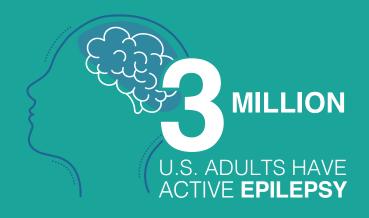
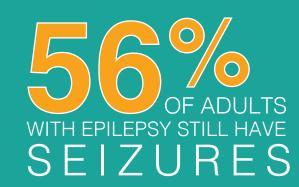


MANAGING EPILEPSY AND SEIZURES







Work with your doctor to understand your risks and make a plan.

GET ANSWERS TO YOUR QUESTIONS:



What are common side effects of my medicines?

If my medicines aren't working, what other treatment options do I have?

How can I prevent future seizures?

What should I do if I forget to take my medication?

What type of seizures (or epilepsy) do I have?

DID YOU KNOW?

The Sutter Health network has two comprehensive epilepsy centers within Northern California - Sutter Medical Center, Sacramento and California Pacific Medical Center. Both hospitals are members of the National Association of Epilepsy Centers and have the expertise to provide high-level medical and surgical evaluation and treatment for patients with complex epilepsy. SMCS is unique in that it also specializes in care for pediatric epilepsy patients.

To chat live with a referral specialist to find neurological care, visit sutterhealth.org/epilepsy.





Each year SUDEP (Sudden Unexpected Death in Epilepsy) happens to about

1 in every 1,000 people diagnosed with epilepsy.

Some people are at more risk than others. To lower your risk, work with your doctor to create a seizure management plan that leads to as few seizures as possible.



MAKE A SEIZURE RESPONSE PLAN WITH YOUR FAMILY, FRIENDS, COWORKERS AND TEACHERS.







- You don't start breathing normally after a seizure.
- You have a seizure in water.
- Your seizure lasts more than 5 minutes.
- You have another seizure right after the first one.
- If you're pregnant and experience a seizure.
- If you have diabetes or a serious illness and experience a seizure.
- You get hurt in some way during the seizure.

Ask your doctor for a referral to see an Epileptologist and contact our Sutter Specialty Network. Phone 1-888-834-1788 or Fax 916-503-7632 or visit sutterhealth.org/epilepsy.