



During Menopause For most women the menopause

transition can be a distressing time. As if symptoms like hot flashes, insomnia, mood swings and weight gain are not enough, you can sometimes get the

feeling that you're losing your mind. The key here should you start to

experience any kind of issues with your memory is not to panic. Don't immediately assume the worst and fear that you're suffering from the

onset of dementia or Alzheimer's. (1) It's perfectly natural to become forgetful, especially during the period of perimenopause. There are hormonal changes at play contributing to this forgetfulness. Be reassured that you're probably just

going through a stage in the change of life that will soon be left behind. (2)

What Is Foggy Brain?

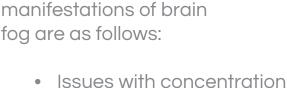
You'll hear the expression

brain fog used to describe the

accompany perimenopause.

Some of the most common

symptoms of forgetfulness that can



Tendency to forget things Slowed-down thought processes

Hazy and fuzzy feeling

Problems processing new information(3) Since these symptoms so closely resemble the age-related cognitive

perfectly normal to feel concerned. (4)

Brain fog affects your verbal learning

memory. This explains why focus and

impairment of Alzheimer's, it's

skills along with your working

- information processing are negatively impacted at the same time as you experience an increased tendency
- to forgetfulness with menopause. (5)

The Hormones at Play That **Cause Memory Loss**

Estrogen is also pivotal in promoting the growth of fresh brain cells so these plummeting estrogen levels present a double-pronged assault on the memory front. (9)

While estrogen has its hand in memory impairment during the

How To Increase Your Memory While you might expect hormone replacement therapy would

naturally counter memory loss by helping regulate estrogen levels, this is by no means a certainty.

Even if you are open to the idea of undertaking HRT, the jury's out on

memory and thinking skills. Some light aerobic exercise can work wonders so remain

as active as you can. (13)

at how much better you feel mentally as well as physically.(14) Think About Your Diet: Eating 3 well during the change is superimportant for your whole body health. Avoiding processed foods and loading up on oily fish rich in Omega-3 fatty acids can work wonders for your brain. (15)

Avoid Drinking Alcohol to Excess:

wine can be beneficial, too much

While a relaxing glass of red

alcohol impairs your memory. Keep your consumption within reasonable limits and you'll be sharper as well as healthier. (16)

De-stress and Relax: We know,

you can lower the cortisol levels in your body and stop yourself from getting worked up about forgetting what you went upstairs looking for in the first place. (17) Give Your Brain a Workout: Last 6 but not least, stay mentally alert. Whether you want to try your hand at a crossword puzzle, read something challenging

> or play the computer, keep your brain active and you'll notice a shower of benefits.

> > This Is Just a Stage

To wrap up on a positive note, there's one thing to bear very firmly in mind... forgetfulness in menopause is simply a stage of your life. Not only will these symptoms not last, whether they linger

for 6 months or a few years, there's no risk of ongoing damage so you

your memory as best you can! (18)

For more extensive information please see our interactive education program

Copyright © 2017 Vergo Women's Health Network Ltd. All Rights Reserv

https://www.alzinfo.org/articles/forgetful-dementia/

https://www.huffinatonpost.com/maddisen-k-krown/ perimenopause-memory-loss_b_834843.html

https://www.ncbi.nlm.nih.gov/pubmed/23576989

https://www.ncbi.nlm.nih.gov/pubmed/9799625

at www.vergowoman.com

can relax and just focus on improving



REFERENCES

3.

4.

5.

6.

7.

8.

9.

11.

12.

13.

15.

https://www.mayoclinic.org/diseases-conditions/ menopause/symptoms-causes/syc-20353397

http://www.dailymail.co.uk/health/article-2256675/Does-

menopause-really-make-forgetful-Yes-long-say-scientists.html

- https://www.healthline.com/health/ menopause/memory-alzheimers#3 https://www.health.harvard.edu/blog/regular-exercise-changes-
- https://bebrainfit.com/omega-3-fats-brain-benefits/
- 16. https://pubs.niaaa.nih.gov/publications/aa63/aa63.htm 17.

called estradiol, a type of estrogen. This hormone plays a critical role in both memory and learning. (7)

During perimenopause, your levels of estrogen go into freefall as your

ovaries start shutting down.(8)

Your ovaries produce a hormone

also firmly linked to weakened cognitive functioning and impaired memory. (10)(11)

menopause transition, reduced levels of progesterone and testosterone are

whether or not it's beneficial for forgetfulness with menopause. (12) While you should relax and accept these symptoms of brain fog for what they are, that doesn't help with the frustration. There are several quick and completely natural approaches to

giving your brain the exercise it needs.

Exercise For a Natural Boost:

Exercising is important during

menopause for a range of health reasons not least of which being its ability to improve both your

Prioritize Sleep: Research shows

that sleep is fundamental to

Here are 6 of the best ways to fight back against becoming forgetful during menopause...

1

2

4

5

- proper memory functioning. Shoot for 7 to 9 hours a night and you might be surprised
- we know, menopause is a stressful time. By effectively managing your stress, though,

https://www.medicalnewstoday.com/articles/243053.php

10. https://www.ncbi.nlm.nih.gov/pubmed/25434881

https://www.sciencedaily.com/releases/2013/06/130617142043.htm

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3185244/

- http://healthysleep.med.harvard.edu/healthy/ 14. matters/benefits-of-sleep/learning-memory
- https://www.optimallivingdynamics.com/blog/20-proven-waysto-effectively-lower-your-stress-hormone-reduce-counteract-

manage-cortisol-decrease-levels-for-brain-mental-healthanxiety-depression-cognitive-function-foods-nutrientsherbs-supplements-adaptogens-adrenals-naturally-tips

brain-improve-memory-thinking-skills-201404097110

18. https://www.avogel.co.uk/health/menopause/videos/ loss-of-memory-poor-concentration-and-brain-fog/