Today 23rd October is SUDEP Awareness Day. Together with other epilepsy charities, organisations, people with epilepsy, families and health professionals, we want to raise as much awareness of SUDEP as possible.

The aim of this campaign is not to scare but to highlight key steps that people with epilepsy can take to reduce their risk of SUDEP.

We will be posting information about SUDEP throughout the day so please retweet and spread our SUDEP Awareness Day messages widely. We will also do our best to retweet you. Thank you.

#UnitedAgainstSUDEP
Kelly Beech @Beach1963Beech
@SUDEPAction Please support this, I support this is memory of my daughter Tiffany who died last year from this at 26 yrs old.

Times Union @timesunion
From @hughesbacre - Advocates push for new law in NY. #SUDEP #epilepsy. trb.at/3JGU2U1

Michelle jane and 1 other Retweeted
Solomon Syed @SolomonWCMississ - Oct 21
Sudden Unexpected Death in Epilepsy (SUDEP) Awareness Day is Oct. 23. Help me raise awareness and encourage discussion. #UnitedAgainstSUDEP

Caz Retweeted
Sandie Scrivens @SandieScrivens - Oct 21
Walking in London today with purple friends in memory of Becky & all our SUDEP angels #UnitedAgainstSUDEP #SUDEPAwarenessDay2016

SUDEP Action @SUDEPAction - Oct 21
South Western Ambulance Service - SUDEP Action - Charlie's Story

SUDEP Awareness TRIBUTE 2016 quick time
Tribute to those lost to SUDEP - Sudden Unexpected Death in Epilepsy. For information on SUDEP please fog to www.sudep.org or search SUDEP Action.
youtube.com
Michelle and 1 other Retweeted

colin grant @colinlegrant - Oct 23
My contribution to raising awareness for #SUDEPAwarenessDay2016 on Sunday sudep.org/article/colin... Well done the team #UnitedAgainstSUDEP

Tammy Payne @TammyPal6708952 - Oct 23
#UnitedAgainstSUDEP #SUDEPAwarenessDay2016

Janice Garton @JaniceUK - Oct 23
#SUDEPAwarenessDay2016

United Against SUDEP

SUDEP stands for SUDDEN UNEXPECTED DEATH in EPILEPSY
SUDEP is linked to seizures, better control is the best way of reducing your risk
There are things you can do to reduce your risk of SUDEP such as:
Discussing any lifestyle changes such as feeling a baby or going to alleviate with your doctor
Avoiding excess alcohol consumption and using recreational drugs

SUDEP Action
www.sudepawarenessday.org

In reply to President Obama

Joanne Guthrie @gilgal - Oct 23
@BarackObama My daughter was almost taken from me this summer & SUDEP I had to grasp this opportunity lost night. #SUDEPAwarenessDay2016

Lee Moulton shared SUDEP Action's photo.

20 October

Please... Let's all make a promise to speak to someone... anyone that will listen... tomorrow and at every opportunity to raise much needed awareness... to dispel the myths, to quiet the fear and stigma around epilepsy. It's a deadly and treatable condition, and so little is understood about it... Our Tom felt embarrassed, alone and scared by his condition but he bore it with such dignity, bravery and good humour and never ever let it define him. He was a true inspiration to me and all who knew him and we all wish we could tell him just how beautiful wonderful he was. My attitude to life has changed for the better and my life is so enriched for sharing our journey together. It just wasn't long enough, I miss your lovely smile and your giant big hugs. Always xxx

#SUDEPAwarenessDay2016

Tomorrow epilepsy organisations, people with epilepsy, families, health professionals and carers will be coming together to stand #UnitedAgainstSUDEP and raise much needed awareness of SUDEP

The aim of this campaign is to scale but to highlight key steps that people with epilepsy can take to reduce their risk.
Please help spread the word by retweeting and sharing the campaign key messages which will be shared across social media.
Please remember to use the official SUDEP Awareness Day campaign hashtags to add your voice to the campaign and help spread awareness.

#UnitedAgainstSUDEP #SUDEPAwarenessDay2016
Great support for #SUDEPAwarenessDay from Scotland. In this photo, our Development Officer for Scotland Chris Jeans with MSP Neil Findlay.

Today is SUDEP Awareness Day - spread the word and save lives.

SUDEP is sudden unexpected death in epilepsy. It is important you discuss your risk with your doctor before making any changes to your medication.

SUDEP is sudden unexpected death in epilepsy and it is important you discuss your risk with your doctor before making any changes to your medication.

United Against SUDEP

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United Against SUDEP

SUDEP is sudden unexpected death in epilepsy and it is important you discuss your risk with your doctor before making any changes to your medication.
Hi, I live in New Zealand, and sadly I lost my only son Todd to SUDEP; he was 22 years old and had lived with epilepsy from the age of 11. As Todd reached his early 20s his seizures became uncontrolled and very violent. Todd passed away during the night in bed, and was found 13 hours later by his flatmate.

