

Epilepsy and Life Stages

College

Stress, sleep deprivation¹ and alcohol² can all bring about new seizures.



Big life events

A move, marriage, new job or other stressful events can change seizure patterns.³



Menopause

Women with menstrual seizure triggers⁴ may notice a shift.⁵



Later years

As we get older, our bodies change.⁶ Talk to your doctor about how your AED medication regimen may need adjusting.



Tell your doctor **immediately** about any changes in your seizures!

Sources:

1. <http://www.epilepsy.com/learn/triggers-seizures/stress-and-epilepsy>
2. <http://www.epilepsy.com/learn/triggers-seizures/alcohol>
3. <http://www.epilepsy.com/learn/triggers-seizures/stress-and-epilepsy>
4. <http://www.epilepsy.com/learn/triggers-seizures/menstruation>

5. <http://www.epilepsy.com/information/women/menopause-and-epilepsy>
6. <http://www.nlm.nih.gov/medlineplus/ency/article/004010.htm>