

In A Nutshell
June 2021
Cog Fog

Difficulty understanding conversations, thinking critically, or recalling memories is what MS-ers call “**cog fog**” — short for cognitive **fog**

Cognition refers to a range of high-level brain functions including your ability to learn and remember information, organize, plan and problem-solve, focus, maintain and shift attention, understand and use language, accurately perceive the environment, and perform calculations.

A change in cognitive function or cognitive dysfunction is common in MS — more than half of all people with MS will develop problems with cognition.

Cog fog is influenced by many other factors. Things that can impact your cognition: heat, infection, stress, changes in hormones, poor fitness, low hydration, poor nutrition, sleep, other comorbid risk factors.

Cognitive impairment in MS is commonly misunderstood by outside observers.

[Cognitive Changes | National Multiple Sclerosis Society \(nationalmssociety.org\)](https://www.nationalmssociety.org/cognitive-changes)

Just For Fun

1. Check out this website to learn more about Dr Boster. He specializes in MS and knew his calling in this field of neurology since he was 12 and had interactions with his uncle who had MS. Dr Boster biography is impressive.

[The Boster Center for Multiple Sclerosis \(bostterms.com\)](https://www.bostterms.com)

2. Then check out this link to view and hear his take on cog fog

[MS Views and News: Boster Video: Cognitive Impairment: Multiple Sclerosis Symptoms Confuse Friends and Family \(www.msviewsandrelatednews.blogspot.com\)](https://www.msviewsandrelatednews.blogspot.com)

3. Then click on this link to see all the videos done by Dr Boster

[Aaron Boster MD - YouTube](https://www.youtube.com/channel/UC...)