National Epilepsy Awareness Month

Epilepsy is a chronic brain disorder that causes people to have repeated seizures. Seizures are episodes of uncontrolled and abnormal electrical activity of brain cells that may cause changes in attention or behavior such as bodily movements. Symptoms vary from person to person. Some people may have simple staring spells. Others have violent shaking and loss of alertness (convulsion). The type of seizure depends on the part of the brain that is affected. Epilepsy may be due to a medical condition or injury that affects the brain. Common causes of epilepsy include:

- Brain damage
- Tumors
- Genetic conditions
- Developmental conditions
- Drug or alcohol misuse
- Other factors (flashing lights, allergens, hormonal changes, and certain medications)

Most people with epilepsy live a full life. Treatment for epilepsy include Medication, lifestyle changes, and sometimes surgery but not everyone responds to the same treatment. Living with epilepsy requires careful management of triggers, adherence to medication regimens, and awareness of safety precautions. Building a strong support network and staying informed about the condition can help individuals lead fulfilling lives despite the challenges posed by epilepsy.

Steps to keeping a person safe during a seizure

- Remove anything near them that can cause an injury.
- Check to see if they are wearing a medical bracelet for information about any medical conditions, medicines, and emergency contacts.
- If the person is lying down, turn them gently on their side, with their mouth pointing to the ground. This will keep their airway clear.
- Time the seizure to track if it lasts more than 5 minutes.

You should call 911 if:
- The seizure lasts longer than 5 minutes.
- They have another seizure soon after the first one.
- They have trouble breathing or waking up after the seizure.
- They are injured during the seizure.
- They have diabetes and loses consciousness.
- They are pregnant
- First time having a seizure

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