

# BRAIN FOG

## When Menopause Makes Your Mind Go Fuzzy

Brain fog. That feeling of mental fuzziness, forgetfulness, and difficulty concentrating. If you're experiencing menopause, you're probably all too familiar with this frustrating symptom.

But what exactly causes brain fog, and what can you do to clear the mental cobwebs?

### **Hormonal Havoc:**

The main culprit behind brain fog is fluctuating hormone levels, particularly the decline in oestrogen. Oestrogen plays a crucial role in cognitive function, memory, and mood. As oestrogen levels drop during menopause, it can lead to:

- Difficulty concentrating: You might find it hard to focus on tasks or conversations.
- Memory problems: Forgetfulness, misplacing things, and struggling to recall words or names are common complaints.
- Mental fatigue: You might feel mentally exhausted, even after a good night's sleep.

### **Beyond Hormones:**

- While hormones are the primary driver, other factors can contribute to brain fog, including:
- Sleep disturbances: Hot flashes, night sweats, and anxiety can disrupt sleep, leading to daytime fatigue and brain fog.
- Stress: Stress can impair cognitive function and worsen brain fog.
- Poor diet: A diet lacking in essential nutrients can also contribute to brain fog.

### **Clearing the Fog:**

- While brain fog can be frustrating, there are several things you can do to manage it:
- Hormone therapy (HRT): For some women, HRT can be effective in reducing brain fog and other menopause symptoms. Discuss the risks and benefits with your doctor.
- Lifestyle changes:
- Prioritise sleep: Aim for 7-8 hours of quality sleep per night.
- Manage stress: Practice relaxation techniques like meditation or yoga.
- Eat a healthy diet: Focus on whole foods, fruits, vegetables, and lean protein.
- Exercise regularly: Physical activity can improve cognitive function and boost mood.
- Cognitive training: Engage in activities that challenge your brain, such as puzzles, crosswords, or learning a new skill.
- Mindfulness: Practice mindfulness techniques to improve focus and attention.

**Remember:** Brain fog is a common and often temporary symptom of menopause. By taking steps to manage your hormone levels, prioritise your well-being, and engage in brain-boosting activities, you can clear the fog and regain your mental clarity.