

Tools for Managing Seizures



For most people, seizures and epilepsy are chronic problems. Medicines can control seizures for many people, but it takes work. You need to do things like remembering to take your medicine, tracking your seizures, and finding out what triggers your seizures. And if medicine doesn't work, it may take even more work to find other ways to manage your seizures.

Managing your epilepsy, *also called self-management*, includes everything you and your family or supports do to control your seizures, manage how epilepsy affects your daily life, and live life to your fullest potential. It doesn't mean you manage epilepsy by yourself. **It does** mean you work together with your health care team, family, and other supports. Here are some programs to help.

Epilepsy Foundation website

Epilepsy.com is the most comprehensive national resource for anyone who seeks to better understand a medical condition that affects 3.4 million people in the United States.

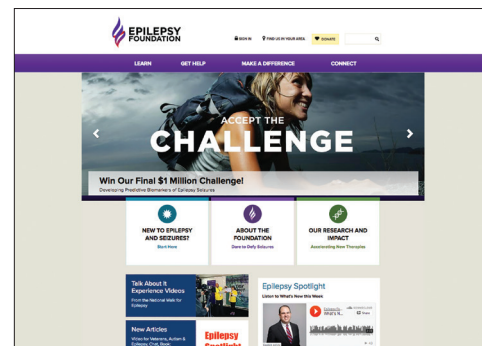
Learn: Whether you have just been told you have seizures or whether you want to learn more to better understand your epilepsy, find basic and in-depth information that meets your needs.

Living with Epilepsy: Find training, tools, online resources, local services, and more that will help you take charge of your health, care, safety, wellness, and life.

Make a Difference: Getting involved and giving back to the epilepsy community can be a powerful way to improve your life. Find ways to get involved in the fight to find new therapies and a cure and to raise awareness about epilepsy and seizures.

Connect: Connect with others who are living with seizures and epilepsy.

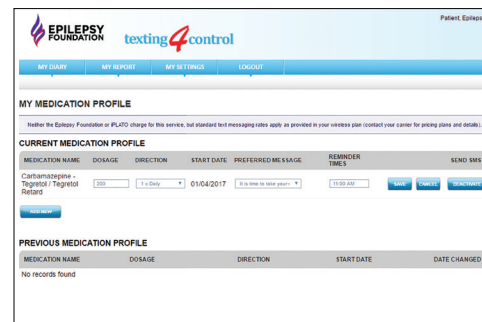
Visit epilepsy.com



Texting4Control

Texting4Control is text messaging support available to people with epilepsy. This service sends reminders to your cell phone to help you remember to take your epilepsy medications, as well as motivational messages to help you stay positive about taking control of your epilepsy.

To sign up, visit www.texting4control.com

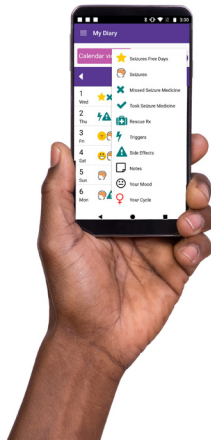


My Seizure Diary

A free online seizure diary with companion smartphone app for people with seizures and epilepsy.

- Monitor your health – track seizures and clusters over time.
- Manage medicines – track side effects and use of rescue therapies.
- Learn what works and when changes may be needed.
- Easy-to-use reminders to prevent missed medicines or appointments.
- Share your seizure with a family member, caregiver, or clinician.
- Track triggers and lifestyle to lessen risk of breakthrough seizures.
- Organize your health history and personalized seizure response plan.
- Communicate more easily with your healthcare team!

Learn more at epilepsy.com/seizurediary



The Importance of Managing Your Epilepsy

Monitor Your Seizures

Recording your seizures or spells will help you and your healthcare team better diagnose and manage your health condition.

Optimize your Treatments

Tracking and identifying your seizures will allow your healthcare team to better choose your treatment path.

Adjust your Treatment

Tracking seizures and side effects helps you know how the treatment works and if a change is needed.

Identify and Manage Side Effects

Recording side effects allows you and your healthcare team to see how the medications are affecting you. This information can help make better treatment decisions.

Identify Seizure Triggers

Knowing and modifying your seizure triggers is a key part of managing epilepsy well. Track these triggers and modify your lifestyle to reduce the frequency and severity of seizures.

Learning More and Getting Involved in Your Epilepsy Care