



November is Epilepsy Awareness Month

Epilepsy is a central nervous system disorder (neurological disorder) in which the nerve cell activity in your brain is disturbed, causing a seizure during which you experience abnormal behavior, symptoms and sensations, including loss of consciousness.

Seizure symptoms vary. Some people with epilepsy simply stare blankly for a few seconds during a seizure, while others repeatedly twitch their arms or legs.

Epilepsy is not contagious and is not caused by mental illness or mental retardation.

Causes:

Common causes of epilepsy include:

- ⚡ Stroke or transient ischemic attack (TIA).
- ⚡ Dementia, such as Alzheimer disease.
- ⚡ Head injury , poisoning.
- ⚡ Infections, including brain abscess, meningitis, encephalitis, and HIV/AIDS.
- ⚡ Brain problems that are present at birth (congenital brain defect).
- ⚡ Brain injury that occurs during or near birth.
- ⚡ Metabolism disorders present at birth (such as phenylketonuria).
- ⚡ Brain tumor.
- ⚡ Abnormal blood vessels in the brain.
- ⚡ Other illness that damages or destroys brain tissue.

Symptoms:

Epilepsy is most often diagnosed after you have had more than one seizure.

A seizure can produce symptoms such as:

- ⚡ Temporary confusion.
- ⚡ A staring spell.
- ⚡ Uncontrollable jerking movements of the arms and legs.
- ⚡ Loss of consciousness or awareness.
- ⚡ Psychic symptoms.

Lifestyle and home remedies:

- ⚡ Take your medication correctly. Don't adjust your dosage levels before talking to your doctor.
- ⚡ Get enough sleep.
- ⚡ Wear a medical alert bracelet. This will help emergency personnel know how to treat you correctly.
- ⚡ Exercise - Exercising may help keep you physically healthy and reduce depression.
- ⚡ Make healthy life choices such as managing stress, limiting alcoholic beverages and avoiding cigarettes.
- ⚡ Avoid skipping meals.

Facts:

- 🔗 Medication cannot cure epilepsy, it is often used to control seizures. In around 70% of cases, seizures are successfully controlled by antiepileptic drugs.
- 🔗 Most people with epilepsy lead full, active lives, but they are at risk for two life-threatening conditions: status epilepticus (when a person has an abnormally prolonged seizure or does not fully regain consciousness between seizures), and sudden unexplained death.
- 🔗 You must take your medicine exactly as prescribed. Not following the treatment plan is one of the main reasons why medicines fail to control seizures.

How to help:**During a seizure:**

- 🔗 Protect the person from injury.
- 🔗 Keep him or her from falling if you can, or try to guide the person gently to the floor.
- 🔗 Try to move furniture or other objects that might injure the person during the seizure.
- 🔗 If the person is having a seizure and is on the ground when you arrive, try to position the person on his or her side so that fluid can leak out of the mouth.
- 🔗 Do not force anything, including your fingers, into the person's mouth. Putting something in the person's mouth may cause injuries to him or her. You could also get bitten.
- 🔗 Do not try to hold down or move the person. This can cause injury, such as a dislocated shoulder.

After a seizure:

- 🔗 Loosen tight clothing around the person's neck and waist.
- 🔗 Do not offer anything to eat or drink until the person is fully awake and alert.
- 🔗 Use your finger to gently clear his or her mouth of any vomit or saliva. If this does not work, call for emergency help.

Prevention:

- 🔗 There is no known way to prevent epilepsy. Proper diet and sleep, and staying away from illegal drugs and alcohol may decrease the likelihood of triggering seizures in people with epilepsy.
- 🔗 Reduce the risk of head injury by wearing helmets during risky activities. This can lessen the likelihood of a brain injury that leads to seizures and epilepsy.

Reference Links:

- 🔗 <http://www.nlm.nih.gov/medlineplus/ency/article/000694.htm>
- 🔗 <http://www.mayoclinic.org/diseases-conditions/epilepsy/basics/coping-support/con-20033721>
- 🔗 <http://www.cdc.gov/features/epilepsyawareness/>
- 🔗 <http://www.epilepsy.com/make-difference/get-involved/national-epilepsy-awareness-month-story-days>
- 🔗 <http://www.webmd.com/epilepsy/tc/helping-a-person-during-an-epileptic-seizure-topic-overview>

For any enquiry or assistance please contact: wellness@medicaretpa.co.in

Disclaimer: No information contained here should be relied on in making health decisions. Always check with your doctor or other health care provider.