



GYNCOLOGICAL  
ENDOCRINOLOGY

THE 40<sup>th</sup> ANNIVERSARY CONGRESS

MARCH 4-7 2026  
LA NUVOLA, ROME ITALY



# Brain fog in menopause. a new symptom and its relationship with traditional menopausal manifestations

Angelica Monterrosa-Blanco.  
Alvaro Monterrosa-Castro. Raiza Díaz-Cortes.  
Isabel Jiménez-Romero.

Grupo de Investigación Salud de la Mujer  
Universidad de Cartagena  
Colombia



**CONFLICT OF INTEREST DISCLOSURE**  
I have no financial relationships to disclose.

# “Menopause Brain Fog”

Constellation of cognitive manifestations  
[memory and attention difficulty]  
that happen around menopause.

There is recent interest in exploring these aspects and there are still few studies.

Apparently. in Latin America. the brain fog of menopause has not been evaluated

Maki PM, Jaff NG. Climacteric. 2022;25(6):570-578

**Objective:**  
To identify the frequency of menopausal Brain Fog in Colombian working women and estimate its association with eleven of the traditionally studied menopausal symptoms



*Colombian woman participating in this study.*

*Photograph and publication made with your permission*

GYNECOLOGICAL  
ENDOCRINOLOGY  
THE 40<sup>th</sup> ANNIVERSARY CONGRESS

MARCH 4-7 2026  
ROME, ITALY

- **Cross-sectional study – CAVIMEC**
  - **Ethics Committee of the University of Cartagena – Colombia.**
  - **Voluntary and informed consent**
  - **Sample size calculated according to the survey of women's participation in the labor field [DANE].**
  - **Women aged between 40-59 years**
  - **Female workers in companies and residents in capitals of geographic departments. Survey: 2024-2025**
  - \* **Brain Fog Scale [BFS] 23 item**
  - **Menopause Rating Scale [MRS] 11 item**
- On both scales: higher score. higher severity**

**Pregnant women, those with children under five years of age, neurological diseases and a history of hospitalization with COVID-19 were excluded.**

**Logistic regression: symptoms of Brain Fog (variable dependent). menopausal symptoms (variable independent). Covariates: Age. employment company. type of occupation. ethnicity. menopausal status.**



*Colombian woman participating in this study.*

*Photograph and publication made with your permission*

**Brain Fog Scale – Versión en Español**  
**Grupo de Investigación Salud de la Mujer**

Informe si le han sucedido en los últimos quince días

Nunca	Rara mente	Ocasional mente	Muchas Veces	Casi todo el tiempo
0	1	2	3	4

- 1 Mi pensamiento ha sido lento
- 2 Me he sentido mentalmente agotada
- 3 Me he sentido fatigada
- 4 Me he distraído fácilmente
- 5 Me he sentido fácilmente molesta
- 6 Me he sentido somnolienta
- 7 Me ha resultado difícil recordar y entender nueva información
- 8 Me he olvidado de ciertas palabras y nombres de objetos
- 9 Me ha resultado difícil pensar lógicamente
- 10 Me ha costado concentrarme
- 11 No podía pensar con claridad
- 12 Me ha costado mucho encontrar las palabras adecuadas
- 13 Me ha resultado difícil organizar mis pensamientos
- 14 He sentido como si mi mente estuviera en blanco
- 15 Me ha resultado difícil recordar nombres de personas
- 16 Me ha costado mucho recordar nombres de lugares
- 17 He estado con somnolencia
- 18 Me he sentido distraído
- 19 Me he sentido confundida
- 20 He sentido como si me estuviera olvidando
- 21 Me he sentido como perdida
- 22 Me he sentido ausente, como si viviera en otro mundo
- 23 Mis pensamientos se me quitan o se me borran rápidamente

**Mental fatigue**  
**Confusion**  
**Impaired cognitive acuity**

**The overall score identifies Brain Fog**

**Menopause Rating Scale (MRS)**

¿Cuál de los siguientes síntomas y en que medida diría usted que padece actualmente?(MOSTRAR Y LEER ESCALA).

Síntomas:	Puntuación =				
	ninguno	poco severo	moderado	severo	Muy severo
	0	1	2	3	4
1. Sofocos, sudoración, bochornos.....	<input type="checkbox"/>				
2. Molestias del corazón (cambios inusuales en el latido del corazón, saltos en el latido, que se dilate su latido, opresión) .....	<input type="checkbox"/>				
3. Problemas de sueño (dificultad en conciliar el sueño en dormir toda la noche y despertarse temprano) .....	<input type="checkbox"/>				
4. Estado de ánimo depresivo (sentirse decaída, triste, a punto de las lágrimas falta de ganas, cambios de humor).....	<input type="checkbox"/>				
5. Irritabilidad (sentirse nerviosa, tensa agresiva) .....	<input type="checkbox"/>				
6. Ansiedad (impaciencia, pánico) .....	<input type="checkbox"/>				
7. Agotamiento físico y mental (descenso general en su desempeño, deterioro de la memoria, falta de concentración, falta de memoria) .....	<input type="checkbox"/>				
8. Problemas sexuales (cambios en el deseo sexual en la actividad y satisfacción) .....	<input type="checkbox"/>				
9. Problemas de vejiga (dificultad a orinar, incontinencia, deseo excesivo de orinar).....	<input type="checkbox"/>				
10. Resequedad vaginal (sensación de resequedad, ardor y problemas durante la relación sexual).....	<input type="checkbox"/>				
11. Problemas musculares y en las articulaciones, (dolores reumatoides y en las articulaciones).....	<input type="checkbox"/>				

