

# My Life with Partial Onset Seizures

Here's a glimpse into what life with epilepsy can be like

## What's in a name?

There are many types and categories of seizures, but Partial Onset Seizures (POS) are generally classified as "simple" or "complex." Both are disruptive and serious.<sup>1</sup>



**POS are the most common type of seizures** experienced by people with epilepsy.<sup>1</sup>

**With Simple POS,** I may not lose consciousness, but my awareness is likely impacted

Although it may seem like I'm just "spacing out" or "having a tic," it's much more than that! These seizures may affect my emotions, senses, muscle activity, and/or nervous system.<sup>1</sup>



**With Complex POS,** I am likely to lose consciousness and my sense of awareness

Even though I'm not aware of what is happening, I may make non-purposeful movements. Also, my memory may be affected before, during and immediately after the seizure.<sup>1</sup>



## Did You Know?

Stress, lack of sleep, excessive alcohol use and low blood sugar...

...may trigger seizures. Actively managing these potential triggers may reduce the risk of seizure.<sup>2</sup>



Epilepsy may be difficult to control

For 30 to 40 percent of people living with epilepsy, it remains uncontrolled even after trying two seizure medications.<sup>3</sup>



**The Good News:** Having a care team of friends, family AND an epilepsy specialist may help with treatment decisions that can reduce seizures.