



Weill Cornell Medicine

Epilepsy Awareness Can Save a Life



**November is National Epilepsy Awareness Month.
What should you know?**

What Is Epilepsy?

Epilepsy occurs when neurons in the brain malfunction and cause seizures.

However, all seizures are not caused by epilepsy, and most cases of epilepsy have no known cause.

There are many types of epilepsy, and seizures cause different responses, including:

- Convulsing
- Loss of consciousness
- Staring into space



Who's at Risk?

While epilepsy can affect anyone, **your risk increases with the following:**

- **Age.** Epilepsy is more common before your first birthday and after age 55.
- **Genes.** Some types of epilepsy run in families. Even without a family history of epilepsy, genetic mutations may increase your risk.
- **Health.** Epilepsy is more likely if you misuse alcohol; have HIV, Alzheimer's or a brain tumor; or experience stroke or heart attack.

Learn more about who's at risk by visiting [cdc.gov/epilepsy/about/](https://www.cdc.gov/epilepsy/about/)

Epilepsy Care

Today, many treatments are available for this incurable disease. **You may benefit from one or more of the following:**

- **Diet.** Some children with epilepsy reduce seizures with dietary changes.
- **Medication.** Finding the right medication can take time. There are many available options, and each patient responds differently.
- **Surgery.** When epilepsy seems rooted in a single brain region, that area gets removed or disconnected.



**Concerned about your risk of epilepsy? Speak to a provider.
Find one today: weillcornell.org/doctors**



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