

- Transfer the patient to nearby hospital immediately if the seizure lasts for more than 5 minutes or has recurrence without the patient gaining consciousness in between different episodes of seizures

### DON'TS

- Panic
- Hold the person down/ restrain the person's movements
- Put anything in the person's mouth
- Move the person, unless in danger
- Give the person anything to eat or drink, unless recovered

### Who should come to epilepsy clinic?

- People with epilepsy experiencing side effects due to anti-epileptic drugs
- People taking two or more medications but still having uncontrolled seizures
- Females/ pregnant women with epilepsy

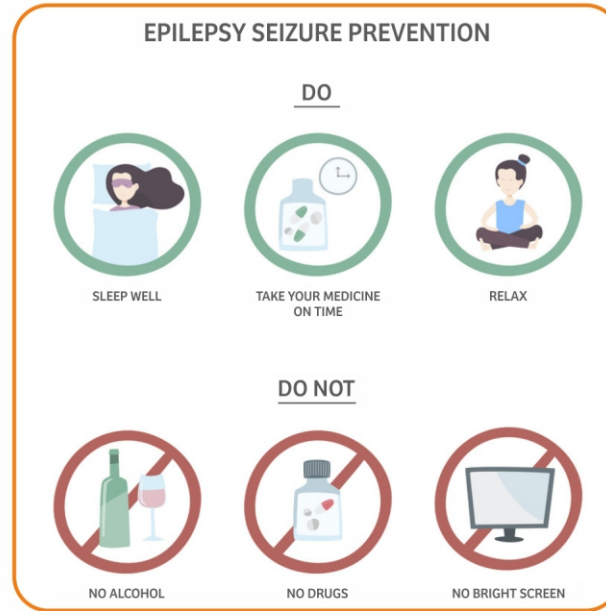
### Electrodiagnostic Services at KD Hospital

- Advanced 32 channel digital EEG machine (with portability and video recording facility)
- Nerve conduction studies (NCS) with portability
- Electromyography (EMG)
- Visual evoked potential (VEP)
- Repetitive nerve stimulation test (RNST)

### Other Facilities

- MRI 1.5T that provides 3D volumetric imaging correction of motion in real time
- Advanced multi-slice Computed Tomography (CT) scanner

- Epilepsy surgery
- Comprehensive team consisting of neurophysician, neurosurgeon, and psychiatrist



**Book an Appointment**  
**079-66770000**



**Kusum Dhirajlal Hospital**

Vaishno Devi Circle, S.G. Road, Ahmedabad - 382421

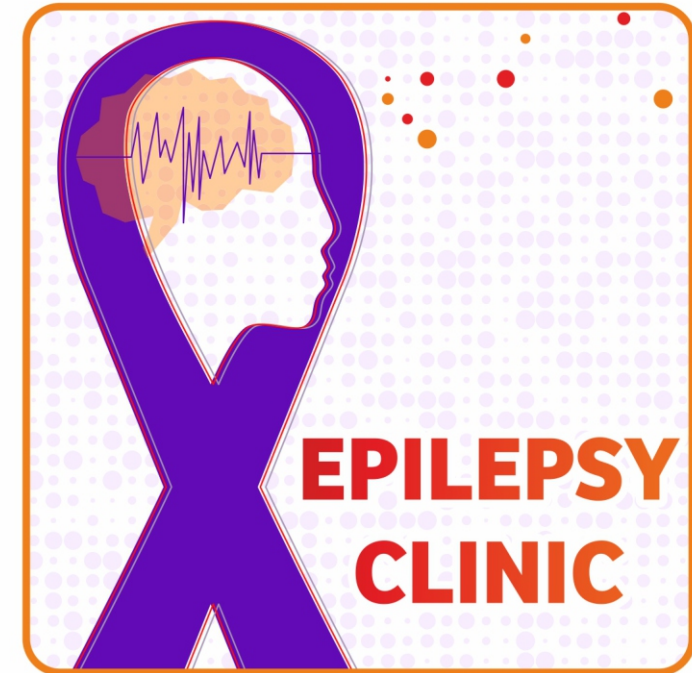
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“Treat Epilepsy To Enjoy a  
Life of Dignity”

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## What is Epilepsy?

