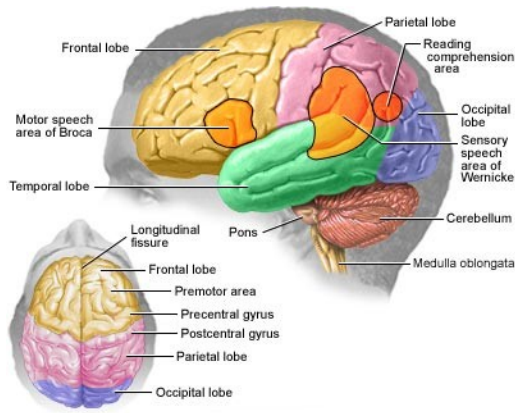


## WHAT IT IS...

Epilepsy is a disorder of the brain but is not a mental illness.

People with epilepsy have brain cells that create abnormal electricity, causing seizures.



These seizures vary from person to person, a seizure may cause jerking, uncontrolled movements and loss of consciousness. In other cases, seizures cause only a period of confusion, a staring spell or muscle spasms.

A single seizure is not considered epilepsy. People with epilepsy have repeated episodes of seizures.

## WHAT IS A SEIZURE?

If a person has a seizure they might go stiff, lose consciousness and fall to the ground. This is often followed by jerking movements. A blue tinge around the mouth is likely.

This is due to irregular breathing. Loss of bladder and/or bowel control may happen. After a minute or two the jerking movements should stop and consciousness may slowly return.

## TRIGGERS

Triggers that can sometimes cause epilepsy

- Flashing or bright lights
- Lack of sleep
- Overstimulation (staring at a computer screen or playing video games for too long)
- Fever
- Certain medications
- Hyperventilation (breathing too fast or too deeply)



## WHAT TO DO...

- Protect the person from injury
- Remove harmful objects nearby
- Cushion their head
- Turn them onto their side
- Look for an epilepsy identity card or identity jewellery
- Stay with the person until recovery is complete
- Be calm and reassuring



## WHAT NOT TO DO...

- Restrain the persons movements
- Put anything in the persons mouth
- Try to move them unless they are in danger
- Give them anything to eat or drink until they are fully recovered
- Attempt to bring them around



## NEWS

People diagnosed with epilepsy can control majority of their seizures by using anti-epileptic medication. The progress in this field has been great over the years and now majority of people with epilepsy will have their seizures totally controlled or greatly reduced thanks to these drugs.



Due to better medical treatment and the improved understanding of epilepsy, most people lead full and active lives.

The diagnosis may come as a shock and you may have to make some changes to your lifestyle but there is help.

With the encouragement and help of your doctors, social workers and specialists; educate yourself, family and friends so that you can get on with a healthy normal life.



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## WELLNESS PROGRAMMES

## EPILEPSY

