

Epilepsy



Epilepsy is a central nervous system (neurological) disorder in which brain activity becomes abnormal, causing seizures or periods of unusual behavior, sensations and sometimes loss of awareness. Anyone can develop epilepsy. Affects both males and females of all races, ethnic backgrounds, and ages.

People with epilepsy may have violent muscle's spasms contractions or lose consciousness.

Causes

Epilepsy has many possible causes, including illness, brain injury, and abnormal brain development. In many cases, the cause is unknown.

Symptoms

- Temporary confusion
- Absence episodes
- Stiffness (rigidity) of muscles
- Uncontrollable spasmodic movements of the 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, a person with epilepsy will tend to have the same type of seizure each time, so the symptoms will be similar from episode to episode.

Complications

Having seizures at certain times can lead to dangerous circumstances such as:

- Falling
- Drowning
- Car accidents
- High risk pregnancy
- Emotional health issues

When to seek medical help?

- If the seizure lasts more than five minutes.
- If breathing or consciousness does not return the seizure ends.
- If you have a high fever
- If you are pregnant
- If you have diabetes
- If you were injured during the seizure.
- If you continue to have seizures despite using anti-seizure medications.

Risk factors

- Age
- Family background
- Head injuries
- Strokes and other vascular diseases
- Dementia brain infections
- Seizures in childhood



Social and Emotional Aspect

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

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

References: <https://medlineplus.gov/spanish/epilepsy.html>
<https://www.mayoclinic.org/es-es/diseases-conditions/epilepsy/symptoms-causes/syc-20350093>

Prepared by licensed Health Educators.

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