



Weill Cornell Medicine

Managing Epilepsy and Seizures



Seizures are a telltale sign of epilepsy, but epilepsy can cause a number of other symptoms. Here are a few treatments that can help manage your condition.

1 Medication Therapy

Anti-seizure medication reduces seizures in two out of three people with epilepsy, according to the Centers for Disease Control and Prevention.

However, it can take time to find the right type or amount of medication. Be patient and work with your health provider to find what works for you.

2 Surgical Intervention

Ongoing research has led to multiple surgical approaches for treating epilepsy and seizures. These include:



Interrupting electrical activity

The neurosurgeon makes a series of incisions in the brain. These incisions slow the spread of electrical activity that causes seizures.



Implanting a device

A small device sends electrical pulses to the nervous system. This encourages the brain to work properly, preventing seizures.



Removing the source

The surgeon locates and removes a lesion, tumor or section of the brain causing seizures.

3 Watching What You Eat

A diet rich in fat and low in carbohydrates may help you gain control over epilepsy. Known as a ketogenic diet, it's overseen by a dietitian and usually reserved for children who try other treatments without success.

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