

Epilepsy

Treatments for Epilepsy

Treatment decisions is individualized

- Anti-Seizure Medications (ASM)
- Invasive Electrical device to control seizures
- Anti-Seizure Medications
- Surgery.

Strategies to Get Better Seizure Control

- Take your medicine as prescribed.
- Learn to self-manage your condition by taking care of yourself and your health.
- Seek advice from the epilepsy specialist of patient educator.
- Get adequate amount of sleep
- Lower your stress
- Eat a healthy diet
- Regular consultation appointment

Living with Epilepsy

- Children with epilepsy can go to a normal school and take part in activities
- People with epilepsy can live a normal life if seizures are well controlled.
- Medical counselling is required for certain jobs like driver, pilot, and fire fighter.
- Medical counselling is required for activities like driving, swimming, using contraception, and pregnancy.



Patient and Family Education

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Epilepsy

Epilepsy This occurs when you experience more than two seizures not caused by another condition. It is a common brain disorder that, in most cases, persists throughout life.

Seizure A seizure can cause body shaking or a loss of consciousness lasting anywhere from seconds to two minutes. This can occur at any age and may be triggered by fever, poisoning, high or low blood sugar levels, among other factors.

- Epilepsy affects patients below the age of 18 or above 60 years.
- Epilepsy is a lifelong condition.
- Epilepsy diagnosed with the occurrence of two seizures without a known trigger

Symptoms of Epilepsy

- Uncontrolled movements and stiffness “fit”
- Loss of awareness
- Repeatedly twitching of arms or legs
- Tingling feeling in the arms or legs, or strange sensations, like unusual smell or taste.
- Collapsing.

Sometimes you might not remember what happened before and after the seizure event.

Causes of Epilepsy

In most cases, the cause is not clear. Possible contributing factors are:

- Genetic, family history.

Damage to the brain, such as:

- Stroke
- Drug abuse
- Brain tumor / Infection
- Head trauma
- Alcohol misuse
- Lack of oxygen (during birth)

Warning Signs:

Conditions that need urgent medical interference include:

- Seizure for first time.
- Breathing problems
- Seizure that lasts more than 5 min
- Continues occurrence of seizures in a row
- Harm of self-injury.

