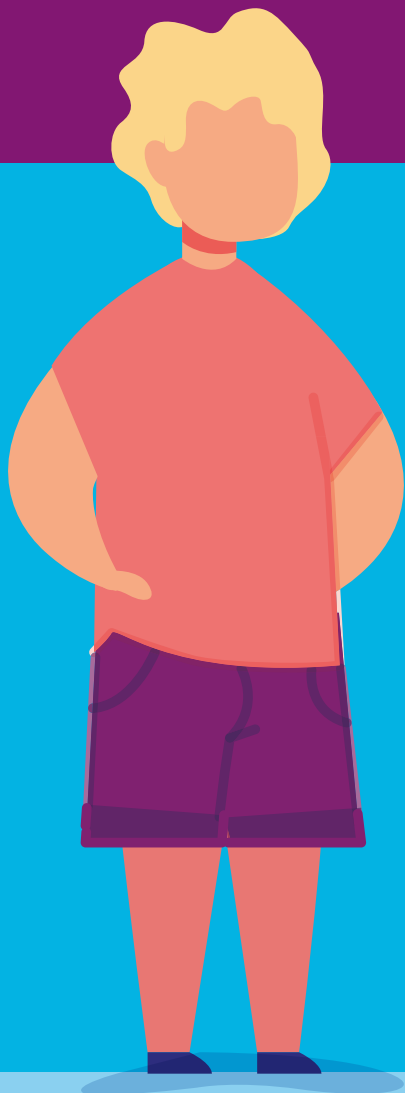


Myths and facts about epilepsy

Some myths about epilepsy are centuries old,
but they still persist.^{1,2}



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KNOWING EPILEPSY

Myths and facts about epilepsy

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MYTH

All people with epilepsy lose consciousness and have convulsions.²



FACT

Contrary to what most people think, the so called “tonic-clonic seizures” is not the most common type of seizure.. In fact, tonic-clonic seizures are one of over 40 different seizure types, some of which include quick muscle twitches, a brief loss of awareness, confusion or disorientation.^{2,3}

MYTH

Epilepsy is a mental illness.¹



FACT

Epilepsy, mental illness, and intellectual or developmental disabilities are all different conditions that can affect the brain. If a person has epilepsy, it does not necessarily mean they have an intellectual disability or a mental illness.¹

MYTH

If you have epilepsy, you can't drive.²



FACT

People with epilepsy can obtain a driver license if their seizures are well-controlled with medication, or if they fulfil the guidelines set out by the relevant driving authority in their state.²

MYTH

A person having a seizure can swallow their tongue, so you should put something in their mouth.¹



FACT

No one can swallow their tongue. Any efforts to hold the tongue down or put something in the mouth of a person having a seizure can hurt the teeth or jaw.¹

MYTH

Epilepsy is a life sentence.²



FACT

Epilepsy is not necessarily a lifelong condition. While there is currently no cure for epilepsy, some childhood epilepsy syndromes are ‘outgrown’ and around 70% of people with epilepsy will become seizure free with medication.²

MYTH

You should hold down a person who is having a seizure.¹



FACT

You should not hold down a person during a seizure. Holding someone down can cause a bone or muscular injury.¹

MYTH

If someone in the family has epilepsy, the children will, too.¹



FACT

Epilepsy can happen when there's no family history at all. Epilepsy is rarely hereditary.¹

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KNOWING EPILEPSY

Despite progress in educating the public about epilepsy, some myths about epilepsy still exist. It helps to know what they are so you can let others know that they are not true.²

www.knowingepilepsy.com

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