

Mayo Clinic Minute: Dealing with 'brain fog' from long COVID-19

Video	Audio
	Short-term memory loss, confusion and difficulty concentrating are all things those suffering from “brain fog” may experience after recovering from COVID-19.
<p>Billie Schultz, M.D. Physical Medicine and Rehabilitation Mayo Clinic</p>	<p>"What 'brain fog' is, is just kind of this feeling that you're trying to do something and it's taking more effort. It's harder to do. You don't feel like you're picking up all of those details — almost if you're driving through a fog."</p>
	<p>While there's no one-size-fits-all treatment that can cure these cognitive difficulties, there are some rehabilitation strategies that help retrain the brain to work on the areas that are most challenging.</p>
	<p>"Typically, it means going into work with a therapist initially once or twice over the course of a month. But getting homework. I want you to try to utilize these strategies in your day-to-day life. Because, ultimately, that's what decides if they're working."</p>
	<p>Dr. Schultz stresses that any cognitive symptoms people may be experiencing that are affecting their day-to-day life — whether related to long COVID-19 or not — should be addressed.</p>
	<p>"The most important thing you can do as a patient is to share honestly with your providers what you're experiencing."</p>
	<p>For the Mayo Clinic News Network, I'm DeeDee Stiepan.</p>