



Explaining Lupus Fog

by NEWLIFEOUTLOOK TEAM

Stay Alert by Beating Lupus Brain Fog

There's a constant and persistent pain that accompanies lupus, and with it comes an exhaustion that can at times feel overwhelming.

Known as "lupus fog," the symptoms include trouble focusing, memory loss and confusion. Medication can help mitigate this affliction, as well as diet and exercise, but there are other techniques that can also help. This infographic explains more.



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
- KNOWS HAVE CONNECTION 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**



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

= GREAT!

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/faq-factbook-20120102>

† ScienceDaily <http://www.sciencedaily.com/releases/2011/01/11/2011010902021.htm>, source:MSU, Center for Cognitive Use of the Brain, <http://www.brainiacs.org/brainiacs-2011-01-09-02021.htm>

‡ Family Caregiver Alliance <http://www.caregiver.org/brainiacs-2011-01-09-02021.htm> and president: major cause brain impairment

§ American Society of Clinical Oncology <http://www.asco.org/brainiacs-2011-01-09-02021.htm>

¶ Centers for Disease Control and Prevention <http://www.cdc.gov/brainiacs-2011-01-09-02021.htm>

** Lupus Foundation of America <http://www.lupus.org/brainiacs-2011-01-09-02021.htm>

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

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