

Brain Fog from Radiation Treatment

Brain fog is a term to describe problems with thinking that may happen during or after cancer treatment. Many people say they feel like their mind is in a fog. The medical term for this problem is cognitive impairment. For most people, it improves after radiation treatment is done. For some people, it may last for months to years.

Common signs of brain fog

- Feeling forgetful or spacey
- Taking longer to think or complete tasks
- Easily distracted – hard to concentrate
- Problems learning new things
- Hard to manage your time or keep track of things
- Cannot find the right words

What you can do

- Make lists, use a notebook, or set a phone alarm to help keep track of things.
- Try not to do more than one task at a time.
- Keep the same routine each day. Keep items you use often in the same place.
- Manage stress with meditation, yoga, or mindfulness techniques.
- Exercise your brain - read, learn something new or do puzzles.
- Get at least 8 hours of sleep each night.
- Repeat out loud the things you want to remember. Saying something a couple times can help your mind to hold onto it.
- Get some exercise daily. If you can, walk for 30 minutes each day. If that is hard to do, try walking for 5 to 10 minutes.
- Ask your nurse or doctor to refer you to a speech therapist who can help design a treatment plan for brain fog. Or, you can call the Speech Office at 440-835-6160.