

Fact Sheet 1

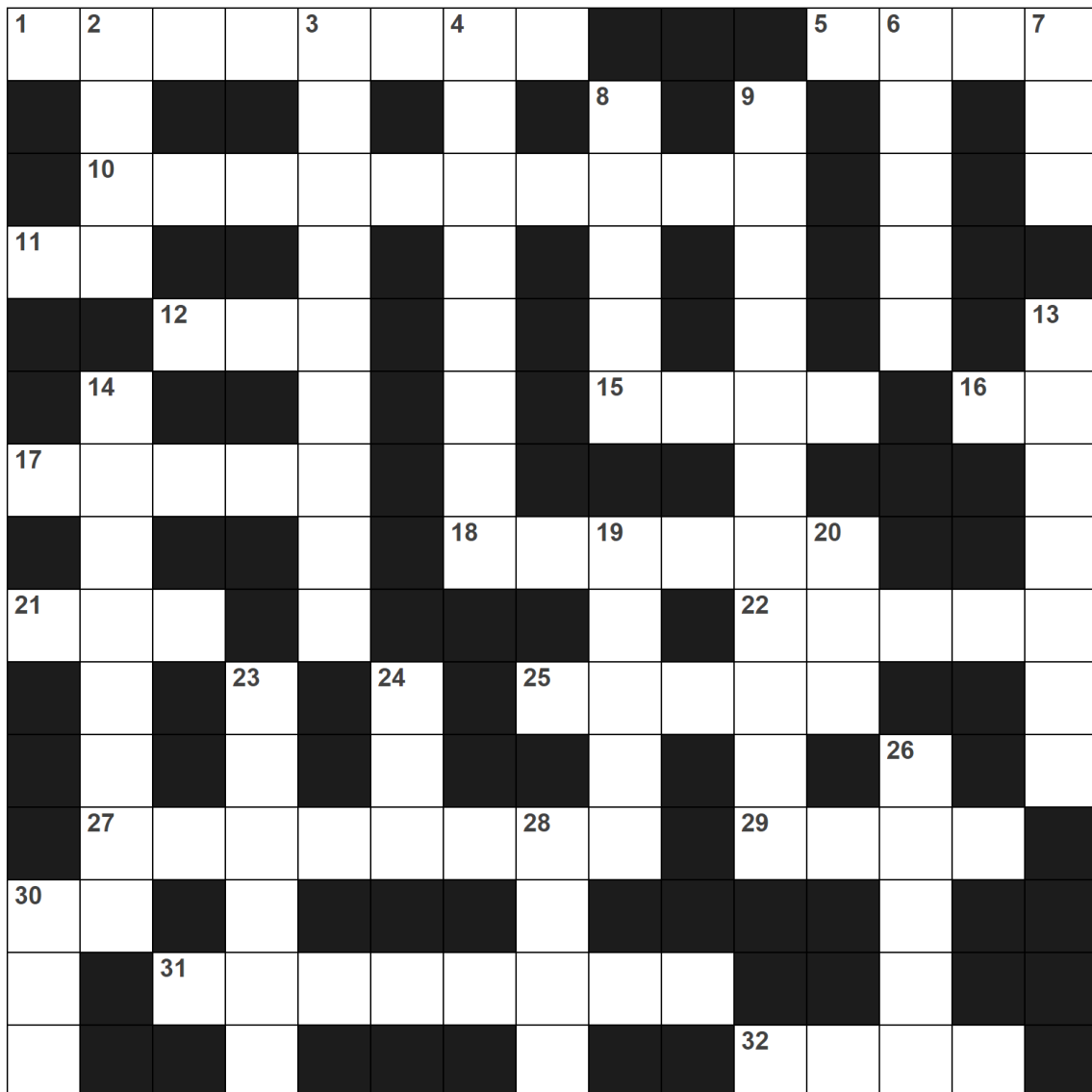
What is epilepsy?

Epilepsy is:

- A tendency to experience recurrent, unprovoked seizures.
- A seizure occurs when neurons send abnormal electrochemical signals to the brain; such signals result in an alteration in sensation, behaviour, and consciousness.
- One of the most common neurological conditions, affecting one in 100 people.
- Can affect anyone regardless of age, ethnicity, or social economic status.
- Commonly found in children under 2 years old and in the elderly (over the age of 65) around 70 million people globally are affected with epilepsy.
- Its causes include genetic influences, medical disorders, head trauma, meningitis, lead and alcohol poisoning, and chemical and hormonal imbalance; in many cases the cause of epilepsy is unknown.
- Most people become seizure-free by using anti-epileptic medication.
- A spectrum disorder.
- Encompasses > 25 syndromes, many types of seizures, seizures vary in severity, affects wide range of people, impacts on health/quality of life differ widely.

