EpilepsyAdvocate™

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.



POS are the most common type of seizures experienced by people with epilepsy.¹

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.¹



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.¹



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.²



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.³



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

References 1. Partial (focal) seizure. U.S. National Library of Medicine website. https://www.nlm.nih.gov/medlineplus/ency/article/000697.htm. Updated February 3, 2015. Accessed June 8, 2016. 2. Stress and Epilepsy. Epilepsy Foundation website. http://www.epilepsy.com/learn/triggers-seizures/stress-and-epilepsy. July 2013. Accessed June 8, 2016. 3. The Epilepsies and Seizures: Hope Through Research. National Institutes of Health. National Institute of Neurological Disorders and Stroke. http://www.ninds.nih.gov/disorders/epilepsy/detail_epilepsy.htm. Accessed on October 3, 2016.