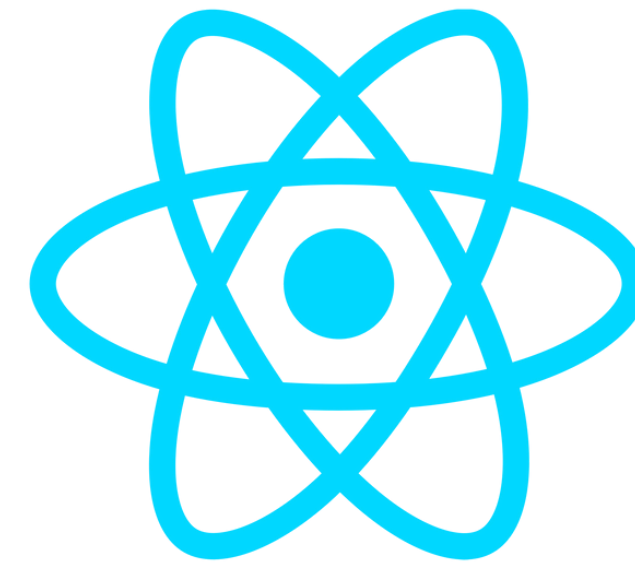# useMemo Hook

Why do we need useMemo?

Sometimes your component has expensive / heavy calculations like:

- Large loops / array operations
- Big data filtering
- Complex math logic
- API result processing
- These calculations shouldn't run again unless necessary.

React