



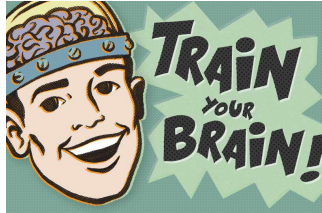
# Ovarian Cancer and Brain Fog

by NEWLIFEOUTLOOK TEAM

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## Brain tricks to keep focused and keep spirits up

Cancer has many side effects, some of them physical, others psychological and emotional. There's the pure exhaustion that comes with chemotherapy and radiation and the army of medication meant to mitigate the side effects, and there's the general sadness of the whole situation. All of this brings to bear a great deal of stress upon the brain, and this can make things seem a lot worse than they might otherwise feel. The following infographic outlines several simple techniques that can help with the multitude of sometimes ordinary and mundane frustrations that, added up, can become a significant weight in itself.



AN INFORMATIONAL AND INSTRUCTIONAL EXAMINATION OF BRAIN FOG

### Brain fog is a symptom of...

ADHD  
ALZHEIMER'S  
ANXIETY  
ARTHRITIS/RHEUMATISM

CANCER  
DEPRESSION  
DIABETES  
HYPERHOMOCYSTEINEMIA

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/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\*\*



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** <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/faq-factbox-20120102>

**ScienceDaily**  
[http://www.sciencedaily.com/releases/2011/11/11/20111109080228.htm?from=old&utm\\_medium=old&utm\\_source=old&utm\\_term=old](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/handling-cognitive-and-personal-major-cause-brain-impairment>

**American Society of Clinical Oncology**  
<http://www.asco.org/education/continuing-education/brain-impairment>

**Centers for Disease Control and Prevention**  
[http://www.cdc.gov/nczod/dpdx/mild-cognitive-impairment/mcig\\_policy.html](http://www.cdc.gov/nczod/dpdx/mild-cognitive-impairment/mcig_policy.html)

**Lupus Foundation of America** <http://www.lupus.org/websites/memory-aid-facts>

**Mayo Clinic**  
<http://www.mayoclinic.org/diseases-conditions/mild-cognitive-impairment/basics/faq-home-remedies-20120102>

**American Society of Clinical Oncology**  
<http://www.asco.org/education/continuing-education/brain-impairment>