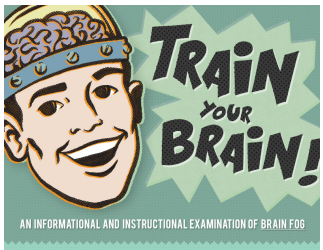
Diabetes and Dizziness

by NEWLIFEOUTLOOK TEAM

How to Keep Your Brain Sharp When You're Feeling Low

The most immediate symptoms of low blood-sugar include dizziness and light-headedness, and can lead to confusion and sometimes fainting. Those who live with diabetes can alleviate all of this by eating a healthy diet and exercising, but there are other approaches that can help. This infographic explains more.



TRAIN YOUR BRAIN!

AN INFORMATIONAL AND INSTRUCTIONAL EXAMINATION OF BRAIN FOG

Brain fog is a symptom of...[1]

- ADHD
- ALZHEIMER'S
- ANXIETY
- ATRIAL FIBRILLATION
- CANCER
- DEPRESSION
- DIABETES
- FIBROMYALGIA
- LUPUS
- MENOPAUSE[2]
- MULTIPLE SCLEROSIS

Brain fog is also known as...

- FIBRO FOG
- LUPUS FOG
- MENTAL FOG
- COGNITIVE IMPAIRMENT
- COGNITIVE DYSFUNCTION
- COGNITIVE DIFFICULTIES

16 MILLION PEOPLE ARE ESTIMATED TO BE LIVING WITH BRAIN FOG IN THE UNITED STATES[3]

THAT'S 2X THE POPULATION OF NYC WOW!

DON'T BE A DUNCE

KNOW THE DIFFERENCE BETWEEN BRAIN FOG FACT VS. FICTION[4]

IT IS:

- TROUBLE FOCUSING
- SHORT ATTENTION
- MEMORY LOSS
- DIFFICULTY ORGANIZING THOUGHTS
- CONFUSION
- MAKING UNUSUAL JUDGEMENTS

IT'S NOT:

- LACK OF INTELLIGENCE
- DISINTEREST
- A LISTENING PROBLEM
- A PERSONALITY TYPE
- INTENTIONAL
- SPACING OUT

IT'S A FACT: BRAIN FOG IS NOT LIMITED TO AN AGING PROCESS. IT AFFECTS ALL AGE GROUPS.[5]

Tips to help your memory...

- PLACE CHECKLISTS/REMINDERS IN PLACES WHERE YOU LOOK EVERY DAY
- DO ONE THING AT A TIME
- ALWAYS HAVE SOMETHING WITH YOU THAT YOU CAN USE TO MAKE NOTES
- USE A CALENDAR FOR DATES AND TIMES
- KEEP A CALENDAR WHERE IT CAN BE SEEN
- ADD COLOR–USE COLORFUL POST-IT NOTES AND LABELS TO GET YOUR ATTENTION
- WHEN YOU LEARN SOMETHING NEW LIKE SOMEONE'S NAME, PICTURE AN IMAGE ALONG WITH IT.[6]

EXERCISE YOUR MIND

KEEP YOUR MIND SHARP AND SPRY WITH HOBBIES OR ACTIVITIES YOU ENJOY

Prevention & Improvement[7]

REGULAR PHYSICAL EXERCISE AND ACTIVITY SUCH AS THE FOLLOWING ARE GREAT OPTIONS:[8][9]

- WALKING
- SWIMMING
- YOGA
- TAI CHI
- GARDENING

AND HERE ARE SOME ADDITIONAL HEALTH TIPS:

- EAT A DIET LOW IN FAT AND RICH IN FRUITS AND VEGETABLES
- EAT OMEGA-3 FATTY ACIDS IN FISH, NUTS, OR SUPPLEMENTS
- HAVE A HEALTHY SOCIAL LIFE

= GREAT!

Resources...

ADDitude
http://www.additudemag.com/

American Society of Clinical Oncology
http://www.cancer.net/

Centers for Disease Control and Prevention
http://www.cdc.gov/

Family Caregiver Alliance
https://caregiver.org/

Lupus Foundation of America
http://www.lupus.org/

Mayo Clinic
http://www.mayoclinic.org/

ScienceDaily
http://www.sciencedaily.com/

THIS INFOGRAPHIC PRESENTED BY THE UPSTANDING PEOPLE AT newlifeoutlook

[1] **Mayo Clinic**
http://www.mayoclinic.org/diseases-conditions/mild-cognitive-impairment/basics/risk-factors/con-20026092

[2] **ScienceDaily**
http://www.sciencedaily.com/releases/2015/01/130110000026.htm?utm_source=rss&utm_medium=rss&utm_campaign=cognitive-difficulties-associated-with-menopause-described

[3] **Family Caregiver Alliance** https://caregiver.org/incidence-and-prevalence-major-causes-brain-impairment

[4] **American Society of Clinical Oncology**
http://www.cancer.net/navigating-cancer-care/side-effects/attention-thinking-or-memory-problems

[5] **Centers for Disease Control and Prevention**
http://www.cdc.gov/aging/pdf/cognitive_impairment/caging_policy_final.pdf

[6] **Lupus Foundation of America** http://www.lupus.org/answers/entry/memory-and-lupus

[7] **Mayo Clinic**
http://www.mayoclinic.org/diseases-conditions/mild-cognitive-impairment/basics/lifestyle-home-remedies/con-20026092

[8] **American Society of Clinical Oncology**
http://www.cancer.net/navigating-cancer-care/side-effects/attention-thinking-or-memory-problems