



Memory and the Fog

by NEWLIFEOUTLOOK TEAM

Brain Fog with Alzheimer's

A lot of what you do for brain fog in Alzheimer's is actually really useful for your regular memory issues. Leaving color-coded stick-it notes around the house is a great way to get your attention and have something to help you with memory or brain fog. All memory or fog aids should be in the most logical place where you might need that information. Otherwise, you may have issues finding that key bit of information. This is especially true if you keep everything you need to remember in a notebook. You can easily misplace the notebook and be lost. Always have a place to put large bits of information and don't be afraid to scatter other little tidbits around your house or workspace.



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

IT'S NOT: LACK OF INTELLIGENCE
DIZZINESS
A LISTENING PROBLEM
A PERSONALITY TYPE
INTENTIONAL
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/REMINERS IN PLACES WHERE YOU LOOK EVERY DAY
- DO ONE THING AT A TIME
- ALWAYS MAKE CONNECTIONS WITH THINGS 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...

ADDITIONAL RESOURCES:
American Society of Clinical Oncology
Centers for Disease Control and Prevention
Family Caregiver Alliance
Lupus Foundation of America
Mayo Clinic
ScienceDaily



** American Society of Clinical Oncology: <http://www.asco.org/healthy-living/healthy-living-topics/brain-fog>

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