

KEY TAKEAWAYS

Seizure + Epilepsy Awareness Q&A with Dr. Alexa Craig



1 Seizures are like forest fires...

There is a cause for its "spark," or ignition, and once ignited, it has the potential to spread to other areas of the brain.

2 Anti-seizure meds = fire extinguishers...

Medications can't only treat the impacted area of the brain, so like a fire extinguisher, they spray the whole brain. Doing so prevents the fire, or seizure, from spreading.

3 It's all about education and advocacy ??

Prior to NICU discharge, ask your care team for information and resources to help bridge the gap between the hospital and the next scheduled provider appointment.

4 There's no crystal ball, but epilepsy risk is if...

If seizures did not occur in the NICU, there is a lower risk for developing epilepsy. Seizures in the NICU typically need medications to get under control, and sometimes can be discontinued before discharge.

5 Seizures + sleep zzz

Night seizures can be brief and self-resolving, typically happening at the sleep/wake cycle. There are different cameras and seizure detecting devices that you may consider to help with peace of mind.

6 Infantile Spasms need an immediate evaluation

These seizures, which look like a forward bend of the neck and a stiffening extension of the arms, can happen in clusters and require an immediate evaluation and treatment, as to avoid further damage or developmental regressions.

7 Ketogenic diet is a medically-supervised option

If two or more medications at therapeutic levels have not stopped the seizures, other options exist like trying a keto [high-fat] diet. However, it needs to be done with a medical team.

8 Seizures, epilepsy, and developmental advancement

Brief, non-recurring seizures are unlikely to cause a negative impact on development; prolonged seizures are more concerning.

9 Dr. Alexa Craig's "go-to" resource for parents:

★ Visit the Epilepsy Foundation: <https://www.epilepsy.com>

for easy-to-understand information on seizures and epilepsy!

