

# **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)

- Dichlorphenamide (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+

HypoPP+	Channelopathy ADHD	Other ADHD
HypoPP ADHD / PMS / Asperger Lidocaine ineffectiveness	ADHD / PMS / Asperger Lidocaine ineffectiveness	ADHD

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)