Sally also died from SUDEP; she was Todd’s friend’s sister. Sally was 9 when she was found by her brother, he went to wake her to get ready for school. Sally only suffered 3 seizures, and was undiagnosed. Sally’s mother and I have become friends and support each other. We held an awareness campaign this week in our local supermarket.

My SUDEP angel will never ever get over losing my handsome boy xxx.

Our messages in a bottle after teen’s tragic death

When a heartbroken family put messages in bottles in memory of their much-loved daughter and sister, who died suddenly on her 16th birthday, they were not expecting much of a response.

SUDEP is the sudden, unexpected death of someone with epilepsy, who was otherwise healthy. No other cause of death is found when an autopsy is done. Each year, more than 1 out of 1,000 people with epilepsy die from SUDEP. If seizures are uncontrolled the risk of SUDEP increases to more than 1 out of 150.
We held our second annual SUDEP Awareness Walk today. It was a huge success. We had to cut routes down as we’d been stopped so many times for information, our group often get separated or held up. It’s fantastic as it’s exactly why we were there. Next year we shall be choosing locations to stand, rather than walk to give us the opportunity to speak to people. We had so much love & support today wearing purple seemed to identify us as Epilepsy activists which encouraged conversations. One of the most touching moments for me was to see the children as involved, standing by watching them educate, so very high standard... we were so proud. Love to all involved today in memory of each and every angel lost to SUDEP/Epilepsy.

Love
Comment
Share
You, Sammy, Amyb, Michelle Samuel and 45 others

Raising funds and awareness in school this week for SUDEP Awareness Day. Plenty of conversations were had and leaflets given to share with friends and family. My flapjacks and brownies were a big hit! Have a great day raising awareness.

SUDEP Awareness Day 23rd October

SUDEP Awareness Day 2016

SUDEP Awareness Day

SUDEP Awareness Day 2016

SUDEP Awareness Day

Epilepsy, one network vanuatu America om epilepsy onder de aandacht te brengen. Een site waarvan ik...
levenmetepilepsie.com

Today is #SUDEPAwarenessDay2016. Our hearts go out to anyone who has lost a loved one to epilepsy. Please spread... fb.me/5K5v4Zjp

Love you always #SUDEPAwarenessDay2016 @SudepAction
Today is SUDEP Awareness Day. Yesterday a wonderful group of people all connected sadly by the loss of a loved one to SUDEP walked the streets of London raising fantastic awareness of SUDEP.

I was unable to make the walk but once again these beautiful people took our Dan along for us.

It was a very long day for them all and I know emotionally they will be feeling it today.

They did it so that others with Epilepsy may receive more knowledge of SUDEP....as one of the posters says “42% OF SUDEP DEATHS ARE PREVENTABLE WITH AWARENESS”

Be kind to yourself my dear friends...sending love and hugs to you all xoxo

Thank you for all your support in Jack’s memory Ian, it is greatly appreciated.

#SUDEPAwarenessDay2010

Ian Inman just shared with us:

”I’ve just run the threensy 10k to raise awareness and funds for sudep in honour of my late grandson Jack Rawlinson.”
Hannah Wilson > SUDEP Action
23 October · 6

I made this last night as a tribute to my friend Emma who we lost to SUDEP back in May. I wish I could have attended the walk yesterday. But I really do like to do some fundraising for your charity.

Rachel Sumana added a new photo to the album SUDEP Awareness Walk 2016 & 2017
25 October · 06 X · A

Linda Joy > SUDEP Action
22 October · 6

Not able to attend the SUDEP Remembrance walk this year but with you in spirit. Sun is shining so better than last year. In memory of our dearly loved daughter Karen lost to sudep February 2012. Always missed xx

Roger Scrivens
22 October · 6

Due to rules of non-engagement, this guy/guard was not amongst the many who stopped our SUDEP Action group to ask what SUDEP is all about. He was so very patient as multiple purple clad awareness raisers took pictures.

Rachel Sumana added a new photo to SUDEP Action’s Timelines — at Trafalgar Square
23 October · 6

We chatted to many people on our walk around central London who were asking about our posters and what was SUDEP. #SUDEPAwarenessDay2016

Julia Kerr Was Krell added 2 new photos.
21 October · 6

Julia Kerr Was Krell Thank you darling Xx
Like · Reply · 0 22 October at 06:33
A
SUDEP Awareness Day 2016 encourages people with epilepsy to take key steps to reduce their risk | SUDEP Action

SUDEP Awareness Day | 23RD OCTOBER | sudepawarenessday.org | What is Sudep - sudepawarenessday.org/what-is-sudep - Wantage - ...