**Sociodemographic characteristics  
n=726**

<b>Age. y</b>	<b>50.2 ± 5.8</b>
<b>Body mass index<sup>a</sup></b>	<b>25.4 ± 4.1</b>
<b>Mestizos<sup>b</sup></b>	<b>86.7</b>
<b>Afro-descendant<sup>b</sup></b>	<b>11.5</b>
<b>Indigenous<sup>b</sup></b>	<b>1.6</b>
<b>Premenopausia<sup>c</sup></b>	<b>29.0</b>
<b>Transition to menopause<sup>c</sup></b>	<b>14.5</b>
<b>Postmenopause<sup>c</sup></b>	<b>56.5</b>
<b>Work in official companies</b>	<b>37.7</b>
<b>Work in private companies</b>	<b>62.3</b>

*Data presented on average with standard deviation or in percentages*

*<sup>a</sup>Recommended by WHO*

*<sup>b</sup>Classification by self-recognition*

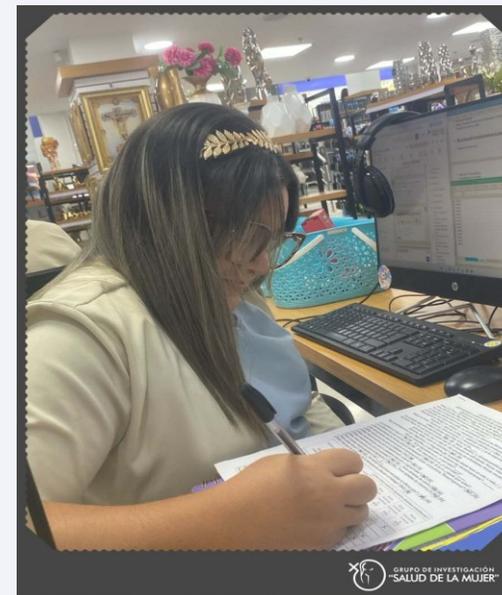
*<sup>c</sup>Classification according to Straw+10*

**Brain Fog Scale**

<b>Mental fatigue</b>	<b>45.7%</b>
<b>Confusion</b>	<b>38.2%</b>
<b>Impaired cognitive acuity</b>	<b>48.6%</b>

**Brain Fog: 47.5%**

*Established with the average score domains and total score*



*Colombian woman participating in this study.  
Photograph and publication made with your permission*

**GYNECOLOGICAL  
ENDOCRINOLOGY** | MARCH 4-7 2026  
THE 40<sup>th</sup> ANNIVERSARY CONGRESS | ROME, ITALY

**Association of traditional menopausal symptoms  
with symptoms of Brain Fog.  
Adjusted logistic regression\***

<b>Hot flases</b>	<b>2.22 [1.64 - 2.99]</b>
<b>Palpitations</b>	<b>2.91 [2.13 - 3.97]</b>
<b>Sleep problems</b>	<b>2.52 [1.86 - 3.41]</b>
<b>Depressive mood</b>	<b>2.52 [1.87 - 3.40]</b>
<b>Irritability</b>	<b>3.39 [2.49 - 4.60]</b>
<b>Anxiety</b>	<b>3.75 [3.75 - 5.12]</b>
<b>Physical/mental tiredness</b>	<b>3.36 [2.42 - 4.65]</b>
<b>Sexual problems</b>	<b>3.54 [2.61 - 4.81]</b>
<b>Bladder problems</b>	<b>2.93 [2.12 - 4.06]</b>
<b>Vaginal dryness</b>	<b>2.86 [2.11 - 3.86]</b>
<b>Muscle/joint pain</b>	<b>3.44 [2.47 - 4.79]</b>

*Data presented in OR [95%CI]*

*\*Age, labor company, type of occupation, ethnicity,  
city of residence and menopausal state.*



*Colombian woman participating  
in this study.*

*Photograph and publication  
made with your permission*

**GYNECOLOGICAL  
ENDOCRINOLOGY**  
THE 40<sup>th</sup> ANNIVERSARY CONGRESS

**MARCH 4-7 2026  
ROME, ITALY**

# Finally.... Vulnerability to Brain Fog



- ❖ Low educational level – Nutritional deficit - Insufficient physical activity - Persistent stress or high workload
- ❖ Severe menopausal symptoms
- ❖ Sleep disorders - Early menopause – Surgical- Head trauma
- ❖ Hearing impairment
- ❖ Excessive alcohol consumption
- ❖ Medications: antidepressants
- ❖ Acute morbidities - LongCOVID

