

SUDEP Action Day – 23 October

WHAT IS SUDEP ACTION DAY?

SUDEP Action Day is a special day which brings organisations and people together to raise awareness of SUDEP worldwide.

Launched by [SUDEP Action](#) on 23 October 2014 (as SUDEP Awareness Day), it shines a light on the largest cause of death in people with epilepsy, helping empower people through increased awareness and raise funds for SUDEP research.

ARE YOU SUDEP AWARE?

**APPROXIMATELY 15,000 PEOPLE IN AUSTRALIA ARE
DIAGNOSED WITH EPILEPSY EACH YEAR.**

SUDDEN UNEXPECTED DEATH IN EPILEPSY (SUDEP) IS WHEN
A PERSON WITH EPILEPSY DIES SUDDENLY AND
PREMATURELY AND NO OTHER CAUSE OF DEATH IS FOUND.

**THERE ARE APPROXIMATELY
300 EPILEPSY-RELATED DEATHS IN
AUSTRALIA EACH YEAR.**

Sudden Unexpected Death in Epilepsy (SUDEP) is when a person with epilepsy dies suddenly and prematurely and no reason for death is found. This does not include those who die in status epilepticus and those who die from a seizure-related accident.

Reducing risk plays a big part in epilepsy management. Reducing risk can include taking anti-



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seizure medication as prescribed, avoiding triggers, getting adequate sleep, avoiding excessive alcohol or illicit drugs and ensure family and carers are trained in seizure first aid.

[Watch](#) a video where Kirsty's family talk about the impact of Kirsty's death from SUDEP has had on them.

For more information about SUDEP and managing risks go to our [SUDEP page](#).



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