Brain Fog

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What is Brain Fog?

Not a medically recognized term.

But it seems to be a real symptom, one that is *intermittent*:

- Difficulty focusing (inattention, difficulty correlating information, getting anything done takes a long time)
- Clouding of consciousness, lack of mental clarity
- Confusion; confusional state
- Difficulty retrieving memories (forgetfulness) and difficulty choosing words (some have wondered whether they are getting Alzheimer disease)

“Brain Fog” is frequently mentioned with:

- Periodic Paralysis
- ADHD
- Fibromyalgia
Collecting information

Information from:
• Query on PPA listserv
• Interviews by emails
• Interviews in person
• Today

Triggers of Brain Fog:
• Foods
  – Sugar
  – Monosodium glutamate
  – Large meals
  – Foods triggering bowel or allergic problems
• Lack of sleep
• Stress
• Hormonal changes, including premenstrual

• Medications
Two clusters of people with HypoPP reporting Brain Fog

1. **Drug reactions (to carbonic anhydrase inhibitors)**
   - Dichlorphenamidine (Keveyis; Daranide)
   - Acetazolamide (Diamox)
   - Symptom is associated with the medication, not with HypoPP symptoms.
Two clusters of people with HypoPP reporting Brain Fog (cont’d)

2. HypoPP+

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<th>HypoPP+</th>
<th>Channelopathy ADHD</th>
<th>Other ADHD</th>
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HypoPP+ Channelopathy ADHD / PMS / Asperger Lidocaine ineffectiveness

Occurs when potassium is low, typically **before** paralysis (aura or “abortive attack”)

Triggers:

- Sugar
- Stress
- Salt
- Lack of sleep
- Sensory overstimulation / chaos
- After much exertion
Hypotheses and preliminary conclusions

Brain fog is a symptom of channelopathy forms of ADHD, including HypoPP+
• It seems to be part of a symptom complex that includes attention deficit
• Emphasize attention deficit to your doctor, not Brain Fog
• Unclear whether brain fog is a symptom of non-channelopathy ADHD
• For HypoPP+, brain fog may be an early-warning sign of paralysis symptoms (aura or abortive attack)

Brain fog is also associated with taking carbonic anhydrase inhibitors
• Acetazolamide (Diamox)
• Dichlorphenamide (Keveyis; Daranide)