**We Must Teach Middle-Aged Women With Memory Problems**

**Menopause Brain Fog - Menopausal Symptom  
Transitory - It is usually mild**

**Can be severe - It is not a degenerative disease**

**It is not the beginning of dementia - It is not an early stage  
of Alzheimer's - Avoiding unwarranted panic**

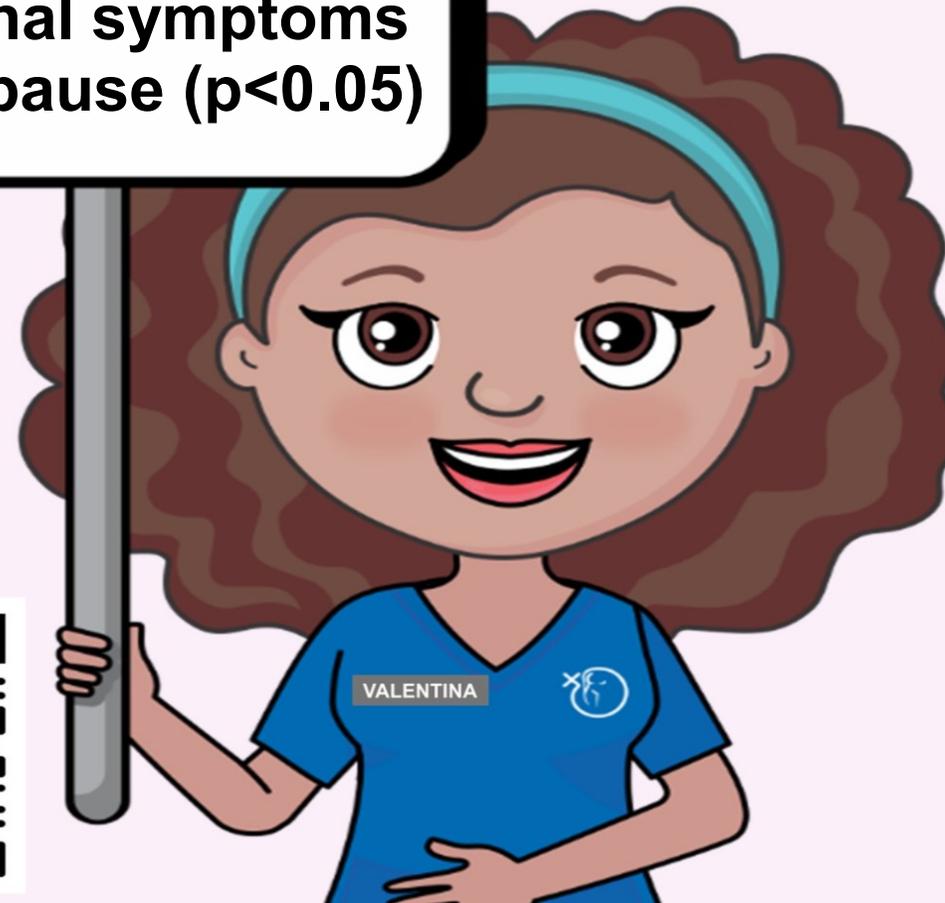
**Maki PM, Jaff NG.  
Climacteric.  
2022;25(6):570-578**

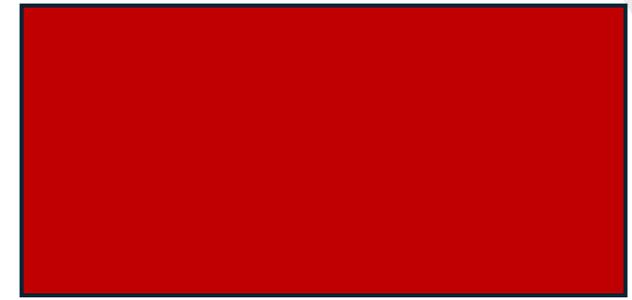
**gynecological  
endocrinology**  
THE 40<sup>th</sup> ANNIVERSARY CONGRESS

**MARCH 4-7 2026  
ROME, ITALY**

**In Conclusion**  
**In a group of Colombian**  
**women**  
**middle-aged**  
**and workers**  
**in public companies**  
**or private.**  
**residents in seven**  
**Capital Cities**  
**of departments**  
**It was found that:**

**Four out of ten**  
**participants presented**  
**symptoms of Brain Fog,**  
**which was related to**  
**A greater presence of**  
**Traditional symptoms**  
**of menopause ( $p < 0.05$ )**





[www.grupodeinvestigacionsaluddelamujer.com](http://www.grupodeinvestigacionsaluddelamujer.com)