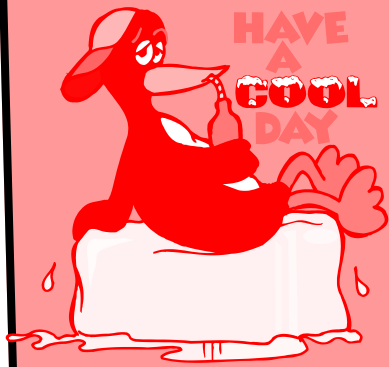


## Did You Know?

Epilepsy is not a disease. It is a condition of the central nervous system, specifically the brain, and is not contagious.

People of all ages — babies, girls, boys, teenagers, parents and grandparents — can have epilepsy.

Even animals such as cats and dogs can develop epilepsy.



## Epilepsy Association of Calgary

Do you have any questions about epilepsy that you need answered?

Do you need to talk to someone who will listen to you about how epilepsy is affecting you?

Do you have a parent in need of information?

PLEASE CALL US

403-230-2764

1-866-EPILEPSY

[www.epilepsycalgary.com](http://www.epilepsycalgary.com)



## Epilepsy Association of Calgary



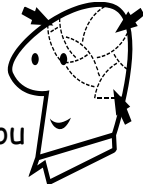
[www.epilepsycalgary.com](http://www.epilepsycalgary.com)

**EPILEPSY—a seizure lasts a moment—  
DREAMS LAST A LIFETIME!**



# What is Epilepsy?

The brain is the “boss” of the body. When you do things like breathe, blink your eyes, hear sounds or move your fingers, it is because your brain has sent a message to your body. Even when you are sleeping your brain is still sending messages. You can't stop them even if you try to.



When someone has epilepsy their brain sometimes sends out too many messages at one time and they get all mixed up. When this happens, the person has what is known as a seizure.

# What Does a Seizure Look Like?

When a person has a seizure they may:

- Fall down and start shaking (**tonic—clonic seizure**).
- Stop and stare for a very short time (**absence seizure**).
- Suddenly feel funny or strange but not know why (**simple partial seizure**).
- Repeat actions, words, or they may look as if they are sleepwalking. They may smack their lips or pick at their clothing, and may appear to mumble (**complex partial seizure**).

# Common Questions

Why do people have epilepsy?

We do not always know. Some people are born with it and others sometimes develop it after an accident or an illness. Be sure you wear your helmet and other protective equipment when you ride your bike or play sports!

Can I “catch” epilepsy?

No, epilepsy is not something you can catch like a cold or flu.

How many people have epilepsy?

In Calgary, about 18,000 people have epilepsy—**enough to fill the Saddledome!** Parents, grandparents and friends also have many questions.

How do I help someone having a seizure?

**Tonic Clonic Seizure:**

1. Protect from injury. Place something soft under the head and move hard or sharp objects away.
2. Remove glasses & loosen tight clothing
3. **Do not** put anything in the mouth.
4. Time the seizure—if it lasts **more than 5 minutes call an ambulance.**
5. When the seizure ends—Ask a simple question—i.e.— Where are you?

**Complex Partial Seizure:**

1. Guide the person gently away from harm such as stairs or the street. Do not hold back.
2. When the seizure ends—Ask a simple question—i.e.— Where are you?

**Absence Seizure:**

1. Fill in missed information and be a friend.

**GET AN ADULT TO HELP IF YOU ARE UNSURE OF WHAT TO DO**