EPILEPSY NEW ZEALAND
Kia titiro ki te tangata | See the person

SUDEP Action Day is coming up!

October 23 is SUDEP Action Day.

Sudden Unexpected Death in Epilepsy (SUDEP) occurs 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. It is estimated to affect 1 in 1000 people with epilepsy each year, and about 1 in 4500 for children.

SUDEP Action Day is an opportunity to shine a light on the largest cause of death in people with epilepsy. It also aims to empower people through increased awareness and research efforts.

Reducing risk plays a big part in epilepsy management. Reducing risk can include taking anti-seizure medication as prescribed, avoiding triggers, getting adequate sleep, avoiding excessive alcohol or illicit drugs, and ensuring that family and carers are trained in seizure first aid.

Find out more about SUDEP here.