



Coping With MS Brain Fog

by NEWLIFEOUTLOOK TEAM

MS Brain Fog Infographic

Cognitive problems are very common in people with MS – these problems are often referred to as brain fog. MS brain fog is thought to affect around 50% of people with the condition.

Changes in cognitive ability can include a shorter attention span, memory loss, trouble focusing and difficulty thinking of words. This can be caused by a number of different things including fatigue, certain medications, or MS brain changes.

Read on to learn some simple techniques that can help mitigate the effects of MS on cognitive function.



AN INFORMATIONAL AND INSTRUCTIONAL EXAMINATION OF BRAIN FOG

Brain fog is a symptom of...

- ADHD
- ALZHEIMER'S
- ANXIETY
- ARTHRITIS/RHEUMATISM
- CANCER
- DEPRESSION
- DIABETES
- HYPERCHOLESTEROL
- 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:	IT'S NOT:
TRUBLE FOCUSING	LACK OF INTELLIGENCE
SHORT ATTENTION	DIRTYTEST
MEMORY LOSS	A LISTENING PROBLEM
DIFFICULTY ORGANIZING THOUGHTS	A PERSONALITY TYPE
CONFUSION	INTENTIONAL
MAKING UNUSUAL JUDGEMENTS	SPACING OUT

IT'S A FACT: YOUR FOG IS CAUSED BY A RANGE OF PHYSICAL, PSYCHOLOGICAL AND MEDICAL FACTORS.

Tips to help your memory...

- PLACE CHECKLISTS/REMEMINDERS IN PLACES WHERE YOU LOOK EVERY DAY
- DO ONE THING AT A TIME
- KNOWS HAVE CONNECTION 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, LIKE SOMEONE'S NAME, PICTURE AN IMAGE ALONG 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
- DANCEING

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...

- ADAMUS: <http://www.adamsonline.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/diseases-conditions/mild-cognitive-impairment/basics/basics-fact-sheet/20120120>

† ScienceDaily: [http://www.sciencedaily.com/releases/2011/11/11/20111109080202.htm?from=old&utm_medium=old&utm_source=old&utm_medium=old&utm_source=old](http://www.sciencedaily.com/releases/2011/11/11/20111109080202.htm?from=old&utm_medium=old&utm_campaign=old&utm_source=old&utm_medium=old&utm_source=old)

‡ Family Caregiver Alliance: <http://www.caregiver.org/health-care-providers-and-providers-major-cause-brain-impairment>

§ American Society of Clinical Oncology: <http://www.asco.org/education-and-research/education-and-research/brain-impairment>

¶ Centers for Disease Control and Prevention: <http://www.cdc.gov/nczod/dpdx/mild-cognitive-impairment/mild-cognitive-impairment-policy.html>

‡ Lupus Foundation of America: <http://www.lupus.org/websites/brain-memory-403.aspx>

¶ Mayo Clinic: <http://www.mayoclinic.org/diseases-conditions/mild-cognitive-impairment/basics/facts-to-know-about/20120120>

¶ American Society of Clinical Oncology: <http://www.asco.org/education-and-research/education-and-research/brain-impairment>