

Here are a few things you need to take care of if you suffer from epilepsy:¹⁰⁻¹²



Be careful in the kitchen when using hot pans, and do not use open fires



Seek advice before using medication for epilepsy and oral contraceptive pill together. Some epilepsy medications can make the pill work less effectively, and you may need a higher dose. Also, there is a small risk that some medicines can affect your unborn child. During pregnancy, follow a prenatal care plan with your healthcare provider.



During pregnancy, ensure that you:

- ▶ Take all medications recommended by your doctor
- ▶ Eat healthy food
- ▶ Take proper rest
- ▶ Avoid cigarettes, alcohol, caffeine, and illegal drugs

With proper treatment, nearly 75% of women can remain seizure-free within 3 years.¹³

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Women

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Epilepsy in WOMEN





Globally, **319 per 1,00,000** women suffer from epilepsy.¹



4.6 million women live with epilepsy in India.²



Nearly **1/3rd** women suffer from seizures before or during their monthly periods which may be missed

In India, many women do not receive an official diagnosis of epilepsy because of:

- ◆ The social and cultural issues like increased social isolation and decreased support from friends or family³
- ◆ Low family economic status⁴

Because of the social stigma, epilepsy can be a great barrier for women that can affect their quality of life, marriage, family, and work.^{3,4}

During seizures, they can experience symptoms like:^{6,7}

- ◆ Staring
- ◆ Emotional changes
- ◆ Jerking movements
- ◆ Repeating certain motions
- ◆ Dizziness
- ◆ Tingling sensation
- ◆ Feeling full in the stomach
- ◆ Confusion
- ◆ Biting of tongue
- ◆ Making noise or crying out loud
- ◆ Loss of bladder control
- ◆ Stiffness
- ◆ Jerking
- ◆ Confusion
- ◆ Falling down and loss of consciousness
- ◆ Breathing problems

Here are a few myth-busters for you:⁵

MYTH ❌

Women with epilepsy cannot get pregnant or should not try for a baby as it can affect the baby's growth



FACTS ✅

Epilepsy will not affect a woman's ability to get pregnant. With proper guidance from doctors, women can have a baby. Women with Epilepsy can have successful pregnancies.

Women with epilepsy can pass on epilepsy to their children



The risk of children getting epilepsy from their parents is low

Women may also experience symptoms like:⁸



Changes in smell, vision, hearing



Problem in understanding or talking



Faster heart rate



Upset stomach

During pregnancy, high blood pressure and high protein levels in urine can also trigger seizures.⁹

- ◆ Seizures during pregnancy can cause shaking, disorientation, and confusion
- ◆ However, this condition is rare and occurs in only 3% of pregnant women with high blood pressure
- ◆ Appropriate medical care and a healthy lifestyle during pregnancy lower the risk of developing seizures.