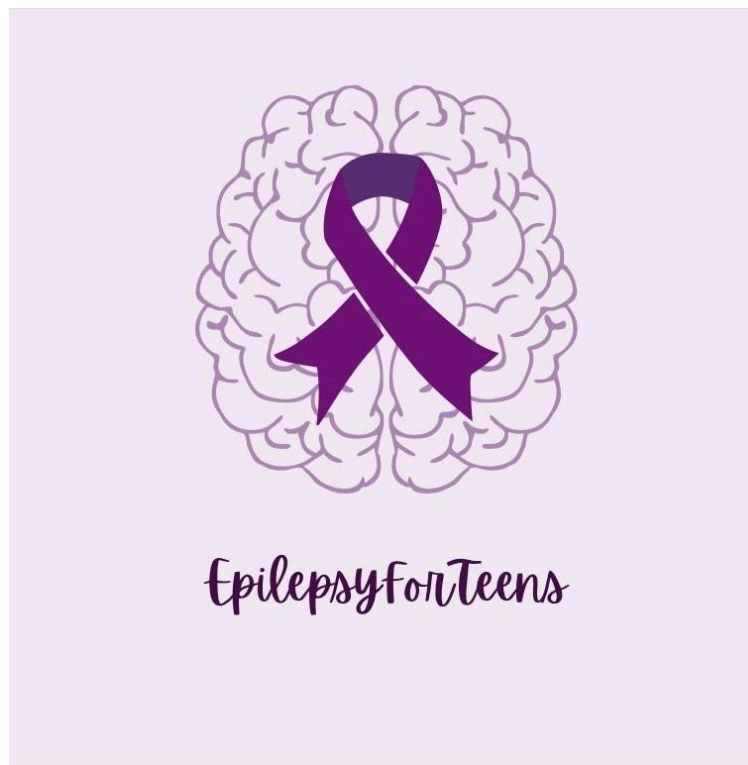


Epilepsy for Teens

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Q&A for teens

Hello Guys! Welcome and thank you for joining us. So since you were diagnosed with Epilepsy i'm so that your lives have changed a lot. Since we aren't face to face I'm just going to answer frequently asked questions.

1. What is Epilepsy?

- Well Epilepsy is a neurological disease and the causes are very different for each person and some people have no identifiable cause (like me!). Most of the time doctors can trace epilepsy directly to genetics, brain trauma, autoimmune disorders, metabolic issues, or infectious diseases. Overall this disease is very different for everyone and anyone at any age can develop it.

2. Can I still drive?

- I know that isn't an ideal answer but that is up to your neurologist. Everyone's epilepsy is triggered by different things and some people have their seizures at night or in the morning. As there are a lot of lights and driving is a very scary and dangerous thing to do, please consult with a doctor beforehand.

3. Can I do the things I was doing before (ie. going to parties, staying out late at night, etc)?

- People even without epilepsy can still have seizures. So there is **always a risk** with doing things like that. A thing

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to always keep in mind is that you are much more likely to have a seizure rather than others. So always stay safe AND always be careful when doing certain things and remember ALL actions have consequences. Also don't be afraid to ask these types of questions to a doctor because they know what's best for you!

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Q&A for parents

Hello Guys! This page is for parents! We are going to try to answer frequently asked questions but of course if you have any specific questions please be sure to email us.

1. What if my teen doesn't take the medication needed?

- Well as I was newly diagnosed with Epilepsy I hated taking medicine twice every single day. I didn't like the taste of it (liquid version) and I just always fought with my parents. Just try to be calm with them and offer them their favorite drink to take the medication with (mine was soda). Have patience and don't force them.

2. Do I treat my teen differently?

- Teens hate to be treated differently just because of a condition. As a parent you want to keep an eye and keep watch over them which is perfectly normal, but just treat them as you normally would and it makes it better for both the teen and parent.

3. How do I help them?

- Support them as much as you can. Tell them it is okay and that everything will work out. Remind them you will always be there for them and help them with whatever they need.

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Seizure plan

Seizures are a scary thing for both parties, the parent and teen. It is highly imperative to know what to do in the case of a person having a seizure especially if you are constantly around them and they can have them any time.

STEPS:

1. Go right next to them and hold their hand
 - Being next to them helps a lot
2. Move out any harmful objects that can hurt them because at that moment they have no control over their body
3. Remove any harmful objects that may be on that person
4. ROLL THEM TO THEIR SIDE
5. Call 911 - but as that happens be sure to be with them **at all times**
6. Time the seizure - if possible
7. Wait for the seizure to stop and till the paramedic get there

Be sure to stay calm and be close to the person having a seizure because it is a hard thing for them. Always to look for foaming at the mouth or anything that doesn't look right and be sure to tell someone about it.

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Chat box

We have multiple ways to chat with each other!

This could be to ask questions or just to talk with us or with someone else. If you don't want to talk to us about the issue you can talk to other people in a discord server! We also have Instagram,facebook,and Tiktok.

Please do not be shy to get in contact with us!

Love, Epilepsy for Teens 