



#ACT

SUDEP stands for **SUDDEN UNEXPECTED DEATH in EPILEPSY**

It is when a person with epilepsy dies suddenly and prematurely and no other cause of death is found

Approximately 50 million people worldwide have epilepsy, making it one of the most common neurological conditions globally

There are **600,000** people with **EPILEPSY** in the UK

3 people with **EPILEPSY** die every day in the UK



1 in 103 people are diagnosed with epilepsy



Over 1,000 epilepsy deaths a year



The causes of SUDEP are currently unknown



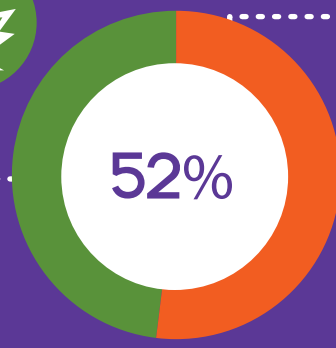
It can happen to both adults and children with epilepsy

1/2

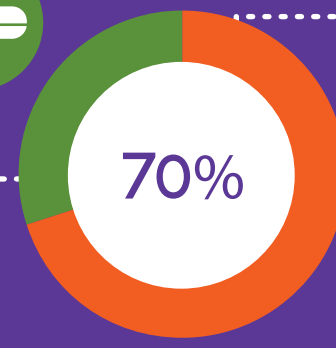
Around 1/2 of Epilepsy-related deaths are SUDEP



The best way to lower risks of SUDEP is by achieving seizure freedom



In the UK **52%** of people with epilepsy are seizure free



70% could become so with the right treatment and advice

RISK FACTORS INCLUDE



Having Tonic Clonic seizures (sometimes called Grand-Mal or convulsive)



Not taking medication regularly and as prescribed



You don't have to be having frequent seizures to be at risk from SUDEP. Even if your seizures are controlled you should still take your medication & have a regular medical review



Having seizures at night or seizures when asleep



Having had epilepsy for a long time (often starting in early childhood)



It is important to speak with your health professional to understand your individual level of risk

TAKE POSITIVE ACTION

BE AWARE

of epilepsy risks — they don't have to be scary

BE OPEN

about your epilepsy and your level of risk — talk to others about it

BE PROACTIVE

don't ignore your risks, instead put positive steps in place, E.G:

- Knowledge and advice can help you put steps in place to help you stay safe
- Having regular medical reviews — discussing risk and any changes
- Creating a care plan with your health professionals to show the best ways to help you stay safe
- Self-monitoring your epilepsy in-between reviews
- Use tools like seizure diaries, medication reminders and risk monitoring apps to help you stay aware and in control

#SUDEPActionDay2018

www.sudepactionday.org