Disclaimer: this fact sheet is for education purposes only. Please consult your doctor or other health professional for advice regarding your epilepsy.

Epilepsy Crossword



Answers:

angst, empirical, ok, complex, cure, EEG, primal, epilepsy, level, toxicity, to, simple ECT, air, diet, seizures, under, ictal, compliance, minus, big, die, triggers, by, ruin, caffeine, help, aura, pack, tonic, intra, generalized, but

Across

1. This is a common neurological disorder characterised by recurring spontaneous seizures.
5. Medication does not ___ epilepsy but controls it. About 50% of people with epilepsy will achieve total seizure control using drugs. A further 20-30% will achieve very good control.
10. ___ with taking anti-epileptic drugs reduces the risk of uncontrolled seizures and possible death.
11. It is _____ to be open about epilepsy as openness reduces stigma.
12. Placing a person in the recovery position ensures that the _____ way is clear and open.
15. A peculiar sensation (or simple partial seizure) which often precedes a complex partial or generalized seizure.
16. During a complex partial seizure a person's consciousness is impaired for 5 ___ 10 minutes, during which time the rest of the brain functions well
17. In the _____ phase of the tonic clonic seizure, the limbs are rigidly extended for up to a minute or so, and there may be an "epileptic cry". It does not mean that the person is in pain.
18. A ___ partial seizure is one in which the patient is conscious and so can describe what's happening to their body (e.g. a jerking limb).
21. People with epilepsy can unfortunately ___ with this condition. When this occurs, the term used is SUDEP (sudden unexpected death in epilepsy). It is estimated that one in 2500 people with epilepsy die from SUDEP annually. The main cause of this is suddenly stopping medication which frequently results in status epilepticus.
22. Latin word for "stroke" or "event" when it is actually occurring.
25. There can be a lot of ___ with people when epilepsy has been diagnosed, but epilepsy can go away. A person taking AEDs, seizure free, and whose medication is gradually withdrawn, can have a 30-50% chance of permanent remission. For children, the figures are 60-80%.
27. _____ are certain factors that seem to be associated with a greater likelihood of seizures developing. Recognizing these _____ allows people to make adjustments in their life-style so that they can control their seizures.
29. A ketogenic _____ is high in fat, adequate in protein and low in carbohydrates. Any person considering this diet must do so in consultation with a medical specialist and dietician.
30. "The only thing we have to fear is fear itself". It is important for people with epilepsy to try to live day ___ day with courage.
31. _____ is a well known trigger in epilepsy. Epileptic seizures are caused by a burst of uncontrolled firing of brain cells in part of or throughout the whole brain. Adenosine, a chemical in the brain, assists in stopping this uncontrolled brain activity. Caffeine taken into the body enters the brain which identifies its structure as being similar to that of adenosine. In some people this misleads the brain into thinking the caffeine is adenosine and that sufficient adenosine has been produced. The brain then stops producing adenosine. Hence it appears that when the adenosine levels are low it becomes easier for seizures to occur, and more difficult for the brain to stop seizures.
32. It is always good to _____ those in need.

Down

2. A blister ____ is a useful medicine dispenser available from the pharmacy.
3. A neurologist uses an _____ approach to treating epilepsy. It may take time to find the right medication and right dosage for each individual.
4. These are temporary bursts of uncontrolled electro-chemical activities in the brain.
6. Newly diagnosed clients with epilepsy can be _____ severe stress. They could be fearful of their seizures, drugs and of the social stigma.
7. An _____ (electro-encephalogram) is a painless device placed on the head to record electrical activity close to the brain's surface.
8. Most anti-epileptic drugs are taken orally but some can be taken _____ -venously as well.
9. A primary _____ seizure is one where there is an instant onset of confused electrical activity throughout the brain.
13. _____ partial seizures are mostly located in the temporal lobe. This is the site of the hippocampus, which is the control 'switchboard' for memory.
14. When taking new medication it is important to recognize signs of _____.
19. An ideal therapeutic range is excellent seizure control _____ side effects.
20. Epilepsy is not a mental health issue, therefore _____ (electro-convulsive therapy) will not cure it.
23. In ancient times people had a _____ fear of epilepsy. This was because the condition was not understood.
24. Seizures were once commonly known as grand and petite mals ("_____ and small sickness").
26. The key to successful control of seizures with minimum side effects is finding and maintaining the right blood _____ (i.e. the right concentration of the anti-convulsant drug in the blood-stream).
28. No-one should let epilepsy _____ their lives. It is only part of their lives - the rest of the time should be in living life to the full.
30. Many people experience a single seizure during their lives, _____ this does not constitute epilepsy.