SUDEP stands for Sudden Unexpected Death in Epilepsy. It’s when a person with epilepsy dies suddenly and unexpectedly, and no other cause of death is found.

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

RISK FACTORS INCLUDE

- Having active seizures not controlled by medication
- Not taking medication regularly and as prescribed
- Having complex health needs such as learning disability, other health conditions or pregnancy
- Having tonic-clonic seizures (sometimes called Grand-Mal or Convulsive Seizures)
- Having frequent seizures
- Not taking medication regularly and as prescribed
- Not having seizures
- Not controlling seizures with medication
- Increasing inactivity or sedentary lifestyle

Take Positive Action

1. Be aware of your epilepsy risks – knowledge saves lives; risk doesn’t have to be scary with the right information
2. Be open with yourself and others about your epilepsy and any risks you may face – help smash the stigma
3. Be proactive about risk – take positive actions to reduce them, for example:
   - Discuss epilepsy/SUDEP risks with your health professional
   - Take action to support you if helpful
   - Have a regular review with your health professional to monitor seizures, risk factors and any changes
   - Create a care plan with your health professional to share the best ways to help you live well
   - Take control of managing your epilepsy to avoid medical episodes. Tools like seizure diaries, medication reminders and risk monitoring apps can help you stay aware and in control

www.sudepactionday.org