



What is Epilepsy?



Why do I have Epilepsy?

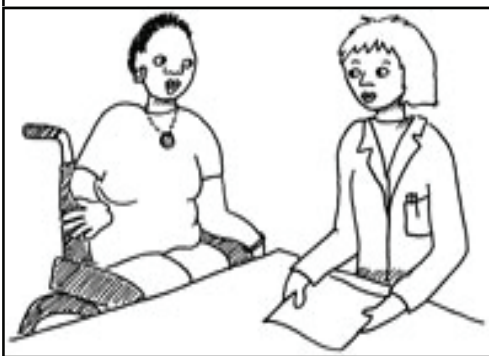


Doctors do not always know why people have epilepsy.



Some people have Epilepsy after they have an illness or infection.

Some people are born with epilepsy



People use different words when they are talking about their epilepsy. Some people say they have seizures, some people call them fits or even funny turns.

What happens when I have a fit?

Fits start in your brain and affect the way the brain works.

People can have different types of fits and do different things when they are having a fit.

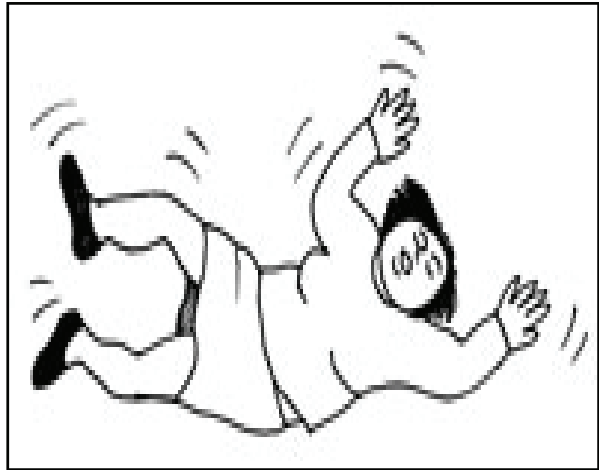
Some people feel dizzy or confused and might wander around.



Some people throw their arms into the air or their legs and arms might go stiff

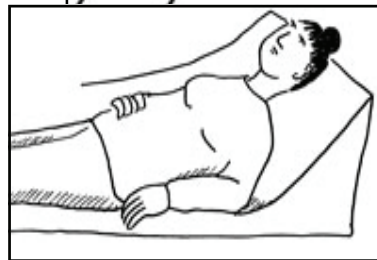


Some people may fall down, and their body may go floppy. Then they may shake and jerk.



When your fit stops your brain goes back to how it was before the fit.

After the fit has stopped you may feel unwell for a short time. You might feel tired or have a Headache or feel Confused. Have a rest.



You can carry on doing what you were doing before the fit when you feel OK.

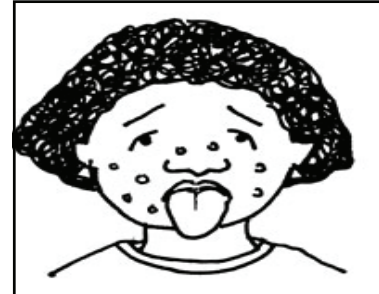


What can trigger or cause fits to happen.

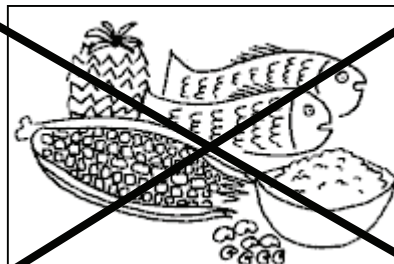
Drinking too much alcohol



Being ill



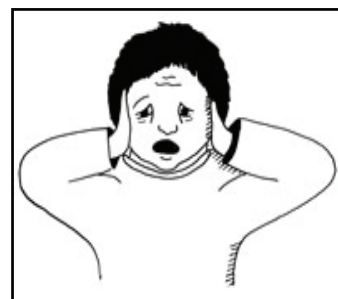
Missing your meals



Forgetting to take your tablets



Feeling stressed or angry



What can trigger or cause fits to happen.

Not sleeping properly
or getting overtired



Feeling worried or
bored



Suffering from
constipation



Periods



Taking Tablets

If you have fits your Doctor will normally give you tablets to stop the fits from happening or happening so often.



