

PATIENT INFORMATION SHEET

SYMPTOM OVERVIEW

UNDERSTANDING YOUR SEIZURES



- Experiencing seizures, which can vary in form, from brief lapses of attention or muscle jerks to severe and prolonged convulsions.
- Seizures can cause uncontrolled muscle spasms, loss of consciousness, and confusion.
- These episodes can occur suddenly and are unpredictable.

WHAT IT MIGHT INDICATE

- Common conditions: Seizures can be due to epilepsy, but not all seizures are caused by epilepsy. Other conditions that can cause seizures include high fever (febrile seizures), certain genetic disorders, head injury, or infections.
- They might also indicate underlying medical issues like brain tumors, stroke, or electrolyte imbalances.
- In some cases, they could be triggered by specific factors such as stress, lack of sleep, flashing lights, or alcohol withdrawal.
- Please note: This document is not intended for self-diagnosis. Seizures are a serious symptom that requires immediate medical evaluation.

IMMEDIATE ACTIONS

- If someone is having a seizure: Clear the area of anything hard or sharp, put something soft under their head, turn them on their side to help keep their airway clear, and time the seizure.
- Do not put anything in the person's mouth, and do not hold them down during the seizure.
- Seek immediate medical help if the seizure lasts more than 5 minutes, if another seizure starts shortly after, or if the person doesn't wake up or have normal behavior after the seizure stops.

WHEN TO CONTACT US



- If you have experienced a seizure for the first time, seek immediate medical attention.
- If you're having seizures that are frequent or not well-controlled with your current medication, consider contacting us to arrange an online consultation with our specialists.
- If your seizures are affecting your quality of life or daily activities, our service can provide guidance and specialist referrals.

WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our specialist will inquire about your seizures, medical history, and any medications you're taking.
- You may be asked to describe the seizures in detail, including what happens during them and any known triggers.
- Further diagnostic tests (like EEG, blood tests, or imaging) may be recommended based on your symptoms and history.

PREPARATION FOR YOUR APPOINTMENT

- Be ready to discuss in detail the seizures you've been experiencing and any impact on your daily life.
- Compile a list of all medications and supplements you're taking, including dosages.
- Ensure you're in a quiet, well-lit room with a stable internet connection for the video call.
- Have any questions about your symptoms, potential causes, or treatment options written down and ready to ask.

DISCLAIMER

This information sheet is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider with any questions or concerns you may have regarding your condition.

CONTACT US

-  www.healwise.net
-  info@healwise.net
-  [Book a Free Consultation](#)

