



The BC Epilepsy Society has information sheets on the following topics available at [www.bcepilepsy.com](http://www.bcepilepsy.com) or through our office. Many are available in other languages, including Chinese, Punjabi, Vietnamese, Korean, and French. Contact us at [info@bcepilepsy.com](mailto:info@bcepilepsy.com) or 604-875-6704.

**Epilepsy Facts and Seizure First Aid**

- Epilepsy Fact Sheet

- Seizure Types and First Aid

**Assessment and Treatment**

- Electroencephalography (EEG)
- Antiepileptic Medications
- Epilepsy Surgery
- Epilepsy and Neuropsychology

- Vagal Nerve Stimulation
- Ketogenic Diet
- Genetics and Epilepsy
- Functional MRI for Children with Epilepsy

**Living with Epilepsy**

- Making the Most of Your Doctor Visit
- Your Health Care Team
- Seizures and Your Safety
- Medical ID and Safety Devices
- Triggers for Epileptic Seizures
- Driving and Epilepsy
- Epilepsy and Memory
- Seizure Recording Forms

- Sports, Recreation and Seizures
- Seizures and Sleep
- Travel and Epilepsy
- Depression and Epilepsy
- SUDEP
- Stress Management and Seizures
- Alcohol and Drug Use with Epilepsy

**Epilepsy and Employment**

- Employment and Disclosure
- Employment Programs

- Accommodating Epilepsy in the Workplace
- Looking for a Job

**Epilepsy and School**

- Understanding the Student with Epilepsy: For Teachers

- School and Parent Partnerships

**Children and Youth with Epilepsy**

- Seizures in the Infant
- Providing Childcare for Children with Epilepsy: For Caregivers
- You and Your Seizures - Just for Kids
- Teens and Epilepsy
- Benign Rolandic Epilepsy of Childhood (BREC)

- Learning Difficulties in Children with Epilepsy
- Siblings of Children with Epilepsy
- Concerns about Epilepsy for Teenage Girls
- When Mom or Dad has Epilepsy
- Absence Epilepsy

**Financial Support**

- Financial Help for Medical Costs
- PharmaCare Benefits

- Estate Planning

**Women with Epilepsy**

- Epilepsy and Contraception
- Concerns about Seizure Medications for Women
- Hormones and Epilepsy in Women
- Pregnancy and the Developing Child
- Bone Health and Epilepsy

- Menopause and Epilepsy
- Epilepsy and Sexual Relationships for Women
- Parenting Concerns for the Mother with Epilepsy
- Pregnancy and the Mother's Health

**Additional Topics**

- Seizure Alert and Response Dogs
- Partial Seizures
- Men and Epilepsy
- Photosensitivity and Seizures

- Issues for Seniors with Epilepsy
- Epilepsy and ADHD
- Non-Epileptic Seizures
- Essential Skills in Self Advocacy

