

# WHAT IS EPILEPSY?

Epilepsy is a neurological condition characterized by recurrent, unprovoked seizures.



About **1 in 100** people worldwide have **epilepsy**.



Almost **90,000** people in Ontario are diagnosed with epilepsy.

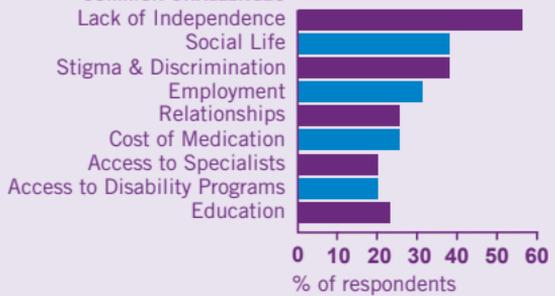
## EPILEPSY IS HIGHLY TREATABLE



- Gained seizure freedom with medication alone
- May require other treatments

## EPILEPSY IS MORE THAN JUST SEIZURES

### COMMON CHALLENGES



## PEOPLE OF ALL AGES LIVE WITH EPILEPSY



0-17



18-64



65+

## WHAT IS A SEIZURE?



A sudden burst of electrical activity in the brain that affects the way a person acts. The location of the activity determines what the seizure looks like.



## 1 IN 10 PEOPLE

will have a seizure in their lifetime, but most people who have a single seizure do not have epilepsy.

## WHAT DO I DO IF SOMEONE IS HAVING A SEIZURE?

### 1. STAY CALM

Most often, a seizure will run its course and end naturally within a few minutes.

### 2. TIME IT

- Call 911 if:
- seizure lasts more than 5 minutes
  - seizure repeats without full recovery between seizures
  - person is pregnant
  - person has diabetes
  - person is injured from the seizure
  - seizure occurs in water
  - you are not sure if the person has epilepsy

### 3. PROTECT FROM INJURY

- Move sharp objects away.
- If the person falls to the ground, roll them on their side when it is safe to do so and place something soft under their head.
- If the person wanders during their seizure, stay by their side and gently steer them away from danger.
- When the seizure ends, provide reassurance and stay with the person if they are confused.

