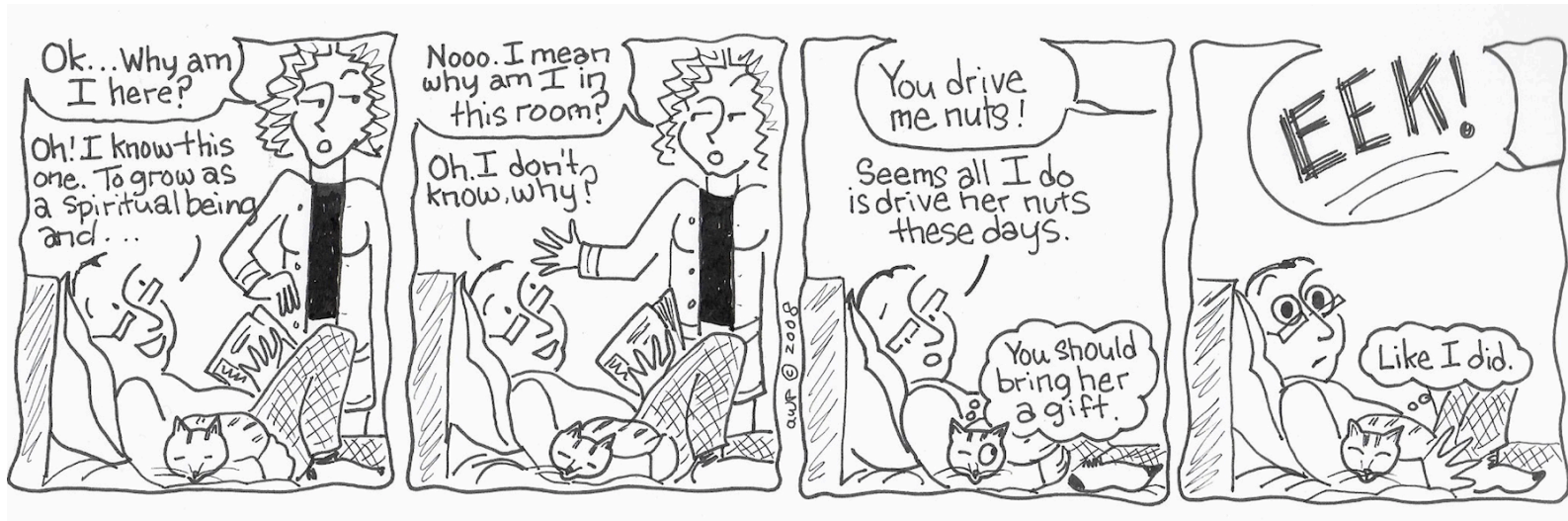


Difficulty Concentrating, Disorientation, Mental Confusion



...“Anyway, as I was saying... Wait, what was I saying?”

...“Where am I going? I walked into this room to get something, hmmm, I know it was something...and now I have no idea!”

...“I’ve read the same paragraph over and over and I still don’t know what it said... I just can’t concentrate!”

...“Wait, did I already have that conversation with Susie (fill in the name)?”

Some women confuse these troubling thoughts as symptoms of early onset Alzheimer’s when in actuality they may often be just another frustrating part of menopause.

There are a number of reasons as to why fuzzy thinking, confusion and difficulty concentrating occur during menopause. A decrease in estrogen leads to hormonal imbalances that cause neurotransmitters to not function properly. Neurotransmitters are responsible for cognitive abilities and brain function. When they misfire, concentration and memory are greatly affected.

These symptoms may also be the cause of psychological issues such as depression or anxiety. Again, menopause can often create a nasty cycle of psychological symptoms affecting physical symptoms and those in turn creating more psychological symptoms... (i.e. anxiety leading to difficulty concentrating leading to anxiety again).

Treatment and medicine is available though lifestyle changes such as a healthy diet and regular exercise are often a good place to start. Getting enough brain food, like omega 3's and 6's found in walnuts, fish, and other protein rich foods are essential to brain function. Also cutting back on alcohol, sugar and caffeine will help memory and concentration to improve...

...and go easy on yourself. Allow yourself to be confused a bit and most likely the clarity will come.

