

FROM THE EDITOR

Am I Losing It?



BY BILL GLOVIN
Editor-in-Chief

As we get into our forties and beyond, we realize that we can't run quite as fast or jump as high as we once did. For many of us, reading glasses are required, and physical ailments that once healed quickly take longer to subside. And we can't help wondering about our mental faculties. Will we start forgetting where we put our keys? Will we have even more trouble remembering names and dates? Will genetic ties to parents or grandparents with dementia affect us?

To find out what happens to our brain as we age, we asked two prominent scientists—Tanya T. Nguyen, Ph.D., and Dilip V. Jeste, M.D., who study aging at the University of California, San Diego—to tell us what the latest research reveals. In our cover story, "Ageism: The Brain Strikes Back," you may be surprised to learn their thoughts on the findings.

Our issue also contains a smorgasbord of other topics that we think are just as engaging. A hot topic receiving a lot of recent attention in the neuroscience field is interoception—a sense that tells us how our body is feeling on the inside. Have a growling stomach, dry mouth, tense muscles, or racing heart? Lisa Barrett, Ph.D., and Karen Quigley, Ph.D., at Northeastern explain the sense that allows us to experience those kinds of bodily sensations.

We've all come in contact with obnoxious narcissists and wonder how they became so self-absorbed and whether anything can be done about it. One of our features examines narcissism as a personality disorder and gets to the bottom of why this disturbing condition is under-researched and difficult to treat. Another feature depicts a feast-for-the-eyes exhibition that includes striking images of the brain from faculty and students who are members of the Friedman Brain Institute at the Icahn School of Medicine in New York City.

Finally, our neuroethics column explores the implications of organoids research while our Clinical Corner is a first-person account from a recent graduate of the Ph.D./M.D. program at Rutgers Medical School. His moving story was first featured on NBC's *Nightly News with Lester Holt*, and he agreed to recount his motivations for becoming a doctor and researcher in more detail for our readers.

All in all, an issue that we hope has something for everyone. •



EMERGING IDEAS IN BRAIN SCIENCE

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Letters may be edited for length and clarity. We regret that we cannot answer each one.