

DID YOU KNOW?

- Seizures are caused by sudden rush of electrical activity to the brain.
- Epilepsy affects 65million people worldwide.
- Having a single seizure doesn't mean you have epilepsy.
- At least 2 unprovoked seizures are generally required for an epilepsy diagnosis.
- Anyone can develop epilepsy, but it is more common in young children and older adults.
- Stroke is a leading cause of epilepsy, in people over the age of 35.
- Uncontrolled and prolonged seizures can lead to brain damage and epilepsy raises the risk of sudden unexplained death.
- PLEASE NOTE EPILEPSY IS NOT CONTAGIOUS.

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EPILEPSY

WHAT YOU SHOULD KNOW

Epilepsy is a neurological disorder, which causes seizures or periods of unusual behavior, sensations and loss of awareness. Seizures come in different forms and not just the convulsive type associated with epilepsy.

Although symptoms can vary, ranging from staring blankly for a few seconds to arms and legs twitching repeatedly. Seizures are the main symptom of epilepsy and they can be generalized seizures affecting every area of the brain or focal/partial affecting just one part of the brain.

SYMPTOMS

Epilepsy is caused by abnormal activity in the brain, therefore having a seizure can affect any activity coordinated by the brain. Symptoms include:

- ❖ Temporary Confusion.
- ❖ Staring spell.
- ❖ Loss of consciousness or awareness.
- ❖ Uncontrollable jerking movements of the arms and legs.
- ❖ Physic symptoms like anxiety, fear or De javu.

Symptoms vary depending on the type of seizure.

Common triggers of seizures include; lack of sleep, high grade fever, stress, bright lights, flashing lights, caffeine, alcohol, certain medications, skipping meals, overeating etc.

