

SUDEP Awareness Day encourages people with epilepsy to take key steps to reduce their risk

SUDEP Awareness Day aims to improve awareness of SUDEP by highlighting key risks and steps that people with epilepsy can take to reduce their risk. Launched by UK Charity SUDEP Action on 23 October 2014, the awareness day shines a light on the largest cause of death in people with epilepsy, helping empower those with the condition through increased awareness.








United Against **SUDEP**



www.sudepawarenessday.org

Sudden Unexpected Death in Epilepsy (SUDEP) is when a person with epilepsy dies suddenly and prematurely and no other cause of death is found. Not everyone with epilepsy is at risk of SUDEP, and researchers have found that there are steps that people with epilepsy can take to reduce the risk.

If you have epilepsy we encourage you to:

-  Take your medication regularly and reliably.
-  Speak to your doctor before making any changes to your medication.
-  Make sure you have regular reviews.
-  Discuss any lifestyle changes such as having a baby or going to university with your doctor.
-  Avoid excess alcohol consumption and using recreational drugs
-  Tell your doctor if your seizures have changed.
-  Not everyone with epilepsy is at risk, it is important you discuss your risk with your health professionals.

SUDEP Awareness Day brings people with epilepsy, epilepsy organisations and bereaved families together to raise awareness of SUDEP. This year, more than 80 international organisations and patient groups have registered their support for the online campaign which runs from 21st to 23rd October. Registrants receive free online campaign resources such as Facebook and Twitter Covers.

To find out more visit the campaign microsite: www.sudepawarenessday.org

To learn more about SUDEP please visit www.sudepawarenessday.org/what-is-sudep