


MANAGING EPILEPSY AND SEIZURES



3 MILLION
U.S. ADULTS HAVE
ACTIVE **EPILEPSY**



1 in 26 people
will develop epilepsy at some
point during their lifetime

56% OF ADULTS
WITH EPILEPSY STILL HAVE
SEIZURES

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

GET ANSWERS TO YOUR QUESTIONS:

What should I do
if I have another
seizure?

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.**



**TELL THEM
TO CALL
911 IF:**



- 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.