

Understanding epilepsy

Epilepsy is a common neurological condition affecting

50 MILLON 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:







Anxiety



Stiff muscles

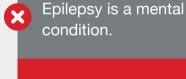


Loss of consciousness or awareness

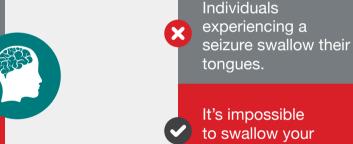
These epilepsy symptoms can cause memory loss, injuries and reduced mobility.

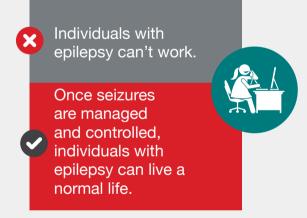
MYTHS ABOUT EPILEPSY

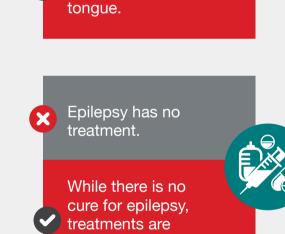
There are many misconceptions about epilepsy, which can affect the management of the condition. The most common include:











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 with the person until the seizure ends.

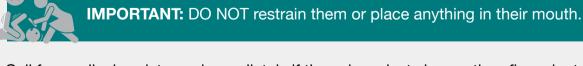


Keep the person **Safe** and time the seizure.



them on their **Side**.

If the person starts convulsing or isn't awake, turn





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

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.

- Although seizures may complicate work and school life, they shouldn't prevent individuals
- **REFERENCES:**
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