

MANAGING EPILEPSY & SEIZURES

Facts to Help Keep You Safe

Communication is key for others to help you

Work with your doctor to understand your risks and make a plan

Get answers to these questions:



What type of seizures (or epilepsy) do I have?



How can I prevent future seizures?



What should I do if I forget to take my medicine?



What is my risk of Sudden Unexpected Death in Epilepsy (SUDEP)?



What should I do if I have another seizure?



What are common side effects of my medicines?



If my medicines aren't working, what other treatment options do I have?

Each year SUDEP happens to about 1 in every 1,000 people diagnosed with epilepsy. Some people are at more risk than others. To lower your risk, work with your doctor to create a seizure management plan that leads to as few seizures as possible.



Connect with others who live with epilepsy and seizures

- You aren't alone—your local Epilepsy Foundation can connect you with supportive people and services



Talk about it with family, friends, co-workers and teachers

- The best way to keep yourself safe is to let other people know how to help if you have a seizure
- So, be brave and start a conversation!



If you're depressed, talk to your doctor

You may have depression if:

- Life feels like a struggle
- You feel as if nothing you do is right
- Things you used to enjoy are no longer enjoyable

Depression affects up to 5 in 10 people with epilepsy and seizures at some time. If you think you may be depressed, talk with your doctor.

Make a Seizure Response Plan with your family, friends, co-workers & teachers

Talk about the areas or activities that could be dangerous for you

Tell them to call 911 if:

- You don't start breathing normally after a seizure
- You get hurt in some way
- You have a seizure in water
- Your seizure lasts more than 5 minutes
- You have another seizure right after the first one
- You're pregnant
- You have diabetes or a serious illness

Make your HOME SAFER

✓ In the kitchen:



Cook with a partner



Use the microwave for most cooking



Use non-breakable dishes



Use caution with hot foods and liquids



Take a shower instead of a bath



Install a rubber mat or non-skid strips on the tub or shower floor

SUDEP happens most often while the person is sleeping

Bathtub drowning is the most common cause of accidental death for people with epilepsy and seizures

✓ In the bedroom:



Consider using a seizure alert monitor or sharing a room so others can hear if a seizure happens



Move your bed away from walls, night tables and other sharp or hard objects



Pad hard edges of tables and other furniture



Keep walkways and floors clear of cords, tools and toys



Don't use kitchen appliances or power tools when you're alone

Travel SAFELY



Don't drive if you've been having seizures



Travel with someone who is aware and can help you if needed



Always pack medicines in your carry-on luggage



Wear a medic alert bracelet



Ask your doctor how to schedule your medicines in different time zones



Pack extra medicines in case of delays

TAKE ACTION

You'll Feel More In Control

1



TAKE YOUR MEDICINE on time, every day—exactly as prescribed

People whose seizures aren't controlled have an almost 40 times higher risk of death than those whose epilepsy is under control

2

KEEP A HEALTH DIARY of seizures, test results and questions for your doctor

3



CREATE AND SHARE YOUR OWN SEIZURE RESPONSE PLAN

Get your doctor's input and share it with your family, friends, co-workers and teachers

4

KNOW YOUR SEIZURE TRIGGERS

For many people not getting enough sleep, drinking too much alcohol or feeling stressed can cause seizures



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