

Epilepsy



Epilepsy is a neurological disorder that affects the central nervous system, altering normal brain activity. This can cause seizures, unusual changes in behavior, and loss of consciousness. It can affect both men and women, and sufferers may experience unusual sensations or emotions, as well as unusual behavior.

Causes

It has many possible causes, because of diseases injuries that cause damage to the brain and the development in abnormal brain tissue. However, of many cases the cause is unknown.

Symptoms

- Temporal confusion
- Episodes of absences are brief and sudden interruptions of consciousness without visible movements.
- Muscle stiffness
- Uncontrollable jerky movements of arms and legs
- Loss of consciousness or awareness
- Psychological symptoms such as fear, anxiety, or déjà vu

Symptoms vary depending on the type of seizure. In most cases, the person tends to have the same type of seizure, so the symptoms will be similar from one episode to the next.

Risk Factors

- Age
- Family history
- Head injuries
- Stroke or other vascular disease
- Dementia
- Brain infections
- Childhood seizures

Complications

Having seizures can lead to dangerous circumstances such as:

- Falls
- Drowning
- Motor vehicle accidents
- High-risk pregnancy

- Emotional health problems



When to seek medical help?

- If the person has a seizure that lasts longer than five minutes.
- If breathing or consciousness does not return after the seizure ends.
- If the person has a high fever.
- If you are pregnant.
- If you suffered an injury during the seizure.
- If you continue to have seizures despite the use of medications.

Social and Emotional Aspects

For recommendations, tools and resources on how you and your family can cope with emotional and physical concerns that arise during and after your medical treatment, please visit your care physician or contact the following phone lines:

Medical Advice Line 1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health 787-641-9133

References:

<https://www.ninds.nih.gov/es/health-information/disorders/epilepsia-y-convulsiones>
<https://medlineplus.gov/spanish/ency/article/000694.htm#:~:text=La%20epilepsia%20es%20un%20trastorno,el%20comportamiento%20com%20movimientos%20corporales.>

Prepared by Licensed Health Educators.

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