



Coping With MS Brain Fog

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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.

