

Testimonial – Leanne Den Hartog

You know how it is, you have a minor heart attack and see a Cardiologist. They hand you a script for medication with a lecture on why you should take these and the consequences of not taking them. They don't warn you of possible side effects.

The side effects started slowly, barely noticeable at first, but got worse over time. With the lecture ringing in my ears of the specialist, I persevered hoping the side effects were temporary. They weren't. After 6 months on the drugs my thoughts were that I was heading for the nursing home.

Confusion is a rather nasty side effect as the medication attacks the brain, leaving you unable to think, plan, speak whole sentences. You go around a cloud of fog, unable to think a whole sentence or carry your day-to-day activities. Yes, I could do housework (sort of), cooking was becoming difficult. My thoughts were that I was heading for the nursing home rather rapidly.

Friends who were familiar with dementia thought I had dementia.

After several courses of Cognitive Training (and getting off the medication with the specialists blessing) the fog began to lift, the peripheral vision returned, colours sharpened, I could speak whole sentences, my coordination improved. The more Cognitive Training I did, the better I got.

I am now almost back to my old self, expressing myself fluently, planning out meals, garden beds (the garden needs a revamp), socialising, and not getting lost. I spent the holiday break dressmaking, completing sudoku with ease, remembering the shopping list and life is much better.

Thanks to all the team at Perth Integrated Health / Brain & Cognition Clinic, I have never had better health.

Brain & Cognition Clinic

Thank you, Leanne, for your sharing of this testimonial which will help others experiencing 'brain fog' to come forth and seek the cognitive resolution.

Brain Fog as indicated can be the result of many other factorials apart from what Leanne has experienced. In our clinical experience we see it in other conditions such as:

- a. Post Prostate and Breast cancer
- b. Acquired Brain Injury
- c. Menopause
- d. Stroke (CVA) and most neurological conditions
- e. Early onset Dementia where there is cognitive decline.