You should take your tablets in the way your Doctor tells you to. Tell you Doctor if the tablets make you feel ill or you forget to take them.



Taking tablets can make you feel different. Some people get side effects from their tablets and some don't. Different tablets cause different side effects.

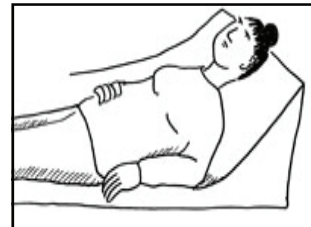
Side-Effects

Side effects of medicine can be:

Dizziness



Drowsiness



Upset stomach or sickness



Increased appetite or weight gain.

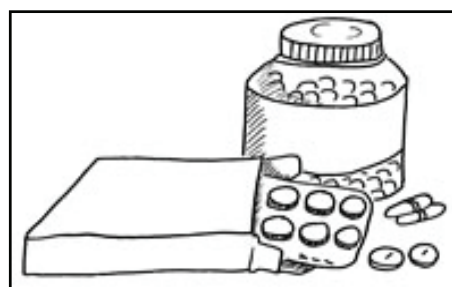
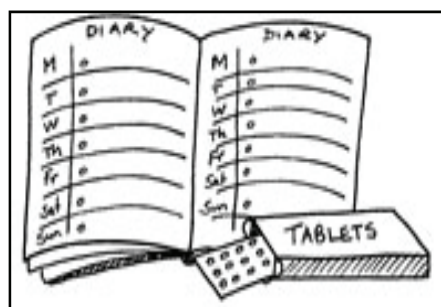


Hair loss



Keeping records of your fits

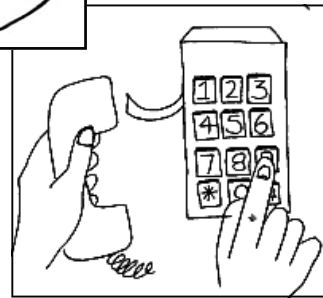
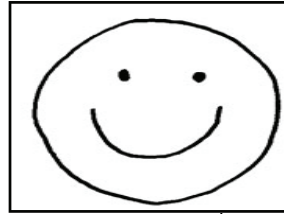
Keeping a note of your fits can be very helpful. It can show how well the tablets are working and then the Doctor can decide if you need less or more tablets. Sometimes people try new tablets which might work better in stopping their seizures.



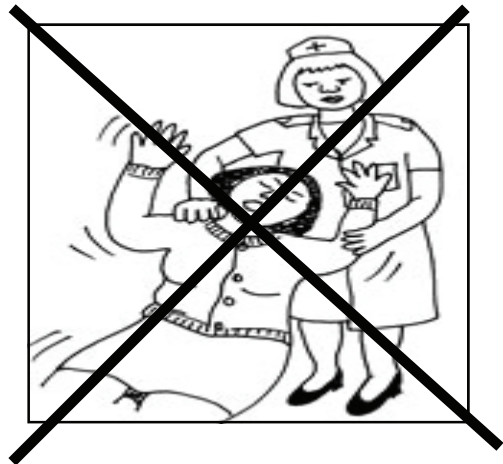
A carer should write on the chart when you have a seizure, what time it happened, how long it went on for and what they saw happen during the seizure.

First Aid for Fits

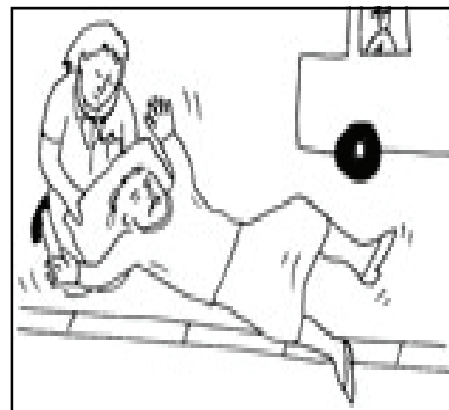
Keep Calm. Phone and get help from staff or other carers.



Do not move the person unless they are in danger.



Protect head so they do not bang it on the floor or other objects. You might put a pillow under their head





Produced by

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DNLDD/085 Review April 2008

With acknowledgement to Coventry & Warwickshire Primary Care Trust
And
Change Picture Bank