healthy Vision Month, Lyme Disease Awareness Month and National Stroke Awareness Month.

Emil Kraepelin coined the term "Alzheimer's disease" in 1910.¹⁰

Sleepwalking affects 2-14% of all children and 1.6-2.5% of all adults.¹¹

Ears can be found on the thorax, abdomen, legs, wings and mouths of different insects.¹²

The brain of a 136 kg (300 pound) swordfish weighs only 2.2 grams (0.005 pounds). An adult human brain weighs approximately 1,400 grams (3 pounds).¹³

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June 2006



Brain Facts

June is National Aphasia Awareness Month and Vision Research Month.

Caffeine is the most widely used behaviorally active drug in the world.¹⁴

You can often hear doctors on television shows yell "Stat!" The word "stat" is a shortened version of the Latin word "statim" that means immediately or at once.¹⁵

In the United States, July 4th is the day of the year with the most motor vehicle crash deaths--41% of these deaths involved a driver who had been drinking alcohol and had a high blood alcohol content.¹⁶

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July 2006



Brain Facts

July is Eye Injury Prevention Month.

In 2003, there were 871,535 physicians in the United States. Of these doctors, 5,140 were neurosurgeons, 13,293 were neurologists, and 40,334 were psychiatrists.¹⁷

In 1895, Wilhelm Konrad Roentgen discovered X-rays. He used the "X" in X-ray because he did not know how his discovery worked.

In 1998, the US government required breads and grains sold in the US to be fortified with folic acid. Since then, the number of children at risk for birth defects (such as neural tube defects) caused by folic acid deficiency has decreased by 32%.¹⁸

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August 2006



Brain Facts

August is Children's Eye Health and Safety Month, Eye Injury Prevention Month, and National Pain Awareness Month.

It is estimated that 62% of people in the US over the age of 53 have olfactory impairments (trouble smelling).¹⁹

Two out of six (33%) adult female chimpanzees yawned significantly more often after they watched videos of other chimpanzees yawning.²⁰

The "iris" of the eye gets its name from the Greek word meaning "rainbow." The word "pupil" comes from the Latin word for "girl" or "little doll." The word "lens" comes from the Latin word meaning "lentil."

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September 2006



Brain Facts

Mental disorders account for 4 of the 10 leading causes of disability in the United States.²¹

In 2001, approximately 15 million Americans aged 18 or older were estimated to have a serious mental illness (SMI) during the past year.²¹

Less than one half of adults with a serious mental illness received treatment or counseling during the past year.²¹

Adults with a serious mental illness were more likely to smoke cigarettes or use an illicit drug during the past year compared with those without a serious mental illness.²¹

Women (9%) were more likely than men (6%) to report having had an SMI within the past year.²¹

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October 2006



Brain Facts

October is National Brain Injury Awareness Month, National Down Syndrome Awareness Month, National Glaucoma Awareness Month, National Spina Bifida Awareness Month, National Spinal Health Month, Sudden Infant Death Syndrome (SIDS) Awareness Month and World Blindness Awareness Month.

The highest blood levels of caffeine are reached in 30-45 minutes after it is consumed.¹⁴

Ivan Petrovich Pavlov is best known for his work on conditioned reflexes ("Pavlov's dogs"). However, his 1904 Nobel Prize in Physiology and Medicine was awarded for his work on the physiology of digestion.

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November 2006



Brain Facts

November is National Alzheimer's Disease Awareness Month and National Epilepsy Month.

There are approximately 1 billion neurons in the human spinal cord.²²

Thirty percent of older Americans between the ages of 70 and 80 have a problem with their sense of smell. Two out of three people over 80 have a problem with their sense of smell.²³

Agenesis of the corpus callosum (ACC) is a birth defect in which the structure that connects the two hemispheres of the brain (the corpus callosum) is partially or completely absent.

Thomas Willis coined the term "neurology" in 1681.

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December 2006



Brain Facts

December is National Drunk and Drugged Driving (3D) Prevention Month.

Roman emperors believed that eating lettuce would help a person sleep.²⁴

Placing a goat's horn under a person's head was once thought to cure insomnia.²⁴

Rubbing a person with a live pig is a folk remedy for epilepsy.²⁴

Wearing rings of lead mixed with mercury was once thought to prevent headaches.²⁴

People once believed that anxiety caused by bad dreams could be eliminated if a person told the dreams to the sun.²⁴

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