



Understanding Epilepsy: A Simple Guide for Everyone

Epilepsy is a condition where the brain sends abnormal electrical signals. These sudden bursts of activity cause repeated seizures.

What Causes Epilepsy?

- Family history
- Injury or structural changes in the brain
- Chemical or metabolic problems
- Developmental issues
- Sometimes the cause is unknown

Common Symptoms

- Blank staring or brief confusion
- Jerking of hands or legs
- Body stiffening or full-body convulsions
- Loss of awareness
- Strange smells, tastes or feelings before a seizure
- Tiredness or confusion after a seizure

Types of Seizures

- Focal: start in one part of the brain
- Generalised: involve the whole brain from the beginning
- Unknown onset: when doctors cannot tell where it started
- Unclassified: do not match known patterns

How Doctors Diagnose Epilepsy

- Talking about your symptoms and history
- Asking for witness descriptions or videos
- EEG to check brain activity
- MRI or CT scan to look at the brain



Treatment Options

- Anti-seizure medicines
- Diet changes or special therapies
- Surgery or brain stimulation in selected cases
- Lifestyle adjustment

Living Safely with Epilepsy

- Keep a record of your seizures and triggers
- Take medicines on time—missing doses can cause seizures
- Avoid swimming alone and be cautious at heights or driving
- Seek help if you feel anxious, depressed or stressed
- Women should plan pregnancy with their neurologist
- Know when to call for emergency help (seizures over 5 minutes)

Epilepsy care in 2025 is rapidly evolving. Advances in imaging, genetics, neuromodulation, AI and personalised therapy are transforming outcomes. Early diagnosis, consistent treatment, healthy lifestyle choices and close coordination with the care team remain the pillars of effective long-term management.