



Brain Fog and Menopause

by NEWLIFEOUTLOOK TEAM

Tips to Keep Sharp

Your body goes through an incredible and transformative change as you transition into menopause, and this evolution can cause significant stress on the brain. What results is fatigue and difficulty organizing thoughts ,which only exacerbates an already frustrating and sometimes painful experience. This infographic outlines some techniques that may help with at least some of the cognitive difficulties of menopause.



AN INFORMATIONAL AND INSTRUCTIONAL EXAMINATION OF BRAIN FOG

Brain fog is a symptom of...

ADHD
ALZHEIMER'S
ANXIETY
ATRIAL FIBRILLATION

CANCER
DEPRESSION
DIABETES
HYPERHOMALIA

LUPUS
MENOPAUSE
MULTIPLE SCLEROSIS

Brain fog is also known as...

FIBRO FOG
LUPUS FOG
MENTAL FOG

COGNITIVE IMPAIRMENT
COGNITIVE DYSFUNCTION
COGNITIVE DIFFICULTIES



KNOW THE DIFFERENCE BETWEEN BRAIN FOG FACT VS. FICTION™

IT IS:

TRUBLE FOCUSING
SHORT ATTENTION
MEMORY LOSS
DIFFICULTY ORGANIZING THOUGHTS
CONFUSION
MAKING UNUSUAL JUDGEMENTS

IT'S NOT:

LACK OF INTELLIGENCE
DIMENTEST
A LISTENING PROBLEM
A PERSONALITY TYPE
INTENTIONAL
SPACING OUT

IT'S A
FACT:
BRAIN FOG IS LINKED
TO MANY PHYSICAL
FACTORS AND
MINDS.

Tips to help your memory...

- PLACE CHECKLISTS/REMINERS IN PLACES WHERE YOU LOOK EVERY DAY
- DO ONE THING AT A TIME
- ALWAYS HAVE SOMETHING WITH YOU THAT YOU CAN USE TO MAKE NOTES
- USE A CALENDAR FOR DATES AND TIMES
- KEEP A CALENDAR WHERE IT CAN BE SEEN
- ADD COLOR: USE COLORFUL POST-IT NOTES AND LABELS TO GET YOUR ATTENTION
- WHEN YOU LEARN SOMETHING NEW, LINK SOMEONE'S NAME, PICTURE AND IMAGE WITH IT **



KEEP YOUR MIND SHARP AND SPRY WITH HOBBIES OR ACTIVITIES YOU ENJOY



Prevention & Improvement™

REGULAR PHYSICAL EXERCISE AND ACTIVITY SUCH AS THE FOLLOWING ARE GREAT OPTIONS: **

WALKING
SWIMMING
YOGA
TAI CHI
GARDENING



AND HERE ARE SOME ADDITIONAL HEALTH TIPS:

EAT A DIET LOW IN FAT AND RICH IN FRUITS AND VEGETABLES
EAT OMEGA-3 FATTY ACIDS IN FISH, NUTS, OR SUPPLEMENTS
HAVE A HEALTHY SOCIAL LIFE

= GREAT!

Resources...

ADHealth
<http://www.adhealthmag.com/>
American Society of Clinical Oncology
<http://www.asco.org/>
Centers for Disease Control and Prevention
<http://www.cdc.gov/>
Family Caregiver Alliance
<http://www.caregiver.org/>
Lupus Foundation of America
<http://www.lupus.org/>
Mayo Clinic
<http://www.mayoclinic.org/>
ScienceDaily
<http://www.sciencedaily.com/>

Mayo Clinic
<http://www.mayoclinic.org/basics/conditions/cognitive-impairment/basics/cognitive-impairment-20020302>
ScienceDaily
http://www.sciencedaily.com/releases/2013/01/20130109090202.htm?from=source=medium&utm_medium=source=medium&utm_campaign=source=medium&utm_term=source=medium&utm_content=source=medium
Family Caregiver Alliance
<http://www.caregiver.org/long-term-care/long-term-care-and-providers-major-cause-brain-impairment>
American Society of Clinical Oncology
<http://www.asco.org/long-term-care/long-term-care-and-providers-major-cause-brain-impairment>
Centers for Disease Control and Prevention
<http://www.cdc.gov/long-term-care/long-term-care-and-providers-major-cause-brain-impairment>
Lupus Foundation of America
<http://www.lupus.org/long-term-care/long-term-care-and-providers-major-cause-brain-impairment>
Mayo Clinic
<http://www.mayoclinic.org/basics/conditions/cognitive-impairment/basics/cognitive-impairment-20020302>
ScienceDaily
http://www.sciencedaily.com/releases/2013/01/20130109090202.htm?from=source=medium&utm_medium=source=medium&utm_campaign=source=medium&utm_term=source=medium&utm_content=source=medium

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