



# Symptom: Memory Problems & Difficulty Concentrating

## What's Happening

Estrogen plays a role in maintaining cognitive function, and its decline can lead to memory difficulties, decreased concentration, and mental fog.

## What to Do

Engage in mental exercises, prioritize tasks, create a structured environment.

## Supplements

Omega-3 fatty acids (fish oil), ginkgo biloba.

## Food to Consider

Fatty fish, berries, dark leafy greens, nuts and seeds.

## Lifestyle Changes

Get enough sleep, manage stress, practice mindfulness.