Epilepsy

Abi Harrison-Nye

Symptoms

- Seizures involving shaking or jerking.
- Staring blankly or losing awareness briefly.
- Strange sensations like unusual smells or tastes.

Age & Gender

- It can start at any age, but it's most commonly diagnosed in children and people over 65.
- It affects all genders equally.

Misconceptions

- It’s not always a visible fit, as some seizures look like brief daydreaming.
- It’s rarely triggered by flashing lights, which only affects about 3% of people with epilepsy.
- Don't put objects in their mouth, as it isn’t possible to swallow your tongue.

Diagnosis

- Electroencephalogram (EEG) tests record the electrical activity of the brain to find unusual patterns.
- MRI or CT scans check for any physical causes of seizures in the brain.

Treatment

- Anti-epileptic drugs (AEDs) are the most common way to prevent seizures.
- Emergency medication can be used to stop a seizure that lasts too long.

Support

- Learn the specific first aid for different types of seizures.
- Stay with the person until they have fully recovered and are alert.
- Avoid making assumptions about their ability to drive or use screens.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.

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