

Epilepsy: All you Need to Know

Being a Person with Epilepsy

- 🔥 People with epilepsy are able to participate in physical, social, and intellectual activities.
- 🔥 People with epilepsy should be treated with respect and included in all aspects of life.
- 🔥 Epilepsy is a medical condition and is not caused by curses, bewitchment, or spiritual factors

Epilepsy Facts

- 🔥 Epilepsy is a neurological disorder that causes repeated seizures. These seizures happen because of changes in the brain's activity.
- 🔥 A single seizure does not mean that you have epilepsy.
- 🔥 Epilepsy is not contagious.
- 🔥 Epilepsy affects approximately 1 in 100 people in South Africa.
- 🔥 Epilepsy can occur at any age, but it is more common in young children and older adults.
- 🔥 About 1 in 20 people will experience a seizure at some point in their lives, but this does not mean they have epilepsy.

People with epilepsy can lead full and meaningful lives, so why treat them differently?

Causes

- 🔥 In many cases, the cause of epilepsy is unknown. Known causes may include brain injury, infections, genetic factors, or other medical conditions.
- 🔥 A head injury occurring at any age could be an underlying cause of symptomatic epilepsy, as could alcohol and drug abuse.

How to Help during a Seizure:



Protect the person from injury



Cushion their head



Do not restrict movement or put anything in their mouth



Turn the person onto their side (recovery position)



Stay with the person until fully recovered



Call for medical help if the seizure lasts longer than 5 minutes

