



# Dr. Jayanti Gurumukhani

M.D., D.M., (Neurology)

## Epilepsy

Electrical activity is happening in our brain all the time. A seizure happens when there is a sudden burst of intense electrical activity. This intense electrical activity causes a temporary disruption to the way the brain normally works, meaning that the brain's messages become mixed up. This results in epilepsy.



### What are the symptoms of epilepsy?

Patient with epilepsy usually suffer from seizures or convulsions. Seizures can produce symptoms such as temporary confusion, a staring spell, uncontrollable jerking movements of the arms and legs, loss of consciousness or awareness, and psychic symptoms.



### What are the causes of epilepsy?

Epilepsy has no identifiable cause in about half of those with the condition. In rest half the people with epilepsy, the condition may be due to genetic influence, head trauma, brain disorders like stroke or tumors, infectious diseases, prenatal injury & developmental disorders.

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## Do's

- ✓ Identify the things that trigger your seizures & avoid them
- ✓ Educate yourself and your friends and family about epilepsy so that they understand the condition
- ✓ Have regular sleeping patterns
- ✓ Live as independently as possible

## Don'ts

- ✗ Don't forget to take your epilepsy medicine
- ✗ Do not stop or change medication without doctor's advise
- ✗ Do not constantly worry about having a seizure
- ✗ Do not consume alcohol & illicit drugs



## Epilepsy: Myths and Facts

**MYTH 1:** Epilepsy can't be controlled effectively

**FACT:** Epilepsy can be treated in a way to minimize, control & even eliminate under right condition. Epilepsy can be controlled in 2/3rd of patients with epilepsy if medications are chosen & used appropriately

**MYTH 2:** Epilepsy patients are disabled and cannot work.

**FACT:** Epilepsy patients show same abilities and intelligence as compared to normal individuals. However, some patients with severe seizure attacks may face difficulties for working.

Epilepsy is a brain disorder which can be effectively controlled by medication. Taking medications as prescribed, and being active towards its management plan is helpful for preventing recurrent seizure attacks.

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