

SUDDEN UNEXPECTED DEATH EPILEPSY

1 on 26 people
will develop
epilepsy in their
lifetime.

WHAT IS SUDEP?

SUDDEN, UNEXPECTED DEATH IN
SOMEONE WITH EPILEPSY

26 October 2024
is SUDEP Awareness
Day in OHIO



HOW COMMON IS SUDEP? SUDEP is rare, but traumatic for families. Researchers estimate that for every 1,000 people 1 person may die from SUDEP each year (CDC.GOV)

WHAT TRIGGERS SUDEP? The main risk factors for SUDEP are uncontrolled or frequent seizures (CDC.GOV)

CAN SUDEP BE PREVENTED? The risk is higher in people with uncontrolled seizures, thus having fewer seizures is the best way to lessen the risk and prevent SUDEP.

WHAT ARE THE SIGNS OF SUDEP? An increase in the number of tonic clonic seizures in the previous year. Having drug resistant epilepsy which is when seizures continue happening despite you trying two or more anti epilepsy medications

www.healthyplace.com

Get more local resources and information about epilepsy from the Epilepsy Association . We are here to help! Contact us at (216) 579-1330 epilepsyinfo.org