



LEARNING ABOUT EPILEPSY

AND

PURPLE DAY



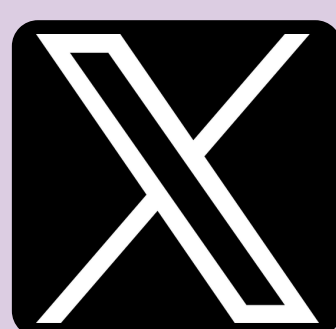
INFORMATION PACKAGE

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THE FACTS

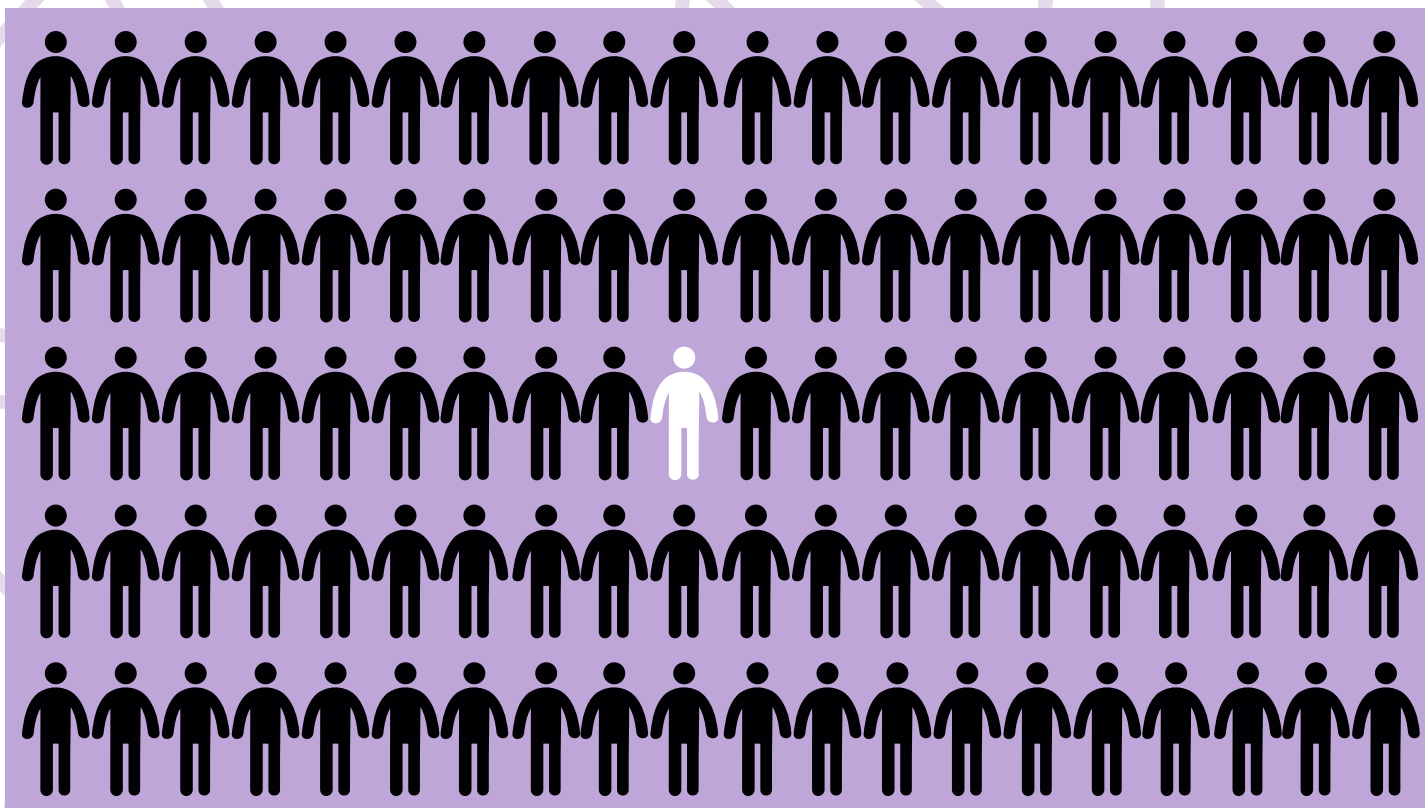
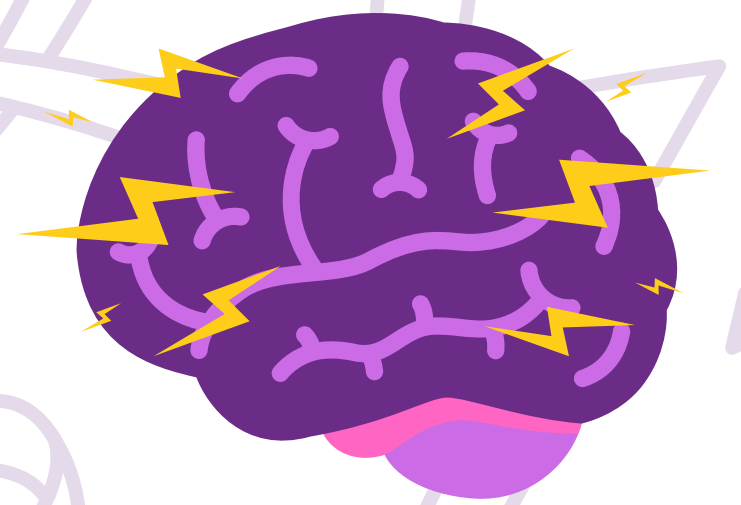
WHAT IS EPILEPSY?

