

Disturbing Memory Lapses

Memory lapses may be extremely frustrating and troubling when you're in the midst of trying to recall your dentist's name or your daughter's birthday and they just don't seem to be in your brain anymore... or at least not until far after you needed to remember them. It may feel like you're in a temporary brain freeze and no amount of effort or thinking can thaw it.

Your inability to recall information or recount an experience, even one you may have just had, might lead you to believe that you have lost your marbles once and for all... or possibly the words Alzheimer's and dementia have begun to circle through your mind. Most often, memory lapses during menopause are quite common and are not necessarily the sign of a more serious condition. You should see a doctor if you are often having prolonged, more severe memory lapses over information that you routinely use.

Memory lapses, during menopause, are caused by hormonal imbalances, primarily the loss of estrogen. Estrogen is directly related to one's memory in its ability to recall names and words... So if your E is dipping, your memory's gonna be trippin! Memory lapses may also be brought on by other menopausal symptoms such as anxiety, lack of sleep, etc... Or by lifestyle choices like poor nutrition, excessive alcohol consumption, medications, etc.

Treatment for memory lapses or other serious memory related conditions are available. Talk to your doctor to find out more. We recommend starting by making healthy lifestyle changes such as a diet rich in healthy fats and omegas, getting enough sleep, doing memory exercises like crossword puzzles and Sudoku... and by trying to keep a sense of humor about the tricks your estrogen may be playing on you.