

# #DareTo Say SUDEP

SUDEP is Sudden Unexpected Death in Epilepsy



## Know SUDEP facts



SUDEP is the sudden unexpected death of a person with epilepsy.

More than 1 out of 1,000 people with epilepsy die from SUDEP each year.



SUDEP is less common in children, but it is a leading cause of death in young adults with uncontrolled seizures.

For people with poorly controlled seizures, the risk of SUDEP is much higher: it's 1 out of 150 each year.



## Understand SUDEP



The best way to prevent SUDEP is to have as few seizures as possible.



No one yet knows the cause of SUDEP. We do know that SUDEP happens most often at night. SUDEP may happen when there are problems with breathing, heartbeat, and brain function after a seizure.

## Know your risk for SUDEP

People with frequent seizures, especially generalized tonic-clonic (grand mal) seizures, are at greatest risk for SUDEP.

### Other risk factors may include:



Epilepsy beginning in childhood



Young adult age (20-40 years old)



Having epilepsy for a long time



Not taking medications regularly as prescribed



Having seizures at night



## #DareTo Take Control



### Take your medicine on time, every day—exactly as prescribed.

People whose seizures aren't controlled have an almost 40 times higher risk of death than those whose epilepsy is under control.

### Know your seizure triggers.

For many people, not getting enough sleep, drinking too much alcohol or feeling stressed can trigger more seizures.

### Keep a health diary of seizures, test results and questions for your doctor.

### Create and share your own Seizure Response Plan.

Get your doctor's input and share it with your family, friends and co-workers or teachers. Discuss how you can improve your safety at night with your doctor, family and friends.

## Talk To Your Doctor About SUDEP

### Get answers to these questions:

- What is my risk of SUDEP?
- What should I do if I have another seizure?
- How can I prevent future seizures?
- Are there additional treatments that can reduce my seizures and lower my risk of SUDEP?
- What should I do to reduce my risk of SUDEP if I have seizures at night?
- Should I consider using a device to warn someone that I am having a seizure?
- Should I consider sharing a bedroom?

Some other health conditions may increase your risk of dying or getting injured during or after a seizure. See your primary care physician for regular check-ups to help you stay healthy.

## Tell Your Family & Friends About Epilepsy and SUDEP

Your friends and family care about you, so let them know about your risks.

Make sure they know Facts to Keep You Safe and when to call 911. Learn more at [epilepsy.com/safetyfacts](http://epilepsy.com/safetyfacts)



## Learn About SUDEP Research Initiatives

Visit [epilepsy.com/sudep](http://epilepsy.com/sudep) to read more about SUDEP. Learn how the North American SUDEP Registry is working to understand the causes of SUDEP.

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