Having seizures at night or when asleep

Having had epilepsy for a long time (often starting in early childhood)

It is important to speak with your health professional to understand your individual level of risk.

It is when a person with epilepsy dies suddenly and prematurely and no other cause of death is found.

SUDEP stands for SUDDEN UNEXPECTED DEATH IN EPILEPSY

SUDEP Action Day 23 October

#ACT

www.sudepactionday.org

#SUDEPActionDay2018

BE AWARE
of epilepsy risks — they don’t have to be scary

BE OPEN
about your epilepsy and your level of risk — talk to others about it

BE PROACTIVE
don’t ignore your risks, instead put positive steps in place, E.G:

- Knowledge and advice can help you put steps in place to help you stay safe
- Having regular medical reviews — discussing risk and any changes
- Creating a care plan with your health professionals to show the best ways to help you stay safe
- Self-monitoring your epilepsy in-between reviews
- Use tools like seizure diaries, medication reminders and risk monitoring apps to help you stay aware and in control

There are 600,000 people with epilepsy in the UK

1 in 103 people are diagnosed with epilepsy

Over 1,000 epilepsy deaths a year

The best way to lower risks of SUDEP is by achieving seizure freedom.

In the UK 52% of people with epilepsy are seizure free

70% could become so with the right treatment and advice

RISK FACTORS INCLUDE

- Having Tonic Clonic seizures (sometimes called Grand-Mal or convulsive)
- Not taking medication regularly and as prescribed
- Having had epilepsy for a long time (often starting in early childhood)
- Having seizures at night or seizures when asleep

It is important to speak with your health professional to understand your individual level of risk.

SUDEP SUDDEN UNEXPECTED DEATH EPILEPSY

The causes of SUDEP are currently unknown.

Approximately 50 million people worldwide have epilepsy, making it one of the most common neurological conditions globally.

The best way to lower risks of SUDEP is by achieving seizure freedom.

Approximately 50 million people worldwide have epilepsy, making it one of the most common neurological conditions globally.

The best way to lower risks of SUDEP is by achieving seizure freedom.

Approximately 50 million people worldwide have epilepsy, making it one of the most common neurological conditions globally.

The best way to lower risks of SUDEP is by achieving seizure freedom.

Approximately 50 million people worldwide have epilepsy, making it one of the most common neurological conditions globally.

The best way to lower risks of SUDEP is by achieving seizure freedom.

Approximately 50 million people worldwide have epilepsy, making it one of the most common neurological conditions globally.

The best way to lower risks of SUDEP is by achieving seizure freedom.

Approximately 50 million people worldwide have epilepsy, making it one of the most common neurological conditions globally.

The best way to lower risks of SUDEP is by achieving seizure freedom.

Approximately 50 million people worldwide have epilepsy, making it one of the most common neurological conditions globally.

The best way to lower risks of SUDEP is by achieving seizure freedom.

Approximately 50 million people worldwide have epilepsy, making it one of the most common neurological conditions globally.

The best way to lower risks of SUDEP is by achieving seizure freedom.

Approximately 50 million people worldwide have epilepsy, making it one of the most common neurological conditions globally.

The best way to lower risks of SUDEP is by achieving seizure freedom.

Approximately 50 million people worldwide have epilepsy, making it one of the most common neurological conditions globally.

The best way to lower risks of SUDEP is by achieving seizure freedom.

Approximately 50 million people worldwide have epilepsy, making it one of the most common neurological conditions globally.

The best way to lower risks of SUDEP is by achieving seizure freedom.