



now
what

Questions To Ask Your Doctor About SUDEP

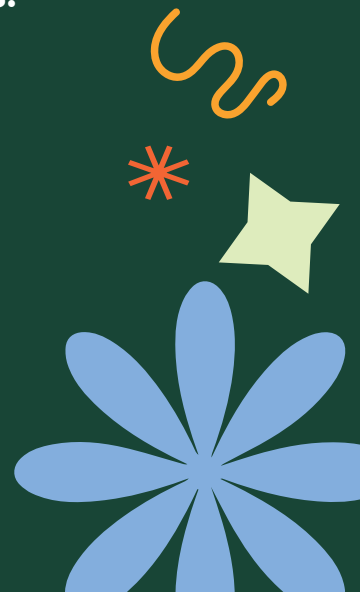
People with epilepsy are at higher risk of death due to fatal accidents caused by seizures, status epilepticus (seizures lasting longer than 5 minutes or multiple seizures within a 5 minute time period), sudden unexpected death in epilepsy (SUDEP) and other causes.

Sudden unexpected death in epilepsy or SUDEP occurs when a healthy person living with epilepsy dies for no given reason. The cause is unknown but might include respiratory dysfunction, heart rhythm irregularities and brain function abnormalities.



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Each year, more than 1 out of 1,000 people with epilepsy die from SUDEP

SUDEP occurs more often in people with frequent seizures. About one in 150 people with epilepsy whose seizures are not controlled may die of SUDEP.

The best way to prevent SUDEP at this point is through seizure control. So it's **IMPERATIVE** that you talk with your healthcare team about your risk factors, medication adherence and exploring alternative treatments. Sometimes physicians may not bring up SUDEP as they are not sure how to respond without scaring you. It is still important to know your risk and ask the following questions:

- 1 What is my risk of dying during a seizure? What is my risk of SUDEP?
- 2 How else can I better control my seizures through medication, behavior or other means?
- 3 Does having seizures at night increase my risk of dying during a seizure?
- 4 What types of devices can I use to alert myself or someone else when I'm having a seizure?
- 5 Should I consider sharing a room with someone when I sleep?



Reduce Your Number Of Seizures

- ✱ See an epileptologist at a level 4 center who is familiar with the newest treatment options.
- ✱ Take medications on time every day as prescribed. Use pill boxes, alarms, or other reminders to help.
- ✱ Discuss different treatment options with a trusted doctor. These may include rescue medications, surgery including neurostimulation devices, or dietary therapy.
- ✱ Keep a seizure diary, which can help identify seizure triggers or changes and notify your doctor if any changes occur.



Create A Seizure Action Plan

- ✱ Share it with family, friends, teachers, school staff, and co-workers to teach them how to help during a seizure.



Minimize The Risk Of Accidental Injury During A Seizure

- ✱ Drowning or falling can be prevented by arranging to always be with someone during activities.



Arrange For Supervision As Appropriate For One's Age

- ✱ Depending on one's age and living situation, consider a seizure detection device when supervision is not available, especially while asleep when SUDEP risk is increased.

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It's time to
take control of
your epilepsy.

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