

SIGN AND SYMPTOMS

- Sudden loss of consciousness
- Sudden Collapse
- Involuntary muscles movements such as twitching, jerky movements, stiffness, arching of the back, clenched jaw.
- Noisy, difficult breathing
- Saliva foaming around the mouth
- Blank stare
- Unaware of surrounding
- Temporary confusion.
- Psychological symptoms such as fear, anxiety or deja vu.

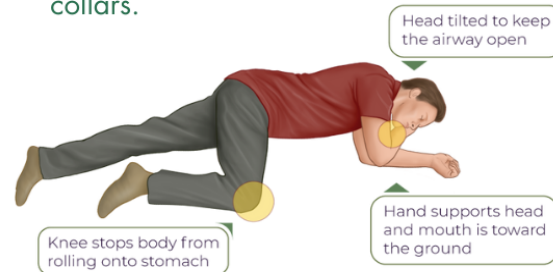
WHAT TO DO DURING SEIZURE?

1. Stay clam.
2. Let the seizure run its course.
3. Call 991
4. Time the seizure.
5. Remove nearby furniture or other objects that could cause injury if the person hits them during the seizure.
6. When the seizure is over, check the person for responsiveness. If the person is responsive, check the person from head to toe and place the person in the recovery position.
7. Stay with the person until he or she is fully recovered and aware of his or her surroundings.

OTHER DO's and DON'Ts

DO's:

- Cushion the person's head and remove dangerous obstacles.
- Turn the person on his side (recovery position).
- Loosen tight clothing especially ties and collars.



DONT's:

- Hold the person down.
- Put anything in the person's mouth.
- Panic.

**For more information,
contact us at:**



+673 3372709 /
+673 3373033



+673 7295428
(WhatsApp text only)



phc@bsp-shell.bn



www.panagahealth.com



panagahealth



EPILEPSY/SEIZURE: WHAT YOU NEED TO KNOW

WHAT IS EPILEPSY?

- Epilepsy is a common condition that affects the brain and causes frequent seizures.
- Seizures are bursts of electrical activity in the brain that temporarily affect how it works. They can cause a wide range of symptoms. Epilepsy can start at any age, but usually starts either in childhood or in people over 60.



TYPE OF SEIZURE

There are two type of seizures:

1. **Generalised seizure** - affects the entire brain.
2. **Partial Seizure** - affects part of the brain only.

GENERALISED SEIZURE

There are four types of Generalised Seizure:

1. **Tonic-Clonic seizure:** Tonic-clonic seizures involve both tonic (stiffening) and clonic (twitching or jerking) phases of muscle activity.
2. **Myoclonic seizure:** This involves a brief, shock-like jerks of a muscle or a group of muscles.
3. **Absence seizure:** This causes a person to blank out or stare into space for a few seconds.
4. **Atonic seizure:** This type of seizure causes sudden loss of muscle strength.

PARTIAL SEIZURE

There are two types of Partial Seizure:

1. A **partial (focal) seizure** happens when unusual electrical activity affects a small area of the brain and the affected person is aware of this when it happens.
2. A **complex partial seizure** is a type of seizure that arises in one lobe of the brain, rather than the whole brain. This disrupts the affected person's awareness of what's happening to or around him/her.

WHAT CAUSES SEIZURE?

Seizures can happen for many different reasons. These include:

- Aneurysm.
- Brain tumors including cancer.
- Cerebral hypoxia.
- Severe concussion and traumatic brain injury.
- Degenerative brain diseases like Alzheimer's disease or frontotemporal dementia.
- Drugs and alcohol (this includes prescription medications, recreational drugs and even caffeine).
- Drug or alcohol withdrawal.
- Eclampsia (a condition where high blood pressure can cause seizures in pregnant people).
- Electrolyte problems, especially low sodium, calcium or magnesium.
- Fevers, especially high ones can lead to febrile seizures, they're very common in children, and having these slightly increases the risk of having seizures later in life.
- Sensitivity to flashing or flickering light.
- Genetic disorders.
- Hormone-related changes. E.g. catamenial epilepsy can affect people with a menstrual cycle, making seizures happen more often at certain points in the cycle.
- Infections especially encephalitis or meningitis. Infections can happen because of viruses, bacteria, parasites or fungi.
- Inflammation from autoimmune conditions (where your immune system attacks your brain).
- Metabolic problems, especially high blood sugar or low blood sugar.
- Mental health problems (known as psychogenic seizures) like conversion disorder.
- Sepsis.
- Strokes or transient ischemic attacks (TIAs).
- Toxins and poisons such as carbon monoxide poisoning or heavy metal poisoning.