



# HYPOTHALAMIC NEWSLETTER

Welcome to this edition's Hypothalamic Newsletter! We will be discussing the effects of television on cognitive development, the causes of brain cancer , how stress shapes your brain, and how a sugar addiction develops.

## The Effects of Television on Cognitive Development

Have you ever been told that watching too much television rots your brain? In general, there tends to be a negative association with getting too much screen time and watching too much television, especially for children. But is all of this true? A 2017 study shows that the effects of television on children can vary with age. Young toddlers, under the age of two, are shown to yield the worst effects of television.

When getting high levels of screen time, executive functions, attention, and cognitive development. As age increases and the hours of background television decrease, the severity of these effects could potentially decrease as well. And television isn't all bad; some benefits of watching television in childhood include language acquisition and immersion.

When hearing the english language being presented repetitively, this can assist in learning speech. So overall, while television may not truly rot your brain and even has some benefits for children, it is still best to keep screen time to a moderate level.

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