

TAKE CONTROL

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mi nu tes

KNOWING EPILEPSY



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Hi, I'm David!

I like playing basketball and hanging out with friends and Eva, my girlfriend. I have had epilepsy since I was 6 years old, but it's been 2 years since my last seizure.



This week it's my 16th birthday and I want to do something big with my friends... It's gonna be a huge party!



Is someone feeling nervous about his birthday?

Hahaha, Stop, please!



I am really excited! My parents allowed me to have the party at home.

Well, Eva, we have talked about this many times...It's been 2 years since my last seizure. I think I don't need medication anymore.

Finally! It's our first party together! You have to promise me that you are not going to stop taking your medication.

David, I think you are wrong. It's a really important decision and your parents and doctor should be involved.



SAME NIGHT, AT DINNER

David, just three days for your birthday... Are you excited?



Yes mum, but I wanted to tell you something. I think it's time to stop taking the medication because it's been 2 years since I had an epileptic seizure.

I see your point of view but remember what the doctor said.

Only if you continue to take your medication properly, you will have your epilepsy under control.



David, what your father tries to say is that you have to keep up the good habits: don't go to bed too late and don't stay in front of the screen for many hours.



OK, I'll do what you say. But one more thing: can Ben sleep at home after the party?

Son, keep taking your medication and be responsible!

Sure son. We will not be back at home until Sunday morning.



TRUE OR FALSE QUESTIONS



1. You can stop taking the medication if it is been more than a year since you had the last seizure.¹

☐ True
☐ False

2. Alcohol can interact with your medication and can increase the risk of seizures.¹

☐ True
☐ False

3. It is not recommended to people with epilepsy play any sport.¹

☐ True
☐ False

RESULTS: 1. FALSE, 2. TRUE, 3. FALSE



1. Epilepsy Ireland. A Guide For Young People with Epilepsy. Available at: https://www.epilepsy.ie/sites/www.epilepsy.ie/files/Teens_Booklet%202018.pdf

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