

WHAT TO KNOW ABOUT SUDEP

Sudden Unexpected Death in Epilepsy

A case of SUDEP is determined if:

- ✓ The person has epilepsy.
- ✓ The person died unexpectedly and was in a reasonably healthy state.
- ✓ The death occurred suddenly and during normal activity (often during sleep).
- ✓ An obvious medical cause of death could not be determined at autopsy.
- ✓ The death was not the direct result of status epilepticus (a seizure lasts too long or repeats).

Best Practices to Reduce the Risk of SUDEP:

- ✓ Strict treatment adherence – such as taking medications as prescribed - to maximize seizure control.
- ✓ Maintain best selfcare practices - sleep, exercise, stress reduction – that reduce your seizures.
- ✓ Consider supervision or monitoring during sleep hours to identify seizure activity.
- ✓ Conduct regular visits with your doctor, especially if convulsive seizures are not completely controlled.
- ✓ Know your seizure triggers and avoid them, such as reducing or eliminating alcohol.
- ✓ Ensure that family members and caregivers have knowledge of seizure first aid and understand the patient's seizure response plan.



In loving memory of
Erick Tyler Milbourne
3.18.1994 - 1.24.2015

**If you have not
already, start a
conversation
about **SUDEP** with
your doctor at
your next visit!**



EPILEPSY AWARENESS
**The Anita Kaufmann
Foundation**



WHAT IS A SEIZURE?

A seizure is an electrical disturbance in the brain that interferes with its normal function. There are many types of seizures that affect the body in different ways.

WHAT IS EPILEPSY?

Epilepsy is the fourth most common neurological disorder. If you have epilepsy, surges of electrical activity in your brain can cause recurring seizures.

CAN A SEIZURE BE FATAL?

Many people living with epilepsy live long healthy lives, but there are increased risks of sudden mortality that are associated with epilepsy, including the risk of Sudden Unexpected Death in Epilepsy (SUDEP).

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

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