



# Me falla la memoria (AMBITO PERSONAL) (Spanish Edition)

*Álvaro Bilbao*

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¿Ha experimentado la incómoda sensación de tener una palabra en la punta de la lengua? ¿Se ha descubierto en una habitación sin saber a qué iba a hacer allí? Al menos cuatro de cada diez adultos se muestran preocupados por la salud de su memoria. Mientras que la neurociencia y la neuropsicología han avanzado en la prevención, detección y paliación de las dolencias del cerebro, el conocimiento de la sociedad sobre estos trastornos parece instalado en mitos y tópicos que generan dudas constantes. Muy a menudo se confunde la pérdida de memoria causada por la vejez con síntomas de una enfermedad neurodegenerativa mucho más grave como el Alzheimer o la Demencia. Con el fin de evitar estos errores y de detectar la verdadera naturaleza de las propias dificultades cognitivas, el neuropsicólogo Álvaro Bilbao explica de un modo directo y ameno las pautas del funcionamiento del cerebro y la memoria.

**Álvaro Bilbao** (Bilbao, 1976)

Se licenció y doctoró en Psicología en la Universidad de Deusto y se formó en Neuropsicología en el Hospital Johns Hopkins de Baltimore, donde se especializó en el diagnóstico diferencial de problemas de memoria y en la investigación de distintos trastornos neurodegenerativos. Su carrera profesional se ha centrado en el tratamiento, la investigación y la divulgación de las enfermedades cognitivas relacionadas con la memoria, por la que recibió el premio Caser en 2010. Desde 2001 trabaja en el Centro Estatal de Atención al Daño Cerebral, colabora con la Organización Mundial de la Salud en proyectos vinculados a la discapacidad cognitiva y asesora al Comité de expertos de la Federación Española de Daño Cerebral (FEDACE). Es consultor del Instituto de Interacción de Madrid y miembro de la American Academy for the Advance of Science y de la New York Academy of Sciences. Ha sido autor de numerosos trabajos científicos y editor de la *Guía de Familias de Daño Cerebral*.

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