Epilepsy is a disturbance of the normal pattern of nerve cell activity in the brain causing episodes of change in behaviour, muscle spasms, or convulsions with loss of consciousness.

A person is diagnosed with epilepsy if they have had at least two seizures that were not caused by a known and reversible medical condition.

## What is a seizure?

A seizure is a sudden surge of electrical activity in the brain. While some people may become aware of the beginning of a seizure hours or days before it happens, others may have no warning.

### Types of seizures:

1. Generalized (Involves entire body)
2. Focal (Involves part of the body)

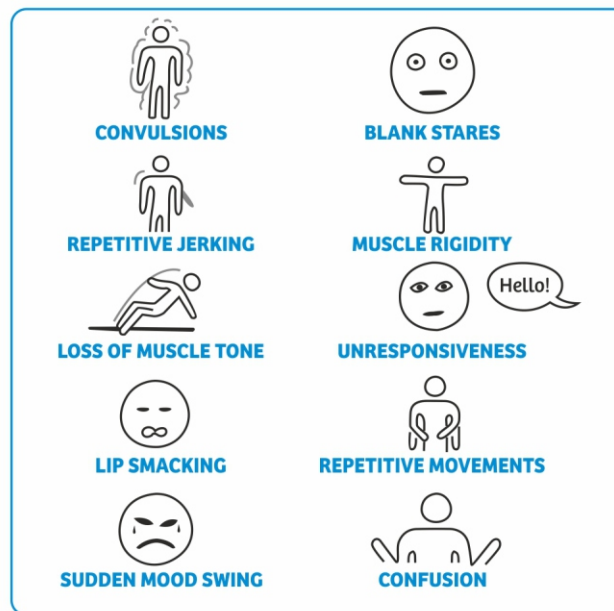
## Facts

- Epilepsy is one of the world's most common brain disorders
- Epilepsy is not contagious
- There are many different types of seizures
- Epilepsy can begin at any time during a person's life
- 1 in 160 people will develop epilepsy in their lifetime
- 1 in 20 people will have a seizure
- Approximately 65 million people worldwide have epilepsy
- Typical seizure lasts for few seconds to upto 5-6 minutes

## What can be the possible causes of epilepsy?

- Unknown (idiopathic) - most common
- Head injury
- Birth injury
- Brain infections
- Genetics

## What are the symptoms of seizure?



## Or Any of The Above

## What investigations are done for epilepsy?

- **EEG:** Tracks electrical signals from the brain
- **MRI Brain/CT Brain:** For finding the structural cause
- **Blood tests:** To know any biochemical abnormalities
- **Spinal Tap:** Needed in case of brain infection

## What can trigger a seizure?

- Lack of sleep
- Fasting
- Missed medications
- Exertion
- Alcohol or recreational drugs
- Hormonal changes
- Stress or anxiety
- Flashing lights or loud sounds

## What treatment is given to a person with epilepsy?

- Antiepileptic medications
- Surgical therapy might be beneficial to patients who respond poorly to drug treatment

## What should be done to protect yourself when you have an epilepsy attack?

- **Wear a medical ID:** This lets first responders know that you have a history of seizures and allows them to understand what to do in case of emergency.
- **Always carry medications:** Ready availability of medicines during emergency is a vital step for protection
- **Educate people around you:** People you deal with on day to day basis should be equipped with knowledge of know what to do in the event of a seizure.

## What are the DO'S and DON'TS in case of a seizure?

### DO'S

- Cushion the person's head and remove dangerous obstacles
- Loosen tight clothing like tie, collar, or belt
- Stay with the person until the seizure ends and time the seizure
- Turn the person on his/her side (recovery position) once the seizure has finished to aid breathing
- Call the emergency number, if needed
- Give some time alone to the person after the seizure to gather himself/herself
- Be calmly reassuring