

BRAIN FOG VS DEMENTIA



It is not uncommon for those transitioning through menopause to be so concerned over their memory loss or decline in cognitive function that they may think they have early onset of dementia.

Anyone experiencing cognitive impairment should seek counsel from a health care professional but to put someone's mind at ease, here are a few differences between perimenopausal brain fog and dementia.



Perimenopause

Forget to do a task

Forget to include an ingredient in a recipe

Trouble finding the right word

Misplace objects

Forget the answer to a question



Dementia

Forget how to do familiar tasks

Unable to follow a recipe

Tendency to avoid talking

Fearful of objects

Ask the same questions repeatedly