



# Memory and the Fog

by NEWLIFEOUTLOOK TEAM

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## 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
- FIBROMYALGIA
- 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™

- |                                |                      |
|--------------------------------|----------------------|
| <b>IT IS:</b>                  | <b>IT'S NOT:</b>     |
| 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 PROBLEMS AND NOT BY "DUNCE"!

### Tips to help your memory...

- PLACE CHECKLISTS/REMINDERS 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



### Resources...

- ADAMWA**  
<http://www.adamwa.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/2011/11/110110090202.htm?\\_r=1&\\_q=memory&\\_t=memory&\\_c=health&\\_s=science](http://www.sciencedaily.com/releases/2011/11/110110090202.htm?_r=1&_q=memory&_t=memory&_c=health&_s=science)
- Family Caregiver Alliance** <http://www.caregiver.org/health-care/brain-impairment>
- American Society of Clinical Oncology**  
<http://www.asco.org/education/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/awareness/memory-40-60>
- Mayo Clinic**  
<http://www.mayoclinic.org/diseases-conditions/mild-cognitive-impairment/basics/basics-home-remedies-cm-20120120>
- American Society of Clinical Oncology**  
<http://www.asco.org/education/brain-impairment>

