



SARA-ELIZABETH@ITSNOTWHOIAM.COM

It's Not Who I Am

Now also on facebook at:

sarafacebook@itsnotwhoiam.com



# November is Epilepsy Awareness Month Lets All 'Get Seizure Smart'

November is National Epilepsy Awareness Month and the theme is: 'Get Seizure Smart'! This year everyone needs to 'Get Seizure Smart' about seizure first aid, seizure recognition and types of seizures. Find lots of tools including an online interactive quiz, fact sheets, logos and Web banners at the Epilepsy Foundations special website: [www.GetSeizureSmart.org](http://www.GetSeizureSmart.org).

I've been asking people to share facts on my facebook page with one another about seizures and I have

received some great responses. I have also received lots of email about seizure facts. Here is some of the stuff people have said about seizure first aid, recognition and types.

- Never put anything in someone's mouth while having a seizure
- You may have to rest a lot after having a seizure because you may feel like you just ran a marathon
- Move objects away from the person having a sei-

zure to prevent injury

- Generic vs Brand Name seizure drugs DO have different effects on people
- Seizures are not contagious

Lets all Get Seizure Smart! Share your stories with me by sending an email to [sara-elizabeth@itsnotwhoiam.com](mailto:sara-elizabeth@itsnotwhoiam.com), on YOUR Facebook Page, your Twitter, and continue to talk with others all year round!

-Thanks!

## First Aid for Seizures

Most seizures in people with epilepsy are not considered a medical emergency. But sometimes you may need to call for help, especially if the person gets hurt while having a seizure, if they continue to have seizures that do not appear to stop or come one after another, the person has an other medical diagnosis or is pregnant.

When someone has a tonic-clonic seizure you should cushion their head, loosen tight clothing, like a neck tie, turn them on their side, time the seizure, don't put anything in their mouth or hold them down, offer help as the person comes out of the seizure

When someone has a complex partial seizure you should talk calmly and reassuringly to the person, time the seizure don't grab or hold them, explain to others what is going on if they don't already know and block any hazards.

These are just a few of the many things people need to be aware of when dealing with seizures. There's still so much more that needs to be said and explained. But that's what Epilepsy Awareness Month is all about. Everyone 'Get Seizure Smart' about what seizures really are.



**Q. Why is it important to understand epilepsy?**

**A. Epilepsy can strike at any time in one's life. And, while epilepsy affects 2.5 million people, it impacts millions more. In one study, more than half of the general public surveyed said they have known someone with the condition and/or have witnessed a seizure. According to experts, despite the number of people "exposed" to the disorder, epilepsy is still misunderstood, resulting in public prejudice and, ultimately, psychological and social problems for people with epilepsy. Additionally, experts say that increased public understanding and acceptance of the disorder may help people with epilepsy, particularly those who have uncontrolled seizures or suffer from debilitating side effects from medications, to seek more effective treatment and feel more confident in their ability to lead richer, more productive lives.**