Harold L. Doherty
22 October
SUDEP Awareness Day October 23, 2016 - SUDEP: Epilepsy and Autism
October 23, 2016 is SUDEP Awareness Day. The acronym SUDEP stands for Sudden Unexpected Death in Epilepsy. The Epilepsy Foundation site has an informative page about SUDEP which is set out below before the Epilepsy Facts page of Epilepsy Canada. Persons with autism and their families should be aware of epilepsy and the possible risks of SUDEP. The information below from Epilepsy Canada indicates that approximately 0.6% of the Canadian population has epilepsy. By comparison Autism Speaks on its Autism and Epilepsy Resources page estimates that as many as 33% of persons with autism also suffer from epilepsy an extraordinary difference from the general population.

http://autismrelatedorders.blogspot.ca/...sudep-awareness...
Today is National SUDEP awareness day. It is our greatest fear when it comes to Lily's ongoing condition. SUDEP means sudden unexpected death in epilepsy. With her type of seizures being mostly nocturnal or in the early morning hours she is at greatest risk of this. Most people are not aware that epilepsy poses a risk of death.

We celebrate every day and every success big or small with our sweet girl. A huge thank you to everyone in our life for their kindness and support.

See more.

SUDEP Awareness Day 2016 encourages people with epilepsy to take key steps to reduce their risk.

www.sudepawarenessday.org

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SUDEP Action

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SUDEP Action
**SUDEP Awareness Day 2016**

SUDEP Awareness Day - 23rd October raises awareness of SUDEP worldwide and highlights ways that people with epilepsy can reduce their risk.

- Tracy Lee Carroll (@StarGazer) - Oct 25
  Every day should be #SUDEPAwarenessDay2016 epilepsy #Amberlee

- Epilepsy Foundation (@EpilepsyFan)
  Today is #SUDEPAwarenessDay2016 Share with us & @SUDEPAction how you are #UnitedAgainstSUDEP today bit.ly/NoFwU

- Tracy Lee Carroll (@StarGazer) - Oct 23
  Today we had the memorial for my baby girl, Amberlee Carroll who died due to a seizure. It’s bittersweet today is #SUDEPAwarenessDay2016

- Christopher's Bakery (@WineCakes) - Oct 24
  A tribute to Christopher for SUDEP awareness day. Please read in the ‘Updates’ section. #SUDEPAwarenessDay2016

- SUDER Action added 2 new photos
  Kristina and Michael are supporting SUDEP from Stavanger, Norway in memory of their dear cousin Stephen McLennan. #SUDEPAwarenessDay2016 #UnitedAgainstSUDEP

- Norma Espudo-Ramirez shared SUDEP Action’s photo - 25 October
  I never even heard of this

- SUDER Action - 24 October
  Thank you for standing united against SUDEP for SUDEP Awareness Day 2016

- United Against SUDEP
  SUDEP: Sudden Unexpected Death in Epilepsy (SUDEP) SUDEP is the leading cause of death in people with epilepsy. It is feared by many who have epilepsy as a potential end result and is often misdiagnosed. SUDEP is a complex and poorly understood condition, and often leads to a sense of fear and hopelessness.

- Sharon Cole shared your photo - 21 October
  United Against SUDEP

- Jen Leigh - 23 October
  United Against SUDEP

- Juliet Tameo - 21 October
  Hi all, today we are unifying with people with epilepsy, families, epilepsy organisations and health professionals to raise awareness of SUDEP #UnitedAg…
i think of my grandson Joseph every day. Love & miss you Joseph....❤️❤️❤️
You, Barney Ashby and 1 other · 1 Comment · 1 Share

I Think of You
I think of you with love today, but that is nothing new.
I thought about you yesterday and days before that too.
I think of you in silence, I often speak your name.
I cherish all the memories and your picture in a frame.
I think about you all the time, you’re here right in my heart.
Your memory is my happiness, with which I’ll never part.

Author Unknown
Post shared by SUDEP Action for SUDEP Awareness Day www.sudep.org

As we raise awareness for #SUDEPAwarenessDay2016 today, our thoughts are very much with those families who have lost a loved one to SUDEP while remembering the

Please join me for SUDEP Awareness Day on October 23rd (and 21st, since the 23rd is a Sunday this year) http://www.sudepawarenessday.org/about

SUDEP Awareness Day 2016 | SUDEP Action | United Against SUDEP

SEDEP stands for SUDEP Unexplained Death In Epilepsy. It is a condition with epilepsy and its unpredictability and often occurs suddenly or unexpectedly. Approximately 50 million people worldwide have epilepsy, making it one of the most common neurological diseases globally.

1 in 1000 people die of SUDEP each year.

SUDEP Awareness Day | 23RD OCTOBER | sudepawarenessday.org - What is SUDEP - sudepawarenessday.org/what-is-sudep - wantage...
The Many Faces of SUDEP (Sudden Unexpected Death in Epilepsy) - YouTube

Jack Megson shared SUDEP Action's video.

SUIDEP Action added a new video.

Today is SUDEP awareness day. We lost my sister Lisa to this. If you or someone you love has epilepsy please find out about it

#SUDEPAwarenessDay2016 #UnitedAgainstSUDEP