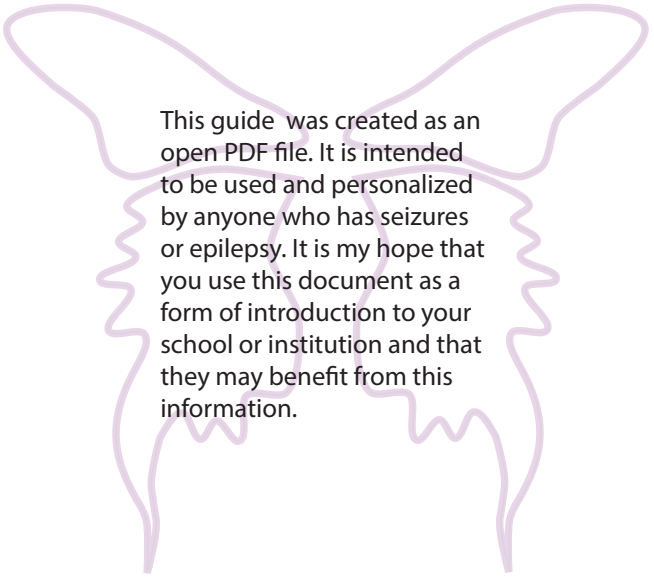


PERSONALIZE



This guide was created as an open PDF file. It is intended to be used and personalized by anyone who has seizures or epilepsy. It is my hope that you use this document as a form of introduction to your school or institution and that they may benefit from this information.

EPILEPSY

AWARENESS GUIDE



Peace, my name is Medina
I have Epilepsy. I'm telling you this so that
when you see me going through a seizure
you will know what to do. First don't panic.
Isolate the immediate area so that I don't
hurt myself or others. Don't restrain me
because this could cause me to hurt myself.

Track the time of my episode. And,
please stay with me until I'm better.

This booklet is designed to give
you some basic steps in dealing
with a person with Epilepsy.



ABOUT ME

Epilepsy is when a person blanks out and has many

seizures. They sometimes walk about without their knowledge. You space out without knowing, or fall down and shake violently. I experience Grand Mal seizures.

There are many types of seizures, but the main two are Generalized Seizures, which affect the whole brain, and Partial Seizures, which affect part of the brain.

Sometimes I know when I'm about to have a seizure. It's when my eyes start twitching, and other people know when I start getting mean.

When I feel like I'm going to have a seizure I lay down, I crave sweets, and I calm down.

To keep active I do art and watch movies. Activity's I can't do is, get on a bus by myself, and get too hot, be exposed to flashing lights, and be left alone on playgrounds.

Epilepsy affects my mood by making me mad, sad, and sensitive.

When I have a seizure people panic and call 911. Don't panic, track the seizure time and call 911 if it last more than 5 minutes.

When I have seizures I sometimes hurt myself, I have broken my jaw, busted my head, injured my leg, bit my tongue, and lost my memory.

When I have seizures I scare people. Don't be scared, you can't catch it, I'm not crazy, and I won't hurt you. Let it run its course.

People should know that people with epilepsy take a lot of pills, which will make them have side-effects, such as, making me act mean.....

When I have my seizures, sometimes they are so bad and violent people get really scared.

After I have my seizures I have headaches and I don't remember what happened.

On a normal day I'm happy, hungry, and sleepy.

If someone in the family is older then the next person then the next person and if

Some people get seizures from brain injuries. Other causes of seizures are unknown.

If people witness me having a seizure they should lay me down and secure the immediate area to prevent injury. Be there for me during and after the seizure until I regain my awareness. If a seizure last longer than 5 min then call 911

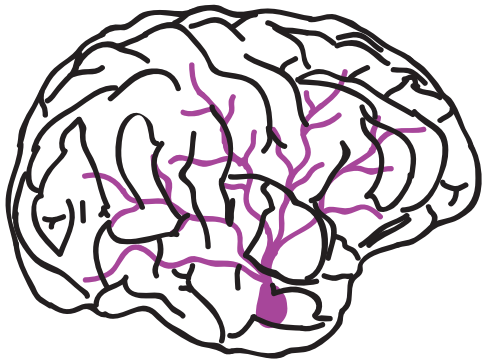
WHAT IS EPILEPSY

Epilepsy or Seizure disorder is a long-term neurological disorder that brings about reoccurring seizures.

Seizures are a brief excessive discharge of electrical impulses in the brain that change movement, sensation, behavior, and or awareness.

One in 10 adults will have a seizure sometime during their life. Seizures can last from a few seconds to a few minutes.

They can have many symptoms, from convulsions and loss of consciousness to some that are not always recognized as seizures.



FACTS ABOUT EPILEPSY

Some Facts:

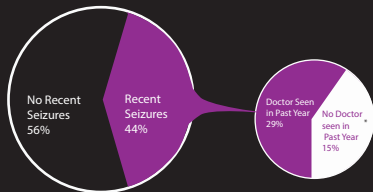
2 + million Americans,
315,000 U.S. students
45,000 new cases per year
1 in 26 people will develop
epilepsy.
1 in 10 people will have a
seizure in their lifetime
Epilepsy is more common
than: Cerebral Palsy,
Parkinson's Disease and
Multiple Sclerosis combined.

Types of Seizures:

Generalized Seizures:
Absence
Atonic
Tonic-clonic
Myoclonic

Partial Seizures:
Simple
Complex

One-Third of People with Epilepsy and Recent Seizures Have Not Seen a Neurologist in Past Year



*Neurologist
Source: MMWR 2008;57 (55-6)

<http://www.epilepsyfoundation.org/index.cfm>

<http://www.cdc.gov/chronicdisease/resources/publications/AAG/epilepsy.htm>

HOW TO RESPOND TO A SEIZURE

Generalized seizures produce loss of

consciousness, either briefly or for a longer period of

time. Convulsions, staring, muscle spasms and falls.

Managing complex partial

seizures requires gentle monitoring during the

seizure, keeping hazards out of the way, reassuring the

child in a calm voice and keeping track of how long

the seizure lasts.

Tonic phase



Clonic phase



Clonic phase



Postical stupor

