

United Against SUDEP

SUDEP stands for **SUDDEN UNEXPECTED DEATH in EPILEPSY**

SUDEP is linked to seizures; better control is the best way of reducing your risk

There are things you can do to reduce your risk of SUDEP such as:

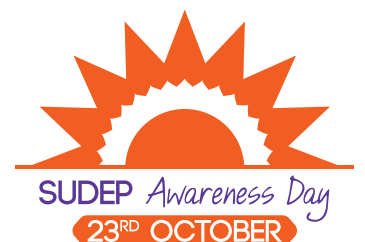
Discussing any lifestyle changes such as having a baby
or going to university with your doctor

Avoiding excess alcohol consumption and using recreational drugs



Not everyone with epilepsy is at risk, it is important you discuss your risk with your health professionals

SUDEP Action 
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