



## Explaining Lupus Fog

by NEWLIFEOUTLOOK TEAM

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### 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.

