

The Docmag

EPILEPSY
& CURE

OVERVIEW
OF SEIZURE
& EPILEPSY

EPILEPSY AND
BEHAVIOUR:
IS THERE A CONNECTION?

DIETARY
RECOMMENDATIONS FOR
PEOPLE WITH EPILEPSY

Living with
epilepsy: What
to expect

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TOP MYTHS
LINKED TO
THE EPILEPSY



● SYMPTOMS OF EPILEPSY

● FIRST AID FOR SEIZURE

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○ DEFINITION



EPILEPSY

is a disorder of the brain characterized by repeated seizures.

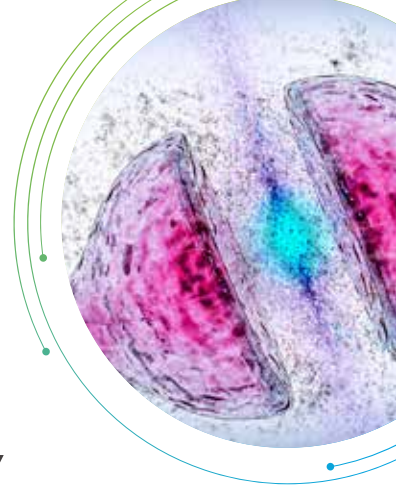
A seizure is usually defined as a sudden alteration of behavior due to a temporary change in the electrical functioning of the brain.

Generally, the brain continuously generates tiny electrical impulses in an orderly pattern. These impulses travel along neurons - the network of nerve cells in the brain - and throughout the whole body via chemical messengers called neurotransmitters.

In patients with seizures,

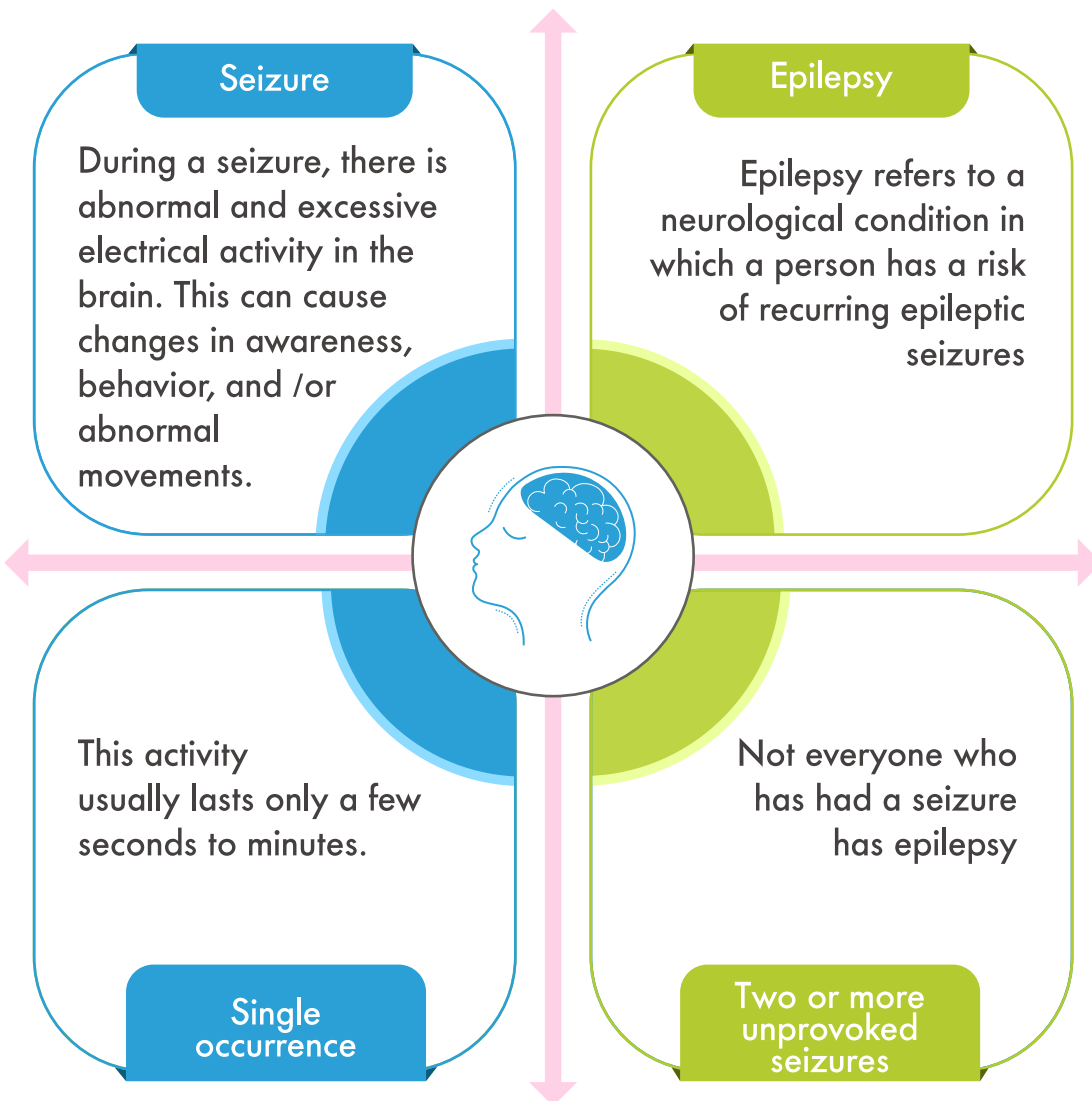
the normal electrical pattern is disrupted by sudden and synchronized bursts of electrical energy that may briefly affect their consciousness, movements or sensations

