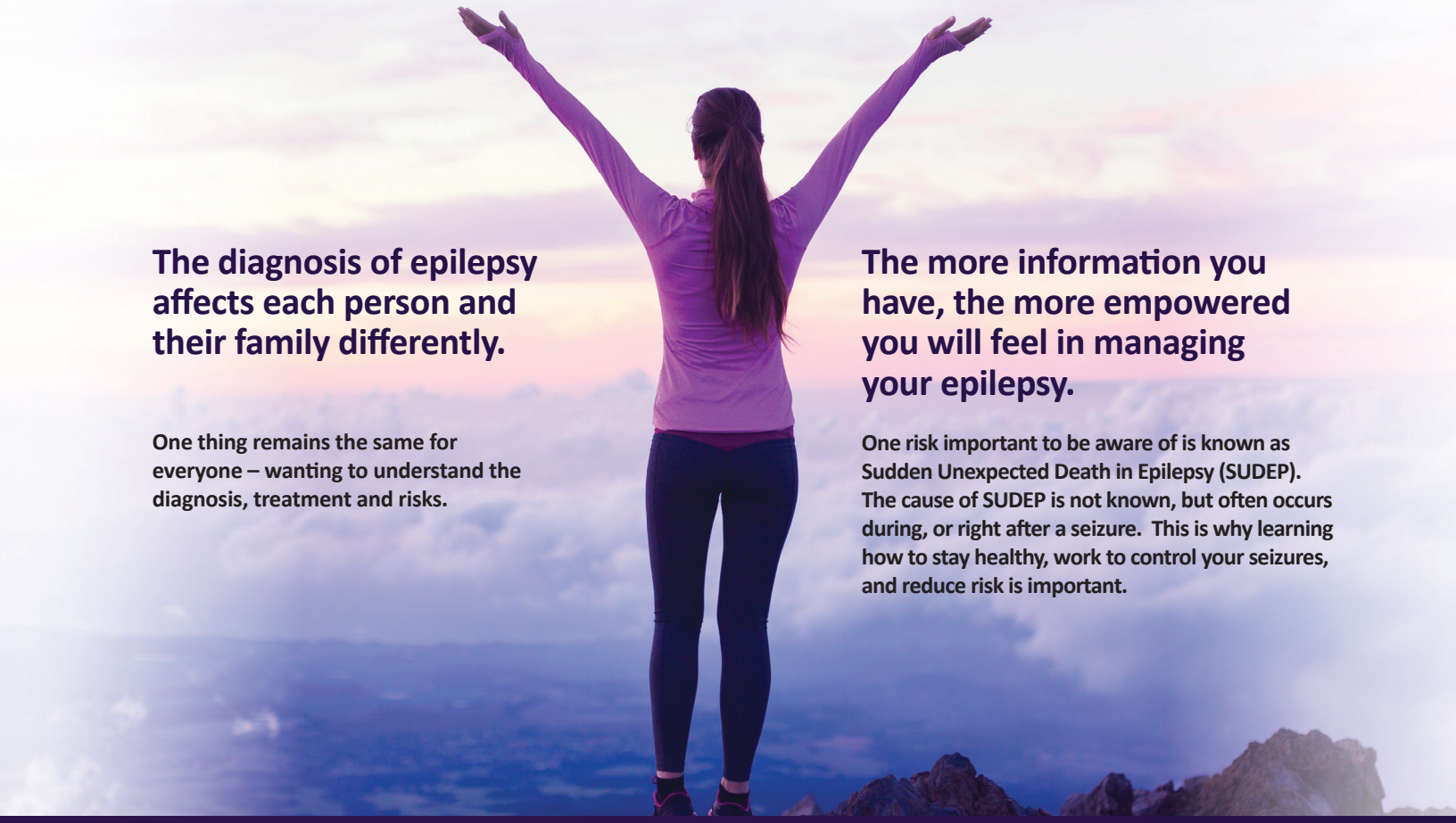
SUDEP: Knowledge is Power.



The diagnosis of epilepsy affects each person and their family differently.

One thing remains the same for everyone – wanting to understand the diagnosis, treatment and risks.

The more information you have, the more empowered you will feel in managing your epilepsy.

