Are people with epilepsy different?

NO, people with epilepsy are not different than other people. They can still play, work and have fun like other people.

The important thing is that they have to be careful around open fires or doing certain sports. They must always inform someone that they have epileptic fits and what that person can do to help.

Epilepsy may make the person feel different, but he/she can still get married and have children.

If you know someone with epilepsy, be a friend to him / her, they need friends more than anything...

For further questions or treatment, contact the Occupational Therapy staff at the nearest Hospital or clinic.

Epilepsy...

What is epilepsy?

Epilepsy is also called a fit or seizure or “val siekte”.

If a person gets an epileptic fit, the person falls to the ground and his whole body shakes. This can happen every day or once in a while. The person can look very scary if you do not know what is happening.

How do people get epilepsy?

The doctors are not sure how people get epilepsy but they do know that if a family member has epilepsy, you may have a higher risk of getting epilepsy too.
How is epilepsy treated?

The doctors usually prescribe medication and this will help control the epileptic fits. It is very important to drink the medication as prescribed by the doctor.

Certain medication must be taken once, twice or three times daily. It is very important to eat before taking the medication.

When taking oral contraceptives and epileptic medication, it is necessary to ask the nurse or doctor if extra protection is needed to prevent pregnancy.

What to do if someone gets an epileptic fit?

Remain calm.  
Call an adult if you’re a child.  
Remove glasses or tight clothes.  
Turn the person on his side and put a pillow under his head.

Sit behind the person with your knees into the person’s back to prevent him from rolling onto his back.  
Cover the person with a blanket or towel.  
Do not try to make the fits stop, just stay with the person.  
If the person is asleep after a fit, let him sleep.  
If the person is confused, tell him he had a fit and that everything is ok now.

What can you avoid when having epileptic fits?

Don’t get too tired.  
Avoid swimming or bathing without supervision.  
Avoid flashing lights.  
Avoid TV games or computer games.  
Avoid sitting close to an open fire.