OVERVIEW OF SEIZURE & EPILEPSY



It's common for people to confuse seizures and epilepsy or to assume that they're interchangeable.

The brain contains billions of neurons (nerve cells) that create and receive electrical impulses. Electrical impulses allow neurons to communicate with one another.



OVERVIEW

CAUSES OF EPILEPSY

CAUSES

01

Any injury to fetus during pregnancy

02

Brain conditions such as brain tumour or stroke

03

Genetic influence

04

Head trauma

05

Infectious diseases

06

Developmental disorders such as autism and neurofibromatosis

SYMPTOMS of Epilepsy



Temporary confusion

Uncontrollable shaking of the arms and legs



A staring spell

Loss of consciousness or awareness



Behavioural symptoms such as fear, anxiety

TRIGGERS FOR EPILEPTIC SEIZURE

Some people may find that seizures occur in a pattern or are more likely to occur in certain situations. Sometimes these connections are just incidental, but otherwise it's not. Keeping track of any factors that may come before a seizure (also called seizure triggers) can help you recognize when a seizure may be coming.

TRIGGERS



Specific time of day or night



Fever or other illnesses



Alcohol or drug use



Menstrual cycle



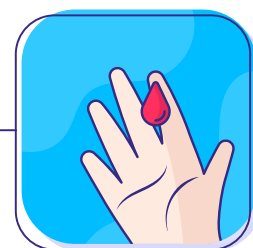
Sleep deprivation



Use of certain medications



Stress



Low blood sugar

Myths

Epilepsy is contagious

Facts

Epilepsy is just a neurological disorder and does not spread by coming into contact with someone who has seizures or epilepsy

○ EPILEPSY & HEREDITY



“

Most children of people with epilepsy don't develop epilepsy or seizure. It's possible that the children may be at a slightly higher risk than normal, but the risk of passing epilepsy on to children is usually low.

”

01

Less than 2 out of 100 people develop epilepsy during their lifetime.

02

If a father has epilepsy, his child has risk only slightly higher than usual.

03

If a mother has epilepsy, the risk of her child having epilepsy is less than 5 in 100.

04

If both parents have epilepsy, their child has slightly higher risk than 5 in 100.

If anyone have a known genetic form of epilepsy, medical testing can help understand the risks.

○ EPILEPSY AND BEHAVIOUR: IS THERE A CONNECTION?

Epilepsy can be accompanied by changes in cognition, personality, affect, and other elements of behaviour.



Mood Issues

- Patients may be irritable and aggressive or timid and apathetic.
- Psychosis, depression, paranoia, and personality disorders may represent a negative pole of epilepsy-related behavioural changes.
- Depression is a common problem that is often unrecognized and untreated.



Sexual Issues

- Sexuality and libido are typically decreased.



Call Emergency in case of following:

- Seizure lasts longer than 5 minutes
- Person does not return to their usual state
- Person is injured, pregnant, or sick
- First time seizure
- Difficulty in breathing



DR. NAVEEN THOTA

CONSULTANT NEUROLOGIST





Can you brief us on your academic journey?

I have completed my MBBS from Andhra Medical College, Vishakhapatnam followed by post-graduation from Guntur Medical College. I completed my superspeciality from Sri Venkateshwara Institute of Medical Sciences. I remained as an associate professor for 6 to 7 years at Sri Venkateshwara Institute of Medical Sciences. During that time, I got interested in Movement Disorders and Parkinson's Disorders and thus, I did my fellowship from NIMHANS. Currently, I am located at Vijaywada.

During your academic journey, I am sure you may have come across various inspirations but what inspired you to choose the specialized field of Neurology?

Becoming a doctor was my first dream. During MBBS days, we were exposed to various fields of medicine. I got inspired by my teachers at Guntur Medical College, one of which is Dr. Shiv Prasad Reddy, Assistant Professor of Medicine. During my fellowship days, Dr. Pramod Kumar Pal and the team taught me a lot about Neurology Disorders. Neurology as a field progresses day by day and is an evolving stream. This is



the reason I chose Neurology as my specialized field.