One risk important to be aware of is known as Sudden Unexpected Death in Epilepsy (SUDEP). The cause of SUDEP is not known, but often occurs during, or right after a seizure. This is why learning how to stay healthy, work to control your seizures, and reduce risk is important.

FIND THE ***BEST*** CARE AND ***ASK*** QUESTIONS

TAKE STEPS
to know your epilepsy and the risks:

Asking	the *right* questions of your health care team
Building	a strong *"team"* of caregivers and support
Working	to stay involved with decisions that affect your health
Following	through on treatment plans and appointments
Changing	behavior to avoid triggers for your seizures
Moving	ahead to the highest level of epilepsy care if you continue to have seizures despite treatments

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

If seizures are uncontrolled, the risk can increase to 1 out of 150. *Talk about SUDEP with your health care team.* Feel empowered by understanding your risk and how to lower your risk. Share this information with your family and friends.

To learn more about SUDEP, visit epilepsy.com/sudep

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WHAT IS AN
Epilepsy Center and Epilepsy Specialist?

An epilepsy center is a special area within a clinic or hospital providing expert care for people with epilepsy and seizures. Epilepsy specialists are called epileptologists and provide expert care for adults and children.

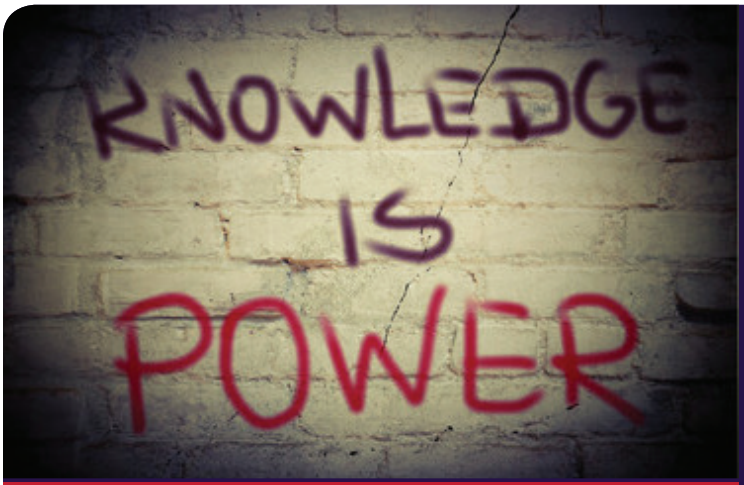
Epilepsy centers provide:

- A team centered approach that includes you!
- Expert care for adults and children
- Testing options that help to make an accurate diagnosis
- Medication, surgery, diet and other treatment options
- Education, resources and links to community support

ASK QUESTIONS
Maximize Seizure Control, Minimize Risk

Whether your seizures are under control or not, it is important to ask questions of your health care team to know your epilepsy and seizures better. Understanding will help you know your risks and ways to reduce the number of seizures.

- What can you tell me about my diagnosis and the type of seizures I have?
- What is the cause of my epilepsy?
- Should I see an epilepsy specialist (epileptologist) at an epilepsy center?
- What are seizure triggers? Are there things I should or can do to lower my risk?
- When should I call my doctor? Should I call if I start a new medication, treatment or get sick?
- How often should I get my medication levels checked?
- What are the side effects of my medication? Any long-term side effects?
- What treatment options are available to bring my seizures under control? Surgery? Ketogenic diet? Neurostimulation devices?
- What are the risks with uncontrolled seizures?
- Are there risks with well-controlled epilepsy?
- Am I a risk for SUDEP? Does low risk mean no risk?
- Should I have additional tests if my seizures are uncontrolled? Should I have my heart checked?
- Should I be monitored during sleep (if seizures occur at night)?
- What information should I share with my support system about my epilepsy and SUDEP? Will a seizure alert device help keep me safe?



Find your answers. Take control.

To find a specialist or center near you visit:

Epilepsy Foundation
www.epilepsy.com
or call the Epilepsy & Seizures Helpline at 1-800-332-1000

National Association of Epilepsy Centers
www.naec-epilepsy.org

American Epilepsy Society
www.aesnet.org

VA Epilepsy Centers of Excellence
www.epilepsy.va.gov

Disclaimer: The publication is designed to provide general information about epilepsy and seizures to the public. If it's not intended as medical advice. People with epilepsy should not make changes to treatment or activities based on this information without first consulting with their health care provider.