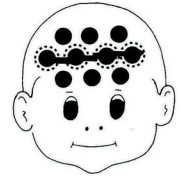
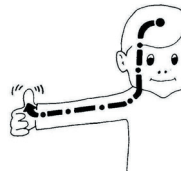


## You and Your Seizures - Just for Kids

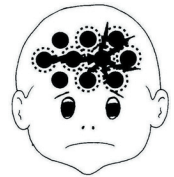
The brain is made up of billions of cells. There is always a little electricity running through these cells. This is normal.



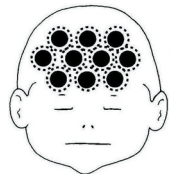
Electricity is how cells talk to each other. Suppose you want to move your thumb - the electricity goes from your brain, down the nerves, to your thumb. It moves.



Some brain cells may be too active. Instead of letting the electricity go straight through, the active cells spread it many directions.



Nearby cells get excited. They pass the electricity on to even more cells.

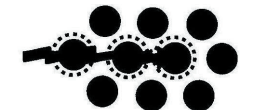


This may cause a person to pass out, fall down, and jerk his arms and legs; or it may cause him to stare into space or appear confused. This is called a seizure. A seizure happens when too many brain cells get excited at once.

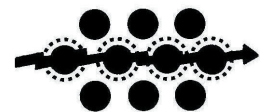
Your medicine protects these brain cells. It acts like the coating on an electric cord.



It keeps the electricity from going in all directions. Then the electricity gets to this active cell...



... it goes right on through.



Taking your medication every day keeps these cells from being too active. (So don't miss a single time.) If you have any questions, ask your doctor.

# My Story

My name is:

I take medication because I have seizures.

My medicine is called:

Seizures are nothing to be scared of as my doctor can tell you. My doctor's name is:

There isn't much anyone can do when I have a seizure. If it is the falling down kind, just turn me on my side, and don't put anything in my mouth. I may be tired after the seizure and want to rest. Don't worry about me. I'm OK.

Adapted from the Wake Forest School of Medicine Comprehensive Epilepsy Program in 2006.

You can join the BC Epilepsy Society as a member and receive all the program and service benefits.

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