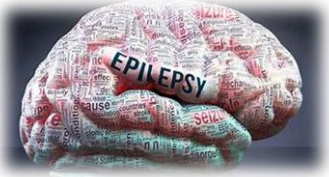


Epilepsy :

Epilepsy is a **neurological (brain-related) disorder** in which a person has a tendency to get **repeated** seizures. A seizure happens when there is a sudden burst of abnormal electrical activity in the brain.



What Causes Epilepsy?

- Common causes include:
- Head injury
- Stroke
- Brain infections (meningitis, encephalitis)
- Genetic factors
- High fever in children (febrile seizures – often temporary)
- Sometimes the cause is unknown

How is Epilepsy Diagnosed?

A doctor may recommend:

- **EEG (Electroencephalogram)**
– records brain activity
- **MRI/CT Scan** – to check for structural brain problems
- **Blood tests** – to rule out other conditions

Seizure :

A seizure can appear in many ways:
Sudden jerking movements of arms or legs
Staring blankly or unresponsive for a few seconds
Sudden fall or loss of consciousness
Unusual sensations, smells, or feelings
Repetitive movements like lip-smacking or blinking
Not all seizures look the same. Some are brief and silent, while others involve convulsions.



Epilepsy is treatable.

With proper medication, safety measures, and regular follow-ups, most people live fully normal lives.



SMT. RASILABEN SEVANTILAL SHAH
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Treatment Options :

Epilepsy can be well-controlled in most people.

1. Anti-Seizure Medications (ASMs)

Common medicines include:

- Sodium valproate
- Levetiracetam
- Carbamazepine
- Phenytoin
- Lamotrigine

It is important to take medicines **regularly as prescribed**. Do not stop suddenly, as this may trigger seizures.

2. Surgery

In patients whose seizures do not improve with medicines.

3. Lifestyle Measures

- Adequate sleep
- Managing stress
- Avoiding alcohol or recreational drugs
- Safety precautions during swimming, cooking, heights, etc.

First Aid During a Seizure

Do:

- Stay calm
- Lay the person on their side
- Remove sharp objects nearby
- Loosen tight clothing
- Time the seizure

Do NOT:

- Do NOT put anything in their mouth
 - Do NOT hold the person down
 - Do NOT give food or water during the seizure
- Seek **emergency help** if:

- Seizure lasts more than 5 minutes
- Repeated seizures without recovery
- Person has trouble breathing
- Seizure occurs in pregnancy or diabetes
- It's the person's first seizure

Living with Epilepsy :

Most people with epilepsy can:

- Work normally
- Study and participate in regular activities
- Get married and have children
- Live a long and healthy life

Important considerations:

- Driving rules vary by country—usually seizure-free period required
- Always carry a **medical ID card** mentioning epilepsy
- Take medicines regularly
- Keep follow-up visits with your doctor

When to Contact Your Doctor :

- Breakthrough seizures despite taking medicines
- Side effects like severe rashes, excessive drowsiness, mood changes
- Pregnancy planning (some medicines need adjustment)

EPILEPSY
CHANGES LIVES
BUT
HOPE & FAITH
CREATE
STRENGTH



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