

# 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:

Taking your medication regularly and reliably

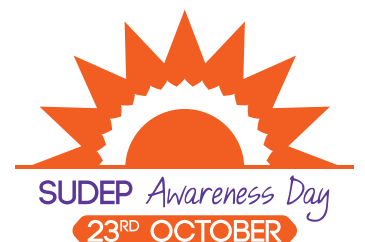
Speaking to your doctor before making any changes to your medication

Making sure you have regular reviews



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

SUDEP Action   
SUDEP.ORG



[www.sudepawarenessday.org](http://www.sudepawarenessday.org)