

Brain Training May Help Clear Cognitive Fog Caused by Chemotherapy

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The mental fuzziness induced by cancer treatment could be eased by cognitive exercises performed online, say researchers. Cancer survivors sometimes suffer from a condition known as “chemo fog”—a cognitive impairment caused by repeated chemotherapy. A study hints at a controversial idea: that brain-training software might help lift this cognitive cloud.

Various studies have concluded that cognitive training can improve brain function in both healthy people and those with medical conditions, but the broader applicability of these results remains controversial in the field.

In a **study published in the journal Clinical Breast Cancer**, investigators report that **those who used a brain-training program for 12 weeks were more cognitively flexible, more verbally fluent, and faster-thinking than survivors who did not train**. Patients treated with chemotherapy show changes in brain structure and function in line with diffuse brain injury, and they often report long-term cognitive effects, says Shelli Kesler, a Stanford University clinical neuropsychologist who led the research. The new study “suggests that cognitive training could be one possible avenue for helping to improve cognitive function in breast cancer survivors treated with chemotherapy,” she says