

Myths and facts about epilepsy

IN TEENAGERS



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KNOWING EPILEPSY

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Teenagers with epilepsy have problems at high school¹

MYTH



FACT Most teenagers with epilepsy can study and go to class everyday.¹

Epilepsy limits teenagers lives¹

MYTH



FACT Most teenagers with epilepsy manage to control their seizures by taking the right medication.¹

Teenagers with epilepsy cannot play any sport¹

MYTH



FACT Being active is really important and can often help teenagers better manage their epilepsy. The majority of sports and activities are safe for people with epilepsy. If you have regular or unpredictable seizures you may need to take extra care. Your doctor or epilepsy specialist nurse can advise you what activities are safe for you.¹

All teenagers with epilepsy are affected by flickering lights, that provoke serious seizures¹

MYTH



FACT Only about 3-5% of people with epilepsy will be affected by lights flickering at a certain speed and brightness (e.g. from televisions, computer screens, strobe lights, video games, movies) which can trigger a seizure. This is called photosensitive epilepsy.¹

Teenagers with epilepsy cannot travel far away¹

MYTH



FACT People with epilepsy can travel, provided they always bring their medication in the hand luggage.¹

People with epilepsy during sex have more risk of seizures¹

MYTH



FACT You are no more likely to have a seizure during sex than at any other time.¹

Epilepsy is a life sentence²

MYTH



FACT Epilepsy is not necessarily a lifelong condition. While there is currently no cure for epilepsy, some childhood epilepsy syndromes are 'outgrown' and around 70% of people with epilepsy will become seizure free with medication.²

Teenagers with epilepsy have to follow a very strict diet^{1,3}

MYTH



FACT Teenagers with epilepsy do not have to follow a very strict diet, but have to follow some recommendations:^{1,3}

- ▶ Avoid missing meals, that can provoke low blood sugar.
- ▶ Drink plenty of water and maintain a diet rich in vegetables.
- ▶ Avoid energy drinks which contain large amounts of caffeine.

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KNOWING EPILEPSY

Being a teenager with epilepsy can be difficult sometimes. To cope better with everyday challenges, it is important to understand your epilepsy and how it affects your daily life. There are some myths that you and people around you should know.¹

www.knowingepilepsy.com

REFERENCES

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3. Epilepsy Foundation. Young People and Epilepsy. Available at: <https://epilepsyfoundation.org.au/managing-epilepsy/young-people-andepilepsy/>