

Epilepsy, all you need to know

Living with epilepsy

- People with epilepsy is still able to do physical and intellectual work.
- People with epilepsy should not be treated differently.
- People with epilepsy are not bewitched/cursed.

Facts

- 1 Epilepsy is a neurological condition characterised by unusual electrical activity in the brain.
- 2 A single seizure does not mean that you have epilepsy.
- 3 Epilepsy is not contagious.
- 4 Epilepsy affects 1 out of 100 people in SA.
- 5 75% of people with epilepsy have their first seizures before the age of 20.
- 6 1 in 20 people have seizures at some point in their lives.

A person living with Epilepsy can achieve everything you can, so why treat them differently?
They are after all, just like you.

Causes

- In approximately 66% of cases the underlying causes of the epilepsy is unknown (idiopathic epilepsy)
- A head injury occurring at any age could be an underlying cause of symptomatic epilepsy.
- A birth injury could be an underlying cause of symptomatic epilepsy.
- Alcohol and drug abuse could be an underlying cause of symptomatic epilepsy.

How to help



Protect the person from injury



Cushion the head



Do not restrict movement or put anything in their mouth



Help breathing by laying the person on the side



Stay with him or her until fully recovered.