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Authors: Julanne Frater, David Lie, Perry Bartlett, John J. McGrath

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Insulin-like Growth Factor 1 (IGF-1) as a marker of cognitive decline in normal ageing: A review

Julanne Frater [1,2,]

David Lie [2]

Perry Bartlett [1]

John J McGrath [1,3,4]

1. Queensland Brain Institute, University of Queensland, Brisbane, Australia

2. Metro South Addiction & Mental Health Service, Queensland Health, Australia

3. Queensland Centre for Mental Health Research, The Park Centre for Mental Health, Queensland, Australia

4. National Centre for Register-based Research, Aarhus University, Denmark

Corresponding author:

Dr Julanne L Frater
Queensland Brain Institute
The University of Queensland
St Lucia,
Queensland 4076, Australia.
Email: j.frater@uq.edu.au
Phone: +61 7 3271 8694
Fax: +61 7 3271 8698

Highlights

- IGF-1 has a major role in growth, ageing, brain development and adult brain function.
- Animal studies support the link between IGF-1 and cognition and other brain outcomes.
- Links between IGF-1 and normal cognition in human studies are mixed.