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

# Seizures



Seizures occur because of increased electrical activity in the brain, which can cause altered awareness, thought, movement, sensation, or behaviour.

Seizures can originate in one specific part of the brain, or they can rapidly spread to affect the whole brain. Different parts of the brain are responsible for different functions, so where a seizure commences or spreads will determine how it affects parts of the body. This is one reason why seizures can look so different between people.

In this section we look at the functions of the brain, seizure classifications and types, and the benefit of recording seizures and maintaining seizure diaries.

This information is intended to help people learn about seizures and the wide range of tools that can assist in epilepsy self-management. Whether you are a person living with epilepsy, care for someone who does, or are an interested community member, we hope that you find this information useful.

## RESOURCES

Seizure Information Sheet

**Brain Functions**

https://epilepsy.org.nz/understanding-epilepsy/seizures/brain-functions/


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**Seizure Phases**

https://epilepsy.org.nz/understanding-epilepsy/seizures/seizure-phases/

**Seizure Triggers**

https://epilepsy.org.nz/understanding-epilepsy/seizures/seizure-triggers/

**Status Epilepticus**

https://epilepsy.org.nz/understanding-epilepsy/seizures/status-epilepticus/

**Tips for Seizure Recovery**

https://epilepsy.org.nz/understanding-epilepsy/seizures/tips-for-seizure-recovery/

**Types of Seizures**

https://epilepsy.org.nz/understanding-epilepsy/seizures/types-of-seizures/

**What is a Seizure?**

https://epilepsy.org.nz/understanding-epilepsy/seizures/what-is-a-seizure/


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