

An epileptic attack can be recognized by the following signs;

- A sudden attack where the individual falls heavily on the ground.
- The person then goes over for some few seconds and then goes into violent rhythmic jerks which last two or three minutes.
- During that time the person may bite his/her tongue and lips and/or pass urine or feces on themselves.
- He/she then goes into deep sleep that may last a few minutes to some hours.
- He/she may wake up with body pains, intensive headaches and complete loss of memory of the events of the attack. Sometimes as mentioned earlier, there may be no/absence seizures or the jerks could be on one part or a section of the body.

PEOPLE WITH EPILEPSY SHOULD NOT DO THE FOLLOWING;

- Drive motor vehicles or operate machinery until they are declared cured by the Health worker.
- Work at heights such as construction sites, electricity and telephone poles or electricity installations.
- Swim
- Drink alcohol as it makes some anti epilepsy medicines ineffective
- Get exposed to situations that trigger off an epileptic attack such as flickering lights, fasting, high fever, missing sleep, emotional tension like anger, excessive joy and crying.

HOW CAN EPILEPSY BE PREVENTED?

Epilepsy can be prevented and controlled using the tips below;

- Pregnant mothers should attend antenatal care to prevent or treat diseases that will affect the brain of the baby during pregnancy.
- Ensuring safe delivery of the baby to avoid complications and undue injuries of the baby during birth.
- Control high fevers in children like malaria and other childhood diseases by providing timely and correct treatments and immunization against immunisable diseases.
- Reduce brain damage especially due to road traffic accidents and falls through practicing safety regulations like use of seat belts in cars and helmets while riding motor cycles.
- Controlling infections and parasitic diseases that affect the brain for example meningitis, measles, syphilis, filariasis, HIV/AIDS, onchocerciasis, tapeworms, etc

REMEMBER

With proper treatment, people with epilepsy can live a normal life, be educated, work, marry and contribute effectively both socially and economically to their community...