

International Menopause Society encourages evidence-based approaches to help women experiencing 'brain fog'.

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- *The International Menopause Society has published a 'Brain fog in menopause: a health-care professional's guide for decision-making and counselling on cognition' White Paper on World Menopause Day.*
- *The global charity challenges the use of hormone therapy for every menopausal woman experiencing 'brain fog'.*
- *The IMS has also produced a guide for women to raise awareness of memory and cognitive difficulties in menopause.*

The International Menopause Society (IMS) has published a new White Paper and guide for women on World Menopause Day to raise awareness of 'brain fog' in menopause and perimenopause.

The *Brain fog in menopause: a health-care professional's guide for decision-making and counselling on cognition* White Paper, published by world-leading experts in the field of menopausal health, aims to provide practitioners with an overview of data informing clinical care of menopausal women and a framework for clinical counselling and decision-making. It cautions against an invariable prescribing of hormone therapy for menopausal women with complaints of 'brain fog' and argues for evidence-based approaches for helping women experiencing cognitive difficulties in menopause and pre-menopause.

The White Paper authors note that many women going through the menopause will become concerned that 'brain fog' symptoms are a sign of dementia and they advise educating patients about the rarity of dementia in midlife and reinforcing the message that women commonly experience changes in their cognitive function as they transition through the menopause but these changes rarely represent the initial stages of a more serious cognitive disorder.

The White Paper also advises clinicians to counsel patients on the importance of weight management and physical exercise alongside smoking cessation, alcohol consumption reduction and the minimization of stress in order to protect their brain health.

Professor Pauline Maki, co-author of the IMS White Paper, said:

“This White Paper emphasizes the importance of evidence-based guidance for optimizing the cognitive health of menopausal patients.

“Patients with cognitive complaints at menopause are often concerned about their risk of dementia later in life and it’s important to let them know that memory problems are common during the menopause transition and the large majority of women will not develop dementia.”

Dr Nicole Jaff, co-author of the IMS White Paper, added:

“Health-care practitioners play an important role in counseling women on cognitive changes at midlife and normalizing women’s experience.

“Treatment of menopausal ‘brain fog’ with hormone therapy should not be inevitable and invariable. Health-care practitioners should counsel their patients about modifiable risk factors and lifestyle changes to protect and improve cognitive health while considering the use of hormone therapy on a case-by case basis.”

World Menopause Day, which was established by the IMS, is a worldwide awareness call for women who face health issues when approaching, during and beyond the menopause.

World Health Organization Director of Sexual & Reproductive Health & Research, Pascale Allotey, said:

“Awareness of menopause and its multitude of symptoms provides validation and reassurance and signals when help should be sought. It is important that women have accurate information to make choices about their care to ensure their continued health and wellbeing. World Menopause Day is an important reminder that support is available.”

The White Paper is available on the [IMS Website](#) alongside [advice for women](#) who may be suffering from ‘brain fog’ or memory difficulties in mid-life.

ENDS

#WorldMenopauseDay

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Notes to editors:

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About the International Menopause Society

A Charitable Incorporated Organisation based in the UK, The International Menopause Society (IMS) brings together the world's leading experts to collaboratively study and share knowledge about all aspects of aging in women. The IMS advocates evidence-based treatment options that optimise midlife women's health and promotes best practice in women's health care to healthcare professionals and women across the globe. IMS activities include:

- *building communities of practice through its membership and Council of Affiliated Societies;*
- *publishing original research, reviews, statements and recommendations;*
- *holding events to disseminate information including the bi-annual World Congress on Menopause, symposia and workshops*
- *offering online practitioner training resources*
- *the annual World Menopause Day awareness raising campaign*
- www.imsociety.org

The International Menopause Society has led on the creation of global resources to improve awareness of the menopause and the lives of middle aged women, including education [YouTube videos in multiple languages](#), [A Practitioner Toolkit for Managing Menopause](#), global consensus statements to advise women and the medical community about effective treatments for menopause symptoms and [IMPART](#)- an international education tool for health practitioners.

About World Menopause Day

- *World Menopause Day is a worldwide awareness call for women who face health issues when approaching, during and beyond the menopause.*
- *The day, which was established by the IMS, has been observed since 2009 to show support to women across the globe and to recognise the challenges of menopausal symptoms and related conditions.*
- *Visit [the IMS website](#) for more information.*