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Menopause and Your Brain: Hormones, Emotions, and More

Some women notice some temporary lapses in short-term memory as they approach menopause, and their shifting oestrogen levels may be partly to blame. Researchers have discovered that areas of the brain involved in memory are oestrogen-sensitive. And women taking oestrogen show more activity in brain areas associated with memory.

The Shocking Ways How Menopause Affects Your Brain and Memory

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decline in brain function around the time of the menopause and joins Dr Newson in discussing why replacing hormones can improve symptoms of memory loss, poor concentration and low mood.

Brain Health and Dementia | Dr Louise Newson, Newson Health

During the natural menopause transition and early post menopause, some women notice forgetfulness or other cognitive symptoms, which can raise concerns of mental decline. During the menopause transition, there may in fact be modest reductions in aspects of attention, but natural menopause does not appear to lead to persistently poorer memory.

What comes to mind – menopause and the aging brain ... Menopause is known to trigger mood swings, temper tantrums, and depression. Some women say they feel like they're going crazy. "A very common complaint among women is that they don't feel like...

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Perimenopause lasts an average of 4...

Menopause Brain Fog: Symptoms, Treatment, Is It Real, and More

The main female hormones oestrogen and testosterone have an important role to play on cognition and memory. When these levels reduce during the perimenopause and menopause, many women find that they have numerous symptoms affecting these functions.

Menopausal Memory Loss & Brain Fog, Dr Louise Newson ...

Menopause is the change in women around the age of 50 when their periods stop. In this change, women's ovaries stop making the female hormones estrogen and progesterone. The most common symptoms are irregular menstrual periods, hot flashes, and night sweats. Some say that their memory is worse.

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Menopause - Symptoms - NHS

Menopause and the Mind : The Complete Guide to Coping with the Cognitive Effects of Perimenopause and Menopause - Including Memory Loss, Foggy Thinking and Verbal Slips Paperback – April 20, 2000 by Claire L. Warga Ph.D. (Author) 4.4 out of 5 stars 10 ratings See all formats and editions

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A lot of women notice cognitive changes during menopause that leave them feeling “fuzzy,” a little (or a lot) less sharp than they used to be. For many women, these are troubling changes. They wonder—and worry about—where it will end. It’s not entirely clear why these symptoms arise during menopause.

The Brain on Menopause - BrainHQ from Posit Science

Menopause symptoms are unique for each woman and include anything from hot flushes, ; night sweats, to weight gain to insomnia to thinning hair. Many women also report feeling forgetful or having a general “brain fog” that makes it hard to concentrate. Memory issues or “brain fog” is more common than you might think.

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