

Menopausal health:

Brain fog

The term 'brain fog' is used to describe a cluster of cognitive symptoms and fatigue associated with a variety of medical conditions.

Medical conditions associated with brain fog

- Cancer and cancer treatments
- Chronic disease
- Chronic fatigue syndrome
- Cognitive decline
- Hormonal fluctuations (e.g. associated with menopause or pregnancy)
- Hypothyroidism
- Long COVID
- Mental health problems (e.g. depression)
- Multiple sclerosis
- Sleep disorders

Symptoms of brain fog

- Lack concentration
- Lack of mental clarity
- Fatigue
- Forgetfulness
- Memory problems
- Lost words
- Thinking more slowly than usual

How to help brain fog

General strategies include:

- Getting enough **sleep**
- Taking regular **exercise**
- Managing **stress**
- Taking regular **breaks**
- Enjoying **leisure** activities
- Eating a healthy, balanced **diet**
- Adherence to guidelines on **alcohol** consumption

As well as medical conditions, the use of certain medications can also be associated with brain fog.

The specific management of brain fog depends on the underlying cause.

Further information

Denno et al. (2025). Defining brain fog across medical conditions <https://doi.org/10.1016/j.tins.2025.01.003>

Mental Health Research. Cognitive decline/brain fog <https://www.mqmentalhealth.org/conditions/cognitive-decline-brain-fog>