

- Brain / Memory

WAYS TO CLEAR BRAIN FOG

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UP to Aug 22, a total of 1,278, 670 Covid patients have recovered and returned to the community. Typically, patients recover from Covid-19 after two to six weeks.

However, some have symptoms that last for weeks or even months after recovery. This persistent state of ill health for more than three months is known as Long Covid.

Besides fatigue, another symptom that is frequently reported is brain fog. Brain fog is not a medical or scientific term. It is used to describe how one can't concentrate or is less alert, and the thinking is sluggish.

Symptoms include memory problems, lack of mental clarity, poor concentration and confusion. Individuals may have recovered from the acute, life-threatening effects of Covid-19, but still don't feel that their thinking and memory are back to normal. This condition may affect their productivity, especially those who are working in the education sector.

What causes brain fog after recovering from Covid-19? Researchers have identified several causes, including :

LACK of oxygen caused by lung damage;

INFLAMMATION affecting brain cells;

AN autoimmune disorder that is causing the immune system to attack healthy cells in the body; and,

LACK of blood flow caused by

swelling of the small blood vessels in the brain and invasion of infectious cells into the brain.

The preliminary findings of a survey conducted among Covid survivors who return to the community showed more than 50 per cent experiencing brain fog up to six weeks, about 20 per cent up to 12 weeks and 10 per cent up to six months.

It's not clear why some people develop brain fog and others don't. Our findings showed that those with severe Covid-19 symptoms seem to be associated with brain fog more than patients with mild symptoms.

More research is needed to understand this aspect. What should these individuals do if they experience brain fog post-Covid-19 recovery? The first and most important thing to do is to make an appointment and consult a doctor.

Besides medical treatment, individuals suffering from brain fog can practise a healthy lifestyle to improve their condition:

GET enough sleep. Getting good

quality sleep can help our body to repair and recover.

GET regular exercise. Physical activity isn't only beneficial to our heart and lungs, it's also a great way to boost our brain function.

EAT well. Try to eat a well-balanced and healthy diet to give our body the nourishment it needs to return to good health.

AVOID tobacco and alcohol. Staying away from tobacco products and alcohol can minimise inflammation in our brain.

KEEP in touch with family members and friends via social media. When time permits, participate in social activities. Not only are social activities beneficial to boost our moods, but also our thinking and memory.

PURSUE beneficial activities such as reading a novel, cognitively stimulating activities such as listening to music, practise mindfulness and keep a positive mental attitude; and,

AVOID getting infected with Covid-19 again and get vaccinated as soon as possible.

To provide more representative findings on Long Covid, we would like to invite all Covid survivors (regardless of those suffering from Long Covid or not) to participate in our study, which is an online questionnaire that takes less than 10 minutes to complete. All data will be kept confidential. The link to the survey is <https://redcap.link/o13kt7tr>.

We will conduct a free webinar on Long Covid for participants from 2pm to 4pm on Sept 18.

The link to the Google registration form is <https://forms.gle/mUuLfnmZYQsUC7uT7>.

PROFESSOR DR MOY FOONG MING, PROFESSOR DR NORAN NAQIAH HAIRI

Researchers of Study on Selfreported post-Covid-19 conditions among Covid-19 survivors in the community

Department of Social & Preventive Medicine, Faculty of Medicine, Universiti Malaya