

SUDEP: Knowledge is Power.



The diagnosis of epilepsy affects each person and their family differently.

One thing remains the same for everyone – wanting to understand the diagnosis, treatment and risks.

The more information you have, the more empowered you will feel in managing your epilepsy.

One risk important to be aware of is known as Sudden Unexpected Death in Epilepsy (SUDEP). The cause of SUDEP is not known, but often occurs during, or right after a seizure. This is why learning how to stay healthy, work to control your seizures, and reduce risk is important.

FIND THE *BEST* CARE AND *ASK* QUESTIONS



TAKE STEPS

to know your epilepsy and the risks:

Asking the *right* questions of your health care team

Building a strong “*team*” of caregivers and support

Working to stay involved with decisions that affect your health

Following through on treatment plans and appointments

Changing behavior to avoid triggers for your seizures

Moving ahead to the highest level of epilepsy care if you continue to have seizures despite treatments

Each year, more than
1 out of 1,000 people with
epilepsy die from SUDEP.

If seizures are uncontrolled, the risk can increase to 1 out of 150. *Talk about SUDEP with your health care team.* Feel empowered by understanding your risk and how to lower your risk. Share this information with your family and friends.

To learn more about SUDEP,
visit epilepsy.com/sudep



EPILEPSY
FOUNDATION

SUDEP
INSTITUTE



WHAT IS AN Epilepsy Center and Epilepsy Specialist?

An epilepsy center is a special area within a clinic or hospital providing expert care for people with epilepsy and seizures. Epilepsy specialists are called epileptologists and provide expert care for adults and children.

Epilepsy centers provide:

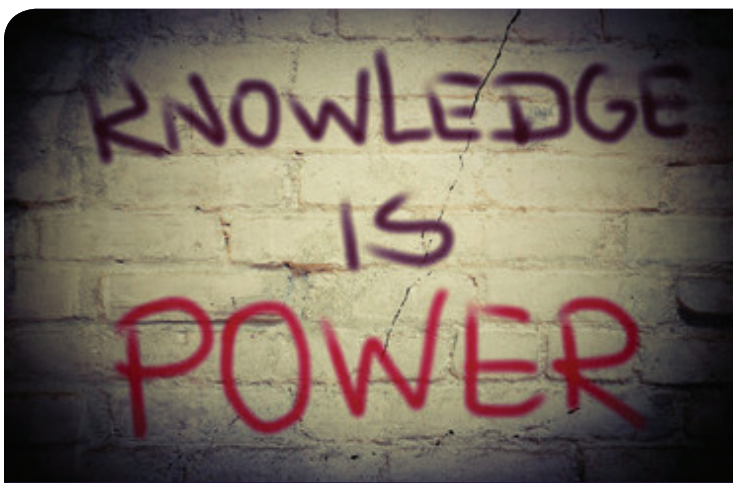
- A team centered approach that includes you!
- Expert care for adults and children
- Testing options that help to make an accurate diagnosis
- Medication, surgery, diet and other treatment options
- Education, resources and links to community support



ASK QUESTIONS Maximize Seizure Control, Minimize Risk

Whether your seizures are under control or not, it is important to ask questions of your health care team to know your epilepsy and seizures better. Understanding will help you know your risks and ways to reduce the number of seizures.

- What can you tell me about my diagnosis and the type of seizures I have?
- What is the cause of my epilepsy?
- Should I see an epilepsy specialist (epileptologist) at an epilepsy center?
- What are seizure triggers? Are there things I should or can do to lower my risk?
- When should I call my doctor? Should I call if I start a new medication, treatment or get sick?
- How often should I get my medication levels checked?
- What are the side effects of my medication? Any long-term side effects?
- What treatment options are available to bring my seizures under control? Surgery? Ketogenic diet? Neurostimulation devices?
- What are the risks with uncontrolled seizures?
- Are there risks with well-controlled epilepsy?
- Am I a risk for SUDEP? Does low risk mean no risk?
- Should I have additional tests if my seizures are uncontrolled? Should I have my heart checked?
- Should I be monitored during sleep (if seizures occur at night)?
- What information should I share with my support system about my epilepsy and SUDEP? Will a seizure alert device help keep me safe?



Find your answers. Take control.

To find a specialist or center near you visit:

Epilepsy Foundation

www.epilepsy.com

or call the Epilepsy & Seizures
Helpline at 1-800-332-1000

National Association of Epilepsy Centers

www.naec-epilepsy.org

American Epilepsy Society

www.aesnet.org

VA Epilepsy Centers of Excellence

www.epilepsy.va.gov