If you were not a doctor, what would you aspire to be?

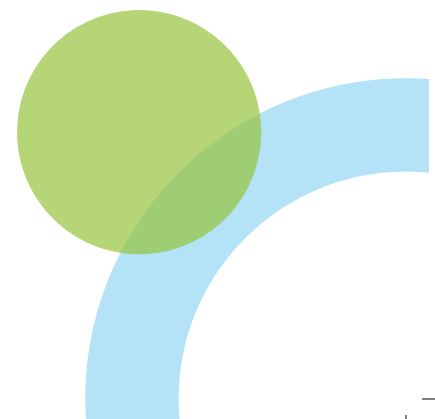
I don't imagine myself to be anyone, other than a doctor.

Who is the most important person in your life?

I cannot name a single person. My parents, all my teachers, friends, and employers are important to me.

What are the activities you like to engage in your free time?

I spend my free time with my children. Additionally, I like to make educational videos as well.





Which is your favourite location or holiday destination you travelled or planning to travel?

I don't have an interest in travelling as such. But I would like to visit Visakhapatnam.

Which are the languages that you speak?

I speak Telugu, English, Hindi, and Kannada.

What is your favourite dish?

I like to eat Biryani.

What sports do you enjoy watching?

I love to watch cricket and the Formula-1 race.

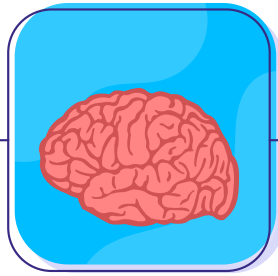
How do you relax after a long, taxing day?

I relax by sleeping after a long taxing day.

○ EPILEPSY & CURE



Most patients with epilepsy are treated with medication.



Drugs do not cure epilepsy, but they can often control seizures very well.



About 80% of people with epilepsy today have their seizures controlled by medication.

Myths

Epilepsy affects intelligence

Facts

People with epilepsy have shown to possess the same level of intelligence as a healthy human being. Learning abilities of patients can be affected only if the frequency and intensity of seizures increases.

DIETARY RECOMMENDATIONS FOR PEOPLE WITH EPILEPSY

Studies dating back to the 1920s have shown that diet can improve seizure control in people who have epilepsy. The "classic" ketogenic diet is a special high-fat, low-carbohydrate diet that helps to control seizures in some people with epilepsy.

Eliminate high glycemic index food:

- **Sweeteners:**
Table sugar, honey syrups
- **Sweets:**
Cake, candy cookies, pastries
- **Processed foods:**
Sweetened cereals, crackers, french fries, rice cakes
- **Fruit:**
Dried fruit, flavoured yogurt

Eat a natural, whole food diet:

- **Beverages:**
Water, tea, coffee
- **Protein:**
Meat, eggs, fish, shellfish, dairy
- **Carbohydrates:**
Vegetables, fruit, whole grains, legumes
- **Lipids (fats):**
Olive oil, butter, seed oils, coconut oil



FIRST AID FOR SEIZURE



Time the seizure



Check for medical ID



Do not panic



Don't grab or hold



Keep airway clear



Put something small and soft under the head



Keep the person safe from harmful objects



Loosen tight clothes around neck

Myths

A patient of seizure should be forced something into the mouth

Facts

No!, One should not put anything into a person's mouth if he/she is having a seizure as it could cause an injury.

LIVING WITH EPILEPSY: WHAT TO EXPECT ?

Many people with epilepsy may want to know whether and how they can live a normal life. It's true that life with epilepsy can vary from patient to patient depending on how severe it is and how well-controlled the seizures are. However, it requires taking prescribed medications, and doing routine follow-up with your doctor.

The following things are supposed to be taken care:

01



Preventing Injury:

Wear a helmet while driving and ensure you are accompanied by a friend. So that in case you lose consciousness or lose control of your limbs, due to seizure, you will have someone with you to make sure you are safe.

02



Carry medical identification:

Always wear a bracelet, put a notice in your smart phone, put your medical information in the wallet.

03



Avoid engaging in high-risk activities alone :

Always bring a friend or partner with you on your adventures

04



Try to avoid alcohol :

Alcohol can interact with some of the anti-epileptic medications.

05



Keep your home safe, and remove any potential dangers :

Avoid glass tables, small rugs or clutter. Consider not locking the door to the room or bathroom in case someone needs to come in to help.

06



Driving and Epilepsy

Many people with seizures are concerned about the impact epilepsy has on their ability to drive. The laws about driving and seizures differ in different countries. In general, patient with epilepsy should avoid driving.



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