

Mayo Clinic Minute: Can menopause cause brain fog?

Menopause can bring on an array of symptoms from hot flashes to weight gain. But can it cause problems with memory?

Mayo Clinic's Dr. Juliana Kling explains what menopausal women often describe as brain fog.

Video	Audio
	We know the risks of health conditions like heart disease and osteoporosis increase during menopause. But what about problems related to memory? Dr. Juliana Kling is with Mayo Clinic's Womens Health Center in Arizona. She says menopausal women often express concerns about their memory and whether brain fog is a real thing.
Juliana Kling, M.D. Womens Health Center AZ Mayo Clinic	"Yes, it is. When I tell women that in clinic, they're like oh, thank goodness, I'm not getting dementia, right? I think a lot of us automatically go there, that it is a reflection of something bad."
	Dr. Kling says studies have shown evidence of brain fog.
	(SOT) 16:57 "Multiple studies have shown cognitive complaints by women that are going through the menopause transition both subjectively like, oh gosh, I keep forgetting where my keys are. But also, objectively when they do cognitive tests, they see changes in executive function."
	The good news, brain fog appears to be temporary. Dr. Kling says tests for brain fog after the menopause transition do show improvement. Check with your clinician to find out what treatment is right for you. For the Mayo Clinic News Network, I'm Marty Velasco Hames.