



## DID YOU KNOW?

Epilepsy is the most common neurological condition.	A seizure is caused by abnormal activity of the brain
About 1 in every 100 people has epilepsy.	Slightly more males than females have epilepsy.
A single seizure does not necessarily mean you have epilepsy.	There are different forms of epilepsy and types of seizures
Epilepsy can affect anyone, at any age.	Some people's seizures follow a definite pattern while others have unpredictable seizures.
75% of people with epilepsy have had their first seizure before the age of 20.	Some people get a warning before a seizure.
Up to 80% of people will have their epilepsy controlled by medication.	Most seizures are over quickly and are easily dealt with.
Many children with epilepsy will outgrow it.	Epilepsy affects people of all levels of intelligence and from all racial and social backgrounds
Epilepsy is not a mental illness or psychiatric disorder.	Anyone can develop epilepsy at any stage of life.
Epilepsy is not infectious or contagious.	For most people with epilepsy, the biggest problem they face is other people's attitude to epilepsy
1 in 20 people have a seizure at some time in their lives.	What people with epilepsy need most is understanding and acceptance from the public.

## FIRST AID FOR SEIZURES

Medical help is usually not necessary, but should be sought if:-

- repetitive seizures occur without regaining consciousness in between,
- the seizure shows no sign of stopping after a few minutes, or there is a physical injury during the seizure.

## HOW TO RECOGNIZE A SEIZURE AND WHAT TO DO

The following table should be helpful in recognising and assisting a person with a seizure

<b>SEIZURE</b>	<b>WHAT IT LOOKS LIKE</b>	<b>HOW YOU CAN HELP</b>
Generalised absence (Previously named Petit mal)	The person looks blank & stares. There may be blinking or slight twitching. It lasts a few seconds then normal activity continues.	Be reassuring. The person may be unaware of the seizure. Note that it has occurred.
Generalised tonic clonic (Previously named Grand mal)	The common sequence is: staring; stiffening of the body; possible blue colour around the mouth; jerking movements. As breathing restarts normal colour returns. There may be blood flecked saliva and incontinence (rare). Lasts a few minutes.	Protect the person from injury. Cushion the head. Do not restrict movement or put anything in the mouth. Help breathing by putting the person on to the side. Stay with him or her until fully recovered.
Complex partial (affecting a specific area of the brain)	May start with a warning or "aura". The person may appear confused or distracted. There may be repetitive movements, eg. Plucking at clothes.	Remove harmful objects and guide the person away from danger. Talk quietly to reassure him or her.