

# Epilepsy

Recognise



Act



Manage

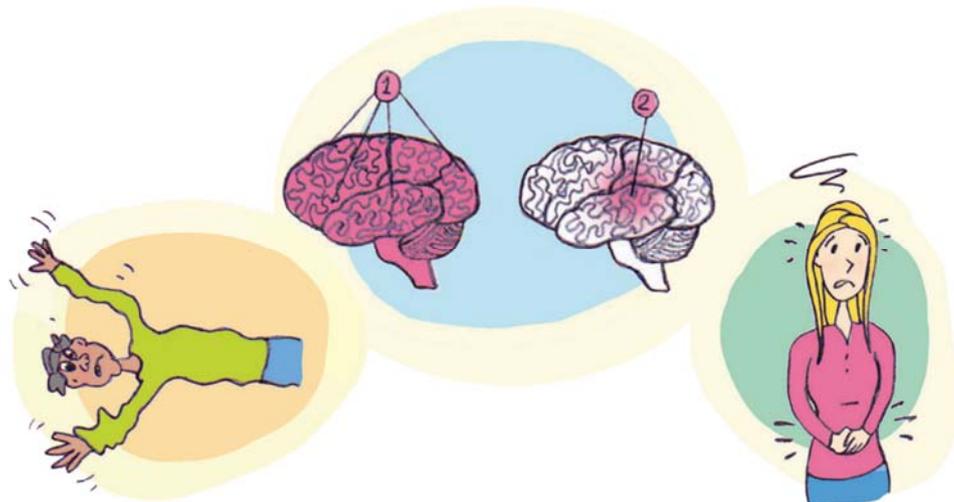


# About epilepsy



**Epilepsy** is a common brain condition: parts of your brain become confused and send mixed messages to your body. This is called a seizure.

**Anyone can have epilepsy.** Sometimes it is caused by brain injury, illness / infection, stroke or genetics. Sometimes the cause is unknown.



**1)** In some seizures, the whole brain is affected. The person might fall down and shake, or stare.

**2)** In other seizures, only part of the brain is affected. The person stays awake but might not know what is happening around them.



If you have seizures, please visit a doctor. They will ask you about your seizures. You may need to have some tests.

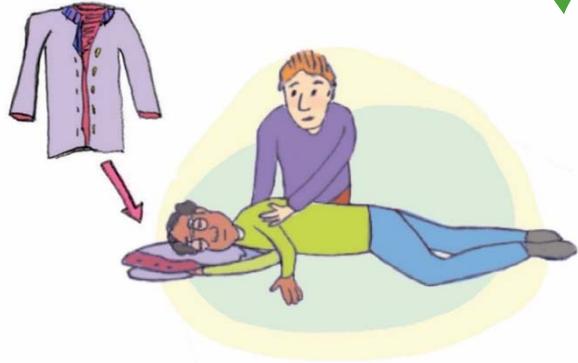


**Medicine can help to control your seizures.**

# What to do in case of a seizure



Stay calm. Clear a space around the person.



Put something soft under the person's head during a seizure.



When the seizure stops:

- Turn the person on their side.
- Make sure they can breathe.
- Check if they have any injuries.
- Let the person lie down until they feel better.



Stay with the person until they feel better.  
Take note of what has happened.

## Call an ambulance if:



- The seizure lasts more than 5 minutes.
- The person does not wake up.
- You are worried about the person's breathing.
- The person is hurt.
- Another seizure happens soon afterwards.

## Do not:



Do not try to stop a seizure or hold the person.



Do not move the person unless they are in danger.



Do not put anything in the person's mouth.

# How to deal with your epilepsy



Talk to your doctor about your seizures and medication and follow their advice.



Remember to take medicines regularly.



Write down when you have seizures. This will help your doctor find the best medicines. Keep note of what might trigger your seizures.



Missing sleep can cause seizures. Try to get plenty of rest.



Eat a healthy diet.



Stress can cause seizures. You can't avoid it but you can learn how to deal with it.

# How to deal with your epilepsy



Get some fresh air and exercise every day.



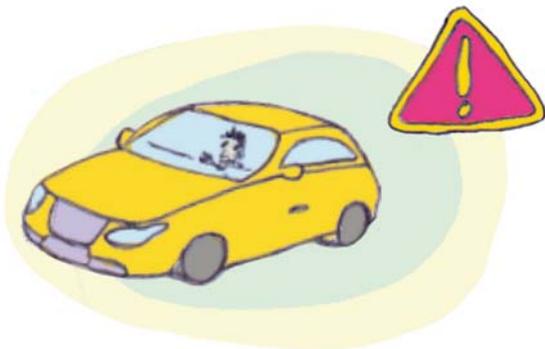
Talk about your epilepsy with your friends and family.



Some people get a warning that a seizure is coming. The warning might be a smell or strange taste in your mouth.



After a seizure, you might feel tired or confused or dizzy. You will feel better soon.



If you are having seizures, you are not allowed to drive a car. Ask your doctor when it is safe to drive.



Take a balanced approach to life.

# How to deal with your epilepsy



Epilepsy is only one part of you!  
Try to enjoy your life. You do not need to stay at home. If flashing lights trigger seizures then be careful.



You can still study, learn or work. There are people who can help and support you.



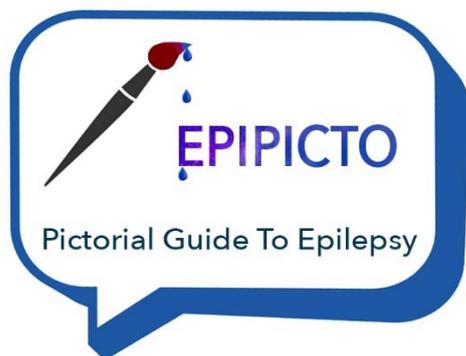
You can have a normal life, but you may need to make some changes.

- Spend time with family and friends.
- Find a local support group.
- Don't be afraid to ask for help.
- You can have a relationship and have children.
- Women with epilepsy must talk to their doctor if they want to have children.



EPIPICTO: Pictorial Guide to Epilepsy is to help you talk about epilepsy. It is not a full guide about epilepsy. It gives some basic information and tips to live your life well. Please talk to your doctor for personal advice about your epilepsy and medication.

# About EPIPICTO



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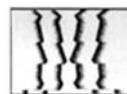
Project 2017-1-MT01-KA204-026946



Caritas Malta  
Epilepsy Association



Epilepsie Dachverband  
Österreich



Interessensvereinigung für  
Anfalls Kranke in Köln e.V.



Stichting Epilepsie Instellingen Nederland

EPIPICTO is a joint project of 5 European epilepsy associations:

Caritas Malta Epilepsy Association  
[www.caritasmalta.org/services/epilepsy](http://www.caritasmalta.org/services/epilepsy)

Epilepsie Dachverband Österreich (EDO)  
[www.epilepsie.at](http://www.epilepsie.at)

Epilepsy Connections (Scotland)  
[www.epilepsyconnections.org.uk](http://www.epilepsyconnections.org.uk)

Interessensvereinigung für Anfalls Kranke in Köln e.V.  
[www.epilepsie-selbsthilfe.de/koeln](http://www.epilepsie-selbsthilfe.de/koeln)

Stichting Epilepsie Instellingen Nederland (SEIN)  
[www.sein.nl](http://www.sein.nl)

For more information, please visit our website  
[www.epipicto.eu](http://www.epipicto.eu)  
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