It is a neurological disease characterized by recurrent, unprovoked seizures.



WHAT IS A SEIZURE?

It is a sudden burst of electrical activity in the brain. Seizures can appear differently, ranging from blank stares to uncontrolled body movements and with/without altered awareness.



WHO DOES EPILEPSY AFFECT?

- According to the World Health Organization (WHO), more than 50 million people worldwide have epilepsy
- 1 in 100 people are diagnosed with epilepsy
- In Ontario approximately 90,000 individuals are living with epilepsy

WHAT CAUSES EPILEPSY?

- Head injuries
- Infections of brain (Ex. Meningitis)
- Brain tumors
- Brain development problems before birth
- Strokes
- Genetic conditions (Ex. Tuberous sclerosis)
- Complications with other neurological disorders

However, in approximately 70% of all cases there is no known cause.

SEIZURE



DO



- stay calm
- time the seizure
- allow plenty of space
- recovery position
- protect from injury
- loosen anything tight around the neck
- put something soft under the head
- offer support and allow individual to rest

NEVER



- put anything in the individual's mouth
- restrain the individual

Call an ambulance if the seizure lasts more than 5 minutes or if it's the person's first seizure.

WHEN AND WHAT IS EPILEPSY AWARENESS MONTH?

In **Canada**, **March** is **Epilepsy Awareness Month**. It is a time to celebrate and raise awareness in our local communities and across the country.

Find out what your city or town is doing to celebrate and raise awareness!



WHAT IS **PURPLE DAY**?

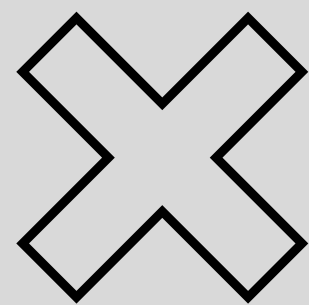
This movement was started in 2008 by Cassidy Megan, a girl from Nova Scotia who wanted her friends to know what it really meant for her to live with **epilepsy**. Her dream of sharing her story has turned into a recognized, global movement to raise awareness for **epilepsy** on **March 26th**.



March 26th is now officially known as **PURPLE DAY** in Canada thanks to the passing of a federal private member's bill supported by all parties in Parliament in June 2012. Join people around the world on this day in wearing something **purple**.

