



# Could It Be ADHD or Midlife Brain Fog?™

The experiences can overlap. Your history, timing and daily patterns offer important clues.



This guide cannot tell you which is present.  
It can help you prepare for a thoughtful conversation  
with a qualified healthcare professional.

## They Can Look Similar



Difficulty concentrating



Forgetfulness



Losing track of tasks



Feeling mentally overloaded



Trouble finding words or  
organizing thoughts

## Clues to Explore: ADHD



Similar patterns began  
earlier in life



Organization and time  
management have long  
felt difficult



Attention changes with  
interest or urgency



Patterns appear in more  
than one setting



Others remember these  
traits from childhood or  
young adulthood

## Clues to Explore: Midlife Brain Fog



Changes feel new or  
noticeably worse



Timing overlaps with  
perimenopause or menopause



Symptoms fluctuate with  
sleep, stress or hot flashes



Thinking improves on  
some days



Word recall or mental  
processing feels slower



Both can be present. Menopause may also make previously  
manageable attention difficulties harder to compensate for.

## Other Contributors Worth Considering



Sleep problems



Anxiety or low mood



Thyroid or other  
health concerns



Medication effects



Low iron, B12 or other  
nutrient concerns



Pain, illness or  
prolonged stress

## Prepare for the Conversation

- 1 When did I first notice these patterns? \_\_\_\_\_
- 2 What do I remember from school, work or earlier adulthood? \_\_\_\_\_
- 3 Where do the difficulties show up now? \_\_\_\_\_
- 4 What has recently changed? \_\_\_\_\_



### Who Can Help?

Begin with a healthcare provider  
who can review your history and  
possible health contributors. A  
qualified mental health professional  
may provide a formal ADHD evaluation.



### Gentle Reminder

Online quizzes can raise useful questions, but  
they cannot confirm ADHD or explain every  
cause of cognitive change.



### Martine's Midlife Wellness Tip

Bring real examples. "I missed three  
appointments this month" gives more  
useful context than "I cannot focus."



Seek urgent help for sudden confusion, trouble speaking, facial drooping,  
one-sided weakness, loss of balance or a severe new headache.

