

# August 2020 Newsletter



## Lifting the Brain Fog That May Accompany MS



### 7 Tips to Help the Mind Stay Sharp

Up to 65 percent of people with MS struggle with their thought processes at some point in the course of the disease. It is important to understand and address the cognitive changes of MS along with the physical ones. Here are some suggestions to help keep one's brain clear and sharp.

**1. Get a Good Night's Sleep** – As discussed in our [March 2019 newsletter](#), sleep deprivation can not only aggravate physical MS symptoms, but it can also affect the ability to think clearly.



**2. Manage Fatigue** – Fatigue can be a major factor in cognitive difficulties in people with MS. [Read on](#) for more on this important subject!

**3. Stay Active! It's Good for the Mind, Body and Soul** – [Research](#) suggests exercise may improve [executive functions](#) and memory. Less strenuous activities like yoga, Tai Chi and meditation also help reduce fatigue and restore a sense of wellbeing which may, in turn, help improve mental functioning.



**Rx 4. MS Medications Help** – A [recent review](#) concludes both disease-modifying drugs and those used for MS symptom management may have a positive impact on cognition in MS.

**5. You Are What You Eat** – In people without MS, the [MIND diet](#) has been [shown](#) to slow cognitive decline associated with aging. While more research is needed to validate these findings in individuals with MS, there is [evidence](#) that eating certain foods and avoiding others may help.



**6. Start a creative or intellectual project** – As we mentioned in our [June 2019 newsletter](#), stimulating the brain can help improve cognitive functioning. Any activity that keeps the mind engaged is good, from reading or drawing to learning a language or playing an instrument. Taking part in social activities and interacting with other people can also help.



**7. Just What the Doctor Ordered** – While there's a lot people with MS can do on their own for cognitive health, it's also important to seek a healthcare professional's opinion and follow their advice for any issues with thinking one may be experiencing.

