

Epilepsy Awareness Month–November 2017



Support or donate money to help people with epilepsy: Contact: info@ewct.org.nz

www.ewct.org.nz Thank you!

WEEK 3

Monday 13 th November	Tuesday 14 th November	Wednesday 15 th November	Thursday 16 th November	Friday 17 th November	Saturday 18 th November	Sunday 19 th November
Epilepsy can affect anyone at any age. Many children develop epilepsy, and 'outgrow' it, but there are increasing numbers of the elderly living with this condition.	Epilepsy is still considered a 'hidden condition'. Help us to remove the stigma so that we can improve the 'quality of life' for all those living with epilepsy.	Not all seizures look the same. It is important to understand your epilepsy type so that you can educate others on how they can help you in the event of a seizure. Your EWCT advisor can provide you with your own personalised seizure action plan as well.	Not everyone with epilepsy has convulsive (tonic clonic) seizures although they are a common type to have. Would you know how to help someone having a convulsive seizure?	If you witness someone having a convulsive seizure, please stay calm. For more information please go to EWCT's webpage and learn how to help. It is not as difficult as it seems.	Generalised seizures include: tonic clonic, absence, tonic, atonic and myoclonic. These seizures involve both hemispheres of the brain. Please know how to help someone having a generalised seizure.	The major parts of the brain consist of two halves (the right and left hemispheres). Each hemisphere is divided into four lobes (temporal, frontal, parietal and occipital). People can have seizures that start in one of these lobes and this is called focal epilepsy.
Flo-Jo Griffith Joyner (American athlete)	Prince (singer)	Elton John (musician)	Lil Wayne (rapper)	Leonardo da Vinci (artist)	Sir Walter Scott (writer)	Richard Burton (actor)

This is 'treat week'. Please treat yourself well or someone you know who has epilepsy.