



COLLEGE OF ALLIED HEALTH



Melatonin as an Antioxidant: Protection against Brain Aging

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The human brain loses tens of thousands of neurons daily. The resulting neurodegeneration is a major contributor to a reduced quality of life in the aging population. The average human lifespan has increased markedly within the last half century. This has led to an ever-increasing number of people with diminished mental facility. The loss of brain function is frequently a result of environmental pollutants or genetic predispositions which cause the production of toxic free radicals, many of which are derived from the oxygen we breathe. These toxic radicals mutilate neurons and cause them to die. The identification of highly-effective antioxidants which enter the brain and neutralize aggressive free radicals is a major challenge for neuroscientists. One such antioxidant may be melatonin. Melatonin is an endogenously-produced molecule, which unfortunately is lost as we age, but which is capable of significantly reducing neuron loss in all neurodegenerative disease models where it has been tested. If you care about your brain, and certainly you should, you should learn how to protect it against the degenerative changes produced by pollutants and diseases of aging.

CAH Research Day
April 6, 2012
CAH - 1117
Tulsa - 115
12:00 noon

Lunch will be provided from 11:45—12:00 at both locations (first come, first served)