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

Health and Wellbeing



Health and wellbeing relates to feeling good and looking after yourself, physically and mentally. In terms of epilepsy, it also means managing safety and minimising the risks which may accompany seizure activity.

As home is the most common place for seizure-related events and incidents, some people living with epilepsy may need to consider risks in the home and pay particular attention to areas such as the bedroom, bathroom, kitchen, and backyard. Being prepared for any unusual weather conditions, such as storms and bushfires, is also an important consideration.

While epilepsy is not a psychological condition, compared to the general population people living with epilepsy are at a greater risk of experiencing depression and anxiety. This makes taking care of mental health and seeking assistance from doctors, psychologists, healthcare professionals and support services very important.

Leading a healthy lifestyle, minimising the risk of osteoporosis and going to the dentist are important considerations when trying to maintain physical health while managing the impacts of epilepsy, anti-seizure drugs (ASMs) and seizure activity. Exercising caution if considering use of complementary therapies is also important.

While it is very rare, people do need to be aware of the risk of Sudden Unexpected Death in Epilepsy (SUDEP). SUDEP is when a person with epilepsy dies suddenly and prematurely and no reason for death is found. SUDEP can be a difficult subject to talk about, and it's important to remember that the risk varies from person to person. But, the more people know about SUDEP and their individual risks, the more in control people living with epilepsy, and all those who support them, can feel.

You might not be a person living with epilepsy; you might be visiting as a concerned family member, friend, employer or carer. Whatever your situation, we hope the information in this section will be useful to you in understanding and supporting a person living with epilepsy.

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