

What is Epilepsy?

The fourth most prevalent neurological condition worldwide is epilepsy. Recurrent seizures in people with epilepsy can be brought on by spikes in electrical activity in the brain. Everything you need to know about epilepsy and what you can do about it can be explained to you by us. A brain condition called epilepsy results in recurrent, spontaneous seizures. If you experience two unprovoked seizures or one unprovoked seizure with a high probability of more, your doctor may diagnose you with epilepsy. Epilepsy is not the cause of every seizure. Although the exact origin of seizures is frequently unknown, they may be related to a brain damage or a family predisposition.

The term "epilepsy" is basically synonymous with "seizure disorders." It does not state anything about the cause of the person's seizures or their severity.

Which triggers are frequently mentioned?

Particular time of day or night

Lack of sleep: feeling exhausted, having trouble sleeping, not receiving enough sleep, or having disturbed sleep

Illness, both feverish and not

Bright lights or patterns that flash

Alcohol, especially excessive drinking and alcohol withdrawal

Cocaine and other recreational drugs like ecstasy are examples of drug use.

Stress, whether positive or negative, can act as a trigger.

Hormonal fluctuations or the menstrual cycle

Poor eating habits include prolonged fasting, dehydration, inadequate hydration, low blood sugar, and deficiencies in vitamins and minerals.

Certain foods, too much coffee, or other items that can make seizures worse

Taking specific drugs and not taking them as prescribed

What are the signs that something is a trigger?

People might assume that a scenario is a trigger for all of their seizures just because it occurred once or twice. It's critical to understand that a trigger is something that happens more frequently than by accident and pretty consistently prior to seizures. Try some of the following techniques to find triggers:

Make a note of the time of day, any unique circumstances, and your feelings whenever you experience a seizure. Make a note of if any of the frequently mentioned triggers were present.

Put them in your journal about seizures. Continue doing this during every seizure.

Take note if you observe that a specific trigger occurs frequently prior to a seizure.

Additionally, you should record if the trigger occurs without a seizure. You can find out if this is a regular trigger for you by keeping track of this as well.

If you suffer from a type of reflex epilepsy, discuss the trigger with your physician.

Understanding your epilepsy type and triggers might help you develop strategies to minimise their impact on you or avoid them whenever feasible.

When a seizure starts or begins: The location of the brain's seizure origin provides valuable information on what can happen during a seizure, what other illnesses or symptoms might be present, how they might impact a person, and—most importantly—what kind of treatment might be most effective. The incorrect treatment may be administered when it is unclear whether a seizure is focal or generalised in onset. Alternatively, a person might not be given access to the most effective treatment.

The state of consciousness of an individual experiencing a seizure: A person's level of awareness reveals a lot about the kind of seizure they are having. Knowing this is also crucial for one's own safety.

Whether movements occur during a seizure: Motor symptoms are another way to characterise seizures. It can be referred to as a non-motor seizure when there are no motor signs. It is not necessary to always employ this level of specificity, particularly when discussing or describing seizures in general. The motor terminology, however, might be useful in other situations.