

Workshop B

- good communication with family doctor: he can be the link between patient and neurologist
- treating epilepsy as any other condition you might have in life
- in UK there are only 16 neurologist s
- Feelings after seizures...Rick did not feel embarrassed as it takes him hours to come around properly...recovery slow process
- A person who has epilepsy needs to fill in gaps after the seizure as s/he does not remember anything
- Spasms and muscles feel terrible after some types of seizures like as if you have participated in a marathon.
- Some people do not feel seizure coming as they don t have triggers
- From all people who suffer with epilepsy 25% know what triggers them
- There is a small percentage of inheritance
- We should focus on what we can do rather than what we are not capable of
- Work around problems but lead a normal life to our possibilities
- Once Rick had a seizure when his son was 3 yrs old but the child knew how to go about it
- Ketogenic diet can be used when no medicine is effective
- If one has epilepsy certain medicines cannot be taken
- A person with epilepsy should take a witness to describe his/her fits to the doctor
- By law no one can be fired because of epilepsy
- An airhostess gave an account of her first epileptic fit while she was at work...later she was fired as they thought she knew about the condition and never said anything about it