

Just Diagnosed



If you have just been diagnosed with epilepsy, you have probably undergone a number of [tests and consultations with your doctor](#). As a result, your doctor may be able to confirm that you have a particular form of epilepsy.

It can take some time to come to terms with your diagnosis. In the early stages, it is especially important to be kind to yourself, and remember that you do not need to have all the answers right away.

You are likely to be feeling a lot of different emotions. Some people feel some anxiety, while others experience relief at having a clear diagnosis. A clear diagnosis can make it easier to move forward with treatment, which generally involves taking [anti-seizure medication \(ASMS\) also known as anti-epileptic drugs \(AEDs\)](#), as well as making certain lifestyle adjustments.

Living with epilepsy can often involve new routines, challenges and opportunities. Epilepsy, seizures and treatments can have an impact on different aspects of your life.

Taking an active role in the management of your epilepsy is very important. It not only ensures better seizure management, but also boosts your self-esteem and makes you feel more in control. Being active means learning about your epilepsy, as well as understanding and communicating your needs to others. It is normal to feel the need for some help, particularly in the early stages of an epilepsy diagnosis, and you should always feel free to ask your doctor questions. Reading about [seizure first aid](#), and general [health and wellbeing](#) topics for people with epilepsy, can also be useful.



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