Learn more about Cassidy Megan and Purple Day at
www.purpleday.org.

MYTH



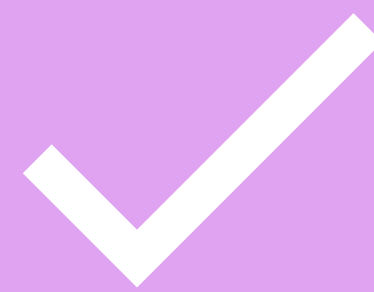
Epilepsy is contagious.

All people with epilepsy smell burnt toast before having a seizure.

A person can swallow their tongue while having a seizure.

You should force an object like a spoon into the mouth of someone having a seizure.

TRUTH



You can't catch epilepsy from another person!

Some people get a warning before their seizure (aura) but everyone's experiences are different.

It's physically impossible to swallow your tongue!

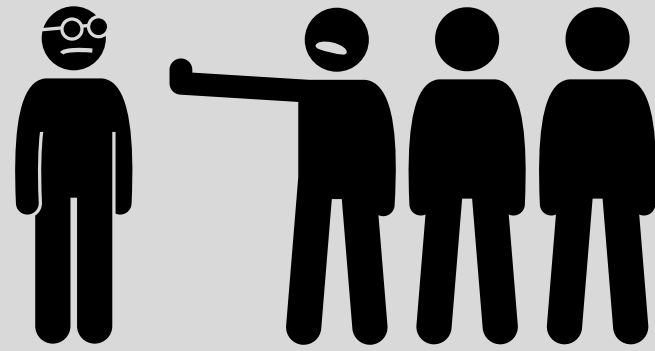
Absolutely not!
This can result in chipped teeth, punctured gums or even a broken jaw for the person having a seizure.
The person forcing the item could also get bitten.

PEOPLE LIVING WITH EPILEPSY CAN FEEL

Isolated and lonely because others may not understand what they are going through.



Excluded when they are not invited to participate in an event/outing or to be part of a group.



Fearful, anxious or nervous because they don't always know when a seizure will happen and how those around them will react.



HOW YOU CAN HELP

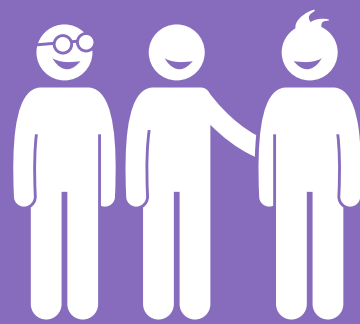
GET EDUCATED

Learn more about epilepsy. There are many different types of seizures.



BE A FRIEND

If someone you know has epilepsy make sure they don't feel left out or ask if you can join them in their favourite activity.



BE SUPPORTIVE

Find out what you should do if you see someone having a seizure.



-  Join others around the world in wearing purple on March 26th, PURPLE DAY.
-  Invite Epilepsy York Region (EYR) to educate your school, workplace or community organization about epilepsy and seizure safety. EYR provides these presentations for FREE.
-  Place our Epilepsy Awareness Month & Purple Day poster on your school bulletin board, in the window of your business or on the notice board of your community group.
-  If you are living with epilepsy share your story to help others understand what your daily struggles and challenges may be.

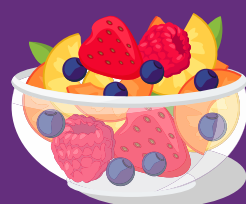
THINGS PEOPLE LIVING WITH EPILEPSY AND YOU CAN DO TO KEEP YOUR BRAINS HEALTHY!



AVOID HARMFUL SUBSTANCES



EXERCISE IN A SAFE WAY



EAT NUTRITIOUS FOOD



GET ENOUGH SLEEP



**MAINTAIN POSITIVE FRIENDSHIPS AND
SUPPORTIVE RELATIONSHIPS**

