



# Managing Brain Fog With AFib

by NEWLIFEOUTLOOK TEAM

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## Coping With the Mental Symptoms of Atrial Fibrillation

The primary concern of atrial fibrillation is the heart, but the symptoms that affect the brain — such as dizziness, light-headedness, fatigue, and anxiety — can be equally stressful.

Brain fog can be successfully managed with some helpful tricks and small lifestyle changes such as checklists, notes, and organizational tools.

Read on to learn more tips and tricks to combat brain fog with AFib.



AN INFORMATIONAL AND INSTRUCTIONAL EXAMINATION OF BRAIN FOG

### Brain fog is a symptom of...

- ADHD
- ALZHEIMER'S
- ANXIETY
- ARTHRITIS/RHEUMATISM
- CANCER
- DEPRESSION
- DIABETES
- HYPERHOMOCYSTEINEMIA
- 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™

- |                                |                      |
|--------------------------------|----------------------|
| <b>IT IS:</b>                  | <b>IT'S NOT:</b>     |
| 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
- ALWAYS MAKE CONNECTIONS WITH THINGS 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



### Resources...

- ADAA**  
<http://www.adaa.org/>
- 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/basics-fact-sheet-20120120>
- ScienceDaily**  
[http://www.sciencedaily.com/releases/2011/11/11/20111109080228.htm?from=old&utm\\_medium=old&utm\\_source=old&utm\\_term=old](http://www.sciencedaily.com/releases/2011/11/11/20111109080228.htm?from=old&utm_medium=old&utm_campaign=old&utm_source=old&utm_term=old)
- Family Caregiver Alliance** <http://www.caregiver.org/health-care/physical-and-mental-health-care/brain-impairment>
- American Society of Clinical Oncology**  
<http://www.asco.org/education/continuing-education/brain-impairment>
- Centers for Disease Control and Prevention**  
<http://www.cdc.gov/nczod/dpdx/mild-cognitive-impairment/mild-cognitive-impairment-policy.html>
- Lupus Foundation of America** <http://www.lupus.org/awareness/memory-aid.aspx>
- Mayo Clinic**  
<http://www.mayoclinic.org/diseases-conditions/mild-cognitive-impairment/basics/basics-home-remedies-cm-20120120>
- American Society of Clinical Oncology**  
<http://www.asco.org/education/continuing-education/brain-impairment>

