

What is SUDEP?

SUDDEN UNEXPECTED DEATH IN EPILEPSY

SUDEP refers to a death in a person with epilepsy that is not caused by injury, drowning, or other known causes.

- It is the most common epilepsy related cause of death.
- Research estimates that 1 in 1,000 people with epilepsy will die suddenly each year from SUDEP. SUDEP is even more common in those with uncontrolled convulsive seizures.
- SUDEP most often happens during nocturnal hours, and the person is typically found on or near their bed.
- Improved reporting of SUDEP on death certificates is needed for more accurate tracking.

SUDEP IS STILL LARGELY MISUNDERSTOOD AND UNDERREPORTED



In loving memory of
Erick Tyler Milbourne
3.18.1994 - 1.24.2015

HOW YOU CAN HELP!

- ✓ Ask about a history of seizures/epilepsy in any unexpected or unattended sudden death. Avoid assumptions and consider SUDEP as a possible cause in a person with a history of seizures.
- ✓ Refer families to NASR (North America SUDEP Registry) for additional resources and so each loss is tracked:
 - www.sudepregistry.org
 - Tel: 855-432-8555
- ✓ Learn more about:
 - Epilepsy: www.purpledayeveryday.org
 - SUDEP: www.dannydid.org

For more information, call **201-655-0420**
www.purpledayeveryday.org

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