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PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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Epilepsy: A Disorder of Seizures

Epilepsy is a disorder of the brain that causes recurrent, sometimes unprovoked seizures. A seizure is a sudden rush of electrical activity that may present differently from person to person depending what part of the brain is involved. Today in America, ~3.4 Million people suffer from epilepsy with a great impact on their daily lives. While there are many types of seizures, most fall into one of two categories:

Simple Seizure

- Altered smell, taste, hearing, sight, touch
- Dizziness
- Tingling or twitching limbs

VS.

Complex Seizure

- Staring blankly
- Unresponsive
- Loss of consciousness
- Repetitive movements

What can trigger a seizure?

- Poor sleep, sickness, stress, bright/flashing lights, caffeine, drugs/alcohol, low blood sugar, certain foods, and more

How can I prevent future seizures?

- Talk to your doctor about medications, keep a journal of your seizures and triggers to avoid, get better sleep, reduce stress

What to do if I witness a seizure occurring?

- Turn the person on their side, remove nearby hard or sharp objects, make sure they can breathe, call 911 if the seizure lasts longer than 5 minutes. Do **not** try to hold the person down



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