

Suguru's Talk 2005

Calamitous Age and Andropose

When I was over 40 and past the calamitous age (something like andropose), I experienced a loss of "motivation". Male menopause? I don't feel a surge of emotion and my body is drained of energy, what's wrong with me? What's wrong with you? Maybe you are one of them! You know the movie "Shall we dance? You've built a house, your wife has stopped complaining, and your kids are off to college, but you still have a long way to go in life. I still have a long way to go in life, but I felt weak! I was thinking about the question, "Why do we remember the things that move us so quickly? and "Why do motivated people stay motivated to learn? I became strongly interested in "elucidating this molecular mechanism. However, I did not suddenly change my research subject. I felt that cytochrome P450, which I had been involved in for 20 years, was relevant to this area, and I decided to focus on neurosteroid research in the hippocampus instead of the liver and adrenal cortex. Recently, medical science has advanced to the point where people are living much longer, and their brains are breaking down before their bodies do. This is the essence of the aging problem. Although it is not possible at present, it is important to stop the collapse of the brain in the next 10 years or so, such as Alzheimer's disease, Parkinson's disease, and dementia. To summarize our recent findings, the brain synthesizes male and female hormones independently of the body (an end product of the neurosteroid synthesis pathway), and these sex hormones improve memory learning ability in the hippocampus. In other words, it improves the ability to write memories and erase unwanted memories (i.e., consciously erasing unwanted memories is important for tomorrow's vitality). Sex hormones prevent memory blurring in the hippocampus. Furthermore, sex hormones are not sex hormones in the brain, but nerve growth factors. The male brain also synthesizes female hormones and the female brain synthesizes male hormones! Furthermore, these sex hormones improve depression caused by stress hormones. I believe that the progress of research every year will increase the certainty of this explanation and lead to the development of new anti-dementia supplements, etc. My "motivation" has been restored after I passed 50.