What do these famous historical figures have in common?

- **Socrates** - Greek Philosopher (470-399 B.C.)
- **Julius Caesar** - Emperor & Roman General (100-44 B.C.)
- **Vincent Van Gogh** - Dutch Painter (1853-1890)
- **Harriet Tubman** - Underground Railroad Leader (1820-1913)
- **Agatha Christie** - Mystery Writer (1890-1976)
Today we will learn about...

- A medical condition called epilepsy.

- Different types of seizures and what they look like.

- What to do when someone is having a seizure, and what you should NEVER do.
SEIZURES & YOU

TAKE CHARGE of the FACTS

An Epilepsy Awareness Program for Teens
About 3 million people in the U.S. have Epilepsy. That’s 1 in 100.

Epilepsy is the third most common neurological disorder behind stroke and Alzheimer’s disease.

More people have epilepsy than have Parkinson’s Disease, Cerebral Palsy and Multiple Sclerosis combined.

Epilepsy currently affects more than 326,000 children under the age of 15 in the U.S.
What is a seizure?

- Your brain cells constantly send tiny electrical signals to the body to tell you to move, think and do things.
- A seizure happens when brain cells misfire and stop working the way they are supposed to, sending too many electrical signals at one time.
- These uncontrolled electrical signals cause a change in awareness, movement or sensation.
Facts About Seizures

• There are more than 20 different types of seizures.

• Some seizures make people shake, fall or have convulsions.

• Other seizures involve staring, confusion, muscle spasms or sensory experiences (feelings, smells, sounds, etc.).

• Many seizure types do not cause a person to lose consciousness.
Seizure Trivia!

What percentage of people will have a single seizure during their lifetime?

a. 1.3% (1 in 75)
b. 2% (1 in 50)
c. 4% (1 in 25)
d. 10% (1 in 10)
What is Epilepsy?

• Epilepsy is a disorder of the brain that causes a person to have recurring seizures.
Facts About Epilepsy

• Epilepsy can be caused by anything that hurts the brain including head injuries, infections, strokes and brain tumors.

• In 70% of cases the cause is unknown.

• Children, teens and adults of all races and ethnic backgrounds can have epilepsy.

• Epilepsy can occur at any age.

• Epilepsy is not hereditary, but genetics sometimes plays a role.
Myths about Epilepsy

In a nationwide survey of 20,000 teens—
• Most believed that people die from seizures.
• Almost half thought that seizures might be contagious.
• The majority believed that epilepsy is or might be a mental illness.
• Many teens were not sure if people with epilepsy attended regular classes.
The Truth!

- People rarely die from having a seizure.
- Epilepsy is not contagious.
- Epilepsy is not a mental illness.
- Most teens with epilepsy attend regular classes.
People having seizures can swallow their tongues.

TRUE  FALSE
Teens & Epilepsy

• Teens with epilepsy take medication to prevent seizures. Some use other kinds of treatment.

• The majority of teens with epilepsy no longer have seizures when taking medication.

• Teens who are seizure-free can get a driver’s license.

• Teens with epilepsy play sports, date, hang out and want to be treated just like anybody else.
Let’s Watch a DVD

(complete Matching Worksheet)
First Aid: Generalized Tonic-Clonic

- Stay calm.
- Track time.
- Cushion head and protect from hazards like nearby furniture.
- Turn person on one side to prevent choking.
- Check for medical alert identification.
- Explain to others what is happening.
- Stay until the person is fully aware and offer help.
  - Speak calmly and ask simple questions until the person can answer.
- Be a friend when the seizure is over.
Never!

- Never! Put anything in the person’s mouth.
- Never! Hold down or restrain the person.
- Never! Try to give oral medication.
- Never! Leave the person on their back.
- Never! Give artificial respiration unless the person stops breathing.
- Never! Tease someone who has just had a seizure.
First Aid: Complex Partial

• Time the seizure.
• Speak calmly.
• Don’t grab.
• Explain to others what is happening.
• Guide away from hazards.
Call an Ambulance If:

- Seizure occurs in a person not known to have seizures.
- Seizure lasts more than 5 minutes.
- If another seizure begins before consciousness is regained.
- Also call if the person:
  - Is injured or pregnant
  - Recovers slowly
  - Does not resume normal breathing
  - Has diabetes or another medical condition
Let’s Review

• What is a seizure?
• What is epilepsy?
• Tell me one thing you have learned today that surprised you?
• Why is it important to know about epilepsy?
Homework Assignments

Pick one

1. Research different treatments for epilepsy: vagus nerve stimulator, ketogenic diet, surgery.

2. Write a journal entry explaining how you would feel and respond if a friend told you he/she had epilepsy and what you could do to help that person feel accepted by others.

3. Research one of the historical figures mentioned at the beginning of the lesson to learn more about their epilepsy and how it affected their life.