



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
ATRIAL FIBRILLATION

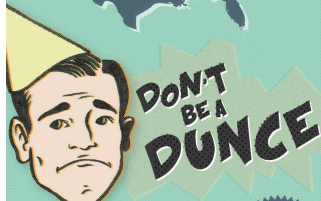
CANCER
DEPRESSION
DIABETES
HYPERHOMALIA

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 JUDGMENTS

IT'S NOT:

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

IT'S A
FACT:
BRAIN FOG IS LINKED
TO MANY PHYSICAL AND
PSYCHOLOGICAL
PROBLEMS

Tips to help your memory...

- PLACE CHECKLISTS/REMINDERS 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 OR IMAGE ALONG WITH IT **



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



Prevention & Improvement™

BUILD AN PHYSICAL, & SPORTS AND ACTIVITY
SUCH AS THE FOLLOWING ARE GREAT OPTIONS: ¹⁰⁸

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...

ADHDInfo
<http://www.adhdinfo.org/>
American Society of Clinical Oncology
<http://www.asco.org/>
Centers for Disease Control and Prevention
<http://www.cdc.gov/>
Family Cancer Alliance
<http://www.familycancer.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/basessentials/cognitive-impairment/basics/basics-fact-sheet-20020102>
ScienceDaily
http://www.sciencedaily.com/releases/2013/01/20130109090202.htm?from=science_daily_mayoclinic&utm_source=science_daily_mayoclinic&utm_medium=science_daily_mayoclinic&utm_campaign=science_daily_mayoclinic
¹⁰⁸ Family Cancer Alliance (http://www.familycancer.org/) reports cognitive and psychiatric major causes brain impairment
¹⁰⁹ American Society of Clinical Oncology
<http://www.asco.org/>
¹¹⁰ Centers for Disease Control and Prevention
http://www.cdc.gov/dpdx/dpdx/impairment/impairment_policy.html
¹¹¹ Lupus Foundation of America <http://www.lupus.org/learn/learn/memory-404.aspx>
¹¹² Mayo Clinic
<http://www.mayoclinic.org/basessentials/cognitive-impairment/basics/basics-fact-sheet-20020102>
¹¹³ American Society of Clinical Oncology
<http://www.asco.org/>

THIS INFOGRAPHIC
PRESENTED BY THE
UPSTANDING PEOPLE AT
newlifeoutlook

