

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:











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

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.





Visit www.epilepsy.com or call 800.332.1000 to learn more about support and services in your area



nave another seizure?





If my medicines aren't working, what other treatment options

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.



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

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

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

- 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 a minutes
- You have another seizure right after the first one
- You're pregnant
- You have diabetes or a serious illness

HOME SAFER

/In the kitchen:



Consider using a

or sharing a room

so others can hear

if a seizure happens



Use the for most cooking

SUDEP happens most often

while the person is sleeping

In the bedroom:



Use non-

Move your bed

night tables and

other sharp or



with hot

In the bathroom:



Take a shower instead of a bath



mat or non-skid strips on the tub or shower floor

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

/ Around the house:



Pad hard and other



Keep walkways of cords, tools and toys



appliances or power tools when you're





Don't use kitchen

your medicines in different time zones



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

JAKE ACTION You'll Feel More In Control

KEEP A HEALTH DIARY

of seizures, test results and questions for your doctor

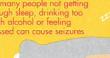
CREATE AND SHARE YOUR OWN SEIZURE RESPONSE PLAN

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



KNOW YOUR SEIZURE TRIGGERS

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



Source: Information and statistics are based on data from The Centers for Disease Control and Prevention | www.cdc.gov/epilepsy

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