



## Understanding epilepsy

Epilepsy is a common neurological condition affecting

# 50 MILLION

PEOPLE GLOBALLY





In South Africa, around **1** in every **100** people is living with epilepsy and with 8% of South Africans at risk of experiencing an epileptic seizure, knowing what to do is important.

## SYMPTOMS OF EPILEPSY


Symptoms of epilepsy include:




Seizures



Anxiety



Stiff muscles



Loss of consciousness or awareness


These epilepsy symptoms can cause memory loss, injuries and reduced mobility.

## MYTHS ABOUT EPILEPSY

There are many misconceptions about epilepsy, which can affect the management of the condition. The most common include:


✗ Epilepsy is a mental condition.

✓ Rather, epilepsy is a brain disorder.




✗ Individuals experiencing a seizure swallow their tongues.

✓ It's impossible to swallow your tongue.




✗ Individuals with epilepsy can't work.

✓ Once seizures are managed and controlled, individuals with epilepsy can live a normal life.



✗ Epilepsy has no treatment.


✓ While there is no cure for epilepsy, treatments are available to manage the condition.



## LIVING WITH EPILEPSY


Seizure-preventing medications can assist up to 80% of those living with epilepsy. Seizures may still occur, so knowing how to manage them using the **Stay. Safe. Side.** method is important:

**STAY**




**Stay** with the person until the seizure ends.

**SAFE**




Keep the person **Safe** and time the seizure.


**SIDE**



If the person starts convulsing or isn't awake, turn them on their **Side**.



**IMPORTANT:** DO NOT restrain them or place anything in their mouth.



Call for medical assistance immediately if the seizure lasts longer than five minutes or if the individual experiences another seizure or appears in distress.

Although seizures may complicate work and school life, they shouldn't prevent individuals from gaining employment or finishing their studies. With a proper diagnosis, the correct medication and precautions, those living with epilepsy can live a long and healthy life.

REFERENCES:

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