



A Look at Fibromyalgia Fog

by NEWLIFEOUTLOOK TEAM

Tricks to Clear Fibromyalgia Fog and Feel More Alert

Fibromyalgia, which includes among its symptoms fatigue, memory loss, trouble focusing and general cognitive impairment, can at times feel like an insurmountable obstacle. Medication and other treatment can help, as well as a healthy diet and exercise.

While there is as yet no sure treatment for this condition, there are certain techniques that may help alleviate its pains. This infographic explains more about brain fog.



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™

- | | |
|--------------------------------|----------------------|
| 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/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/2011/11/11/20111109080228.htm?from=old&utm_medium=old&utm_campaign=old&utm_source=old&utm_term=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/press-releases/2011/11/11/brain-fog-often-caused-by-chemotherapy>
- 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/press-releases/2012/01/20/brain-fog>
- Mayo Clinic**
<http://www.mayoclinic.org/diseases-conditions/mild-cognitive-impairment/basics/basics-fact-sheet-20120120>
- American Society of Clinical Oncology**
<http://www.asco.org/press-releases/2011/11/11/brain-fog-often-caused-by-chemotherapy>

