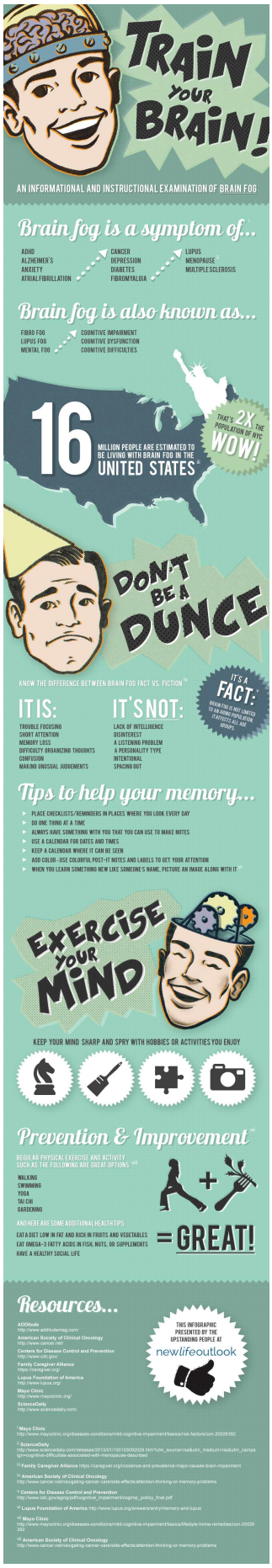
Ovarian Cancer and Brain Fog

by NEWLIFEOUTLOOK TEAM

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.


TRAIN YOUR BRAIN!
AN INFORMATIONAL AND INSTRUCTIONAL EXAMINATION OF BRAIN FOG
Brain fog is a symptom of...
ADHD
ALZHEIMER'S
ANXIETY
ATRIAL FIBRILLATION
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
16 MILLION PEOPLE ARE ESTIMATED TO BE LIVING WITH BRAIN FOG IN THE UNITED STATES
THAT'S 2X THE POPULATION OF NYC WOW!
DON'T BE A DUNCE
KNOW THE DIFFERENCE BETWEEN BRAIN FOG FACT VS. FICTION
IT IS:
TROUBLE FOCUSING
SHORT ATTENTION
MEMORY LOSS
DIFFICULTY ORGANIZING THOUGHTS
CONFUSION
MAKING UNUSUAL JUDGEMENTS
IT'S NOT:
LACK OF INTELLIGENCE
DISINTEREST
A LISTENING PROBLEM
A PERSONALITY TYPE
INTENTIONAL
SPACING OUT
IT'S A FACT:
BRAIN FOG IS NOT LIMITED TO BE ADDED POPULATION IT AFFECTS ALL AGE GROUPS.
Tips to help your memory...
PLACE CHECKLISTS/REMINDERS IN PLACES WHERE YOU LOOK EVERY DAY
DO ONE THING AT A TIME
ALWAYS HAVE SOMETHING WITH YOU THAT 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
EXERCISE YOUR MIND
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
GARDENING
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...
ADDitude
http://www.additudemag.com/
American Society of Clinical Oncology
http://www.cancer.net/
Centers for Disease Control and Prevention
http://www.cdc.gov/
Family Caregiver Alliance
https://caregiver.org/
Lupus Foundation of America
http://www.lupus.org/
Mayo Clinic
http://www.mayoclinic.org/
ScienceDaily
http://www.sciencedaily.com/
THIS INFOGRAPHIC PRESENTED BY THE UPSTANDING PEOPLE AT
newlifeoutlook
Mayo Clinic
http://www.mayoclinic.org/diseases-conditions/mild-cognitive-impairment/basics/risk-factors/con-20026392
ScienceDaily
http://www.sciencedaily.com/releases/2013/01/130106092028.htm?utm_source=rss&utm_medium=rss&utm_campaign=cognitive-difficulties-associated-with-menopause-described
Family Caregiver Alliance https://caregiver.org/incidence-and-prevalence-major-causes-brain-impairment
American Society of Clinical Oncology
http://www.cancer.net/navigating-cancer-care/side-effects/attention-thinking-or-memory-problems
Centers for Disease Control and Prevention
http://www.cdc.gov/aging/pdf/cognitive_impairment/caging_policy_final.pdf
Lupus Foundation of America http://www.lupus.org/answers/entry/memory-and-lupus
Mayo Clinic
http://www.mayoclinic.org/diseases-conditions/mild-cognitive-impairment/basics/lifestyle-home-remedies/con-20026392
American Society of Clinical Oncology
http://www.cancer.net/navigating-cancer-care/side-effects/attention-thinking-or-memory-problems