

Sample

Epilepsy Awareness Banners

Educational print banners developed to raise epilepsy awareness for a top 5 pharma client.

Don't let
seizure
seize
your life

CALL YOUR DOCTOR IF

- Fit does not last more than 3-5 minutes
- Second seizure occurs before the person has fully regained consciousness
- It takes more than 5 minutes to recover
- The seizure is unusual
- The seizure is occurring frequently

Control
now!



Epilepsy Awareness Banners



**Take
control
now!**

CALL DOCTOR IF

- ❶ Fit does not stop in 3-5 minutes
- ❷ Second fit occurs before the person regains consciousness
- ❸ It takes longer than normal to recover after a fit
- ❹ The person is injured
- ❺ There is difficulty in breathing after a fit
- ❻ The fits become severe and frequent
- ❼ Headache, numbness, weakness of one side of your body, confusion, difficulty in speaking occur before a fit

Adapted from

1. http://cks.library.nhs.uk/patient_information_leaflet/epilepsy
2. <http://www.mayoclinic.com/print/epilepsy/D500342/DSECTION=all&METHOD=print>
3. <http://www.patient.co.uk/showdoc/23068966/>
4. <http://familydoctor.org/online/famdocen/home/common/brain/disorders/214.html>
5. <http://www.patient.co.uk/showdoc/23068974/>



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Understanding epilepsy



The brain produces electric signals that control your body. Any abnormality in these signals produces a fit or seizure. When more than one fit occurs it is known as epilepsy.

Types of epilepsy

Fits may be of the following types

- Generalized
 - Grand mal: Stiffening followed by jerking of the body, loss of consciousness, wetting and soiling occur
 - Drop attacks: The body becomes limp and the person falls down
 - Absence: Staring and loss of awareness occurs
- Partial
 - Simple: Change in smell, taste, or muscle jerks occur without any loss of consciousness
 - Complex: Loss of awareness and non-purposeful movements such as lip smacking, swallowing, and rubbing occur



Living with epilepsy

If you are a patient

Do's

- ✓ Take your medications regularly
- ✓ Inform friends, relatives and colleagues about your condition
- ✓ Keep a detailed seizure record
- ✓ Carry an ID card containing details of your contact number, medicines and drug allergies
- ✓ Move to a safe place if you experience any warning signs such as change in smell
- ✓ Ensure adequate sleep
- ✓ Take a balanced diet
- ✓ Avoid stress and places with flickering lights and loud music
- ✓ Consult your doctor regularly

Don'ts

- × Don't adjust the dose of medicines on your own
- × Don't consume alcohol
- × Don't smoke
- × Don't take any drugs without consulting your doctor

Living with epilepsy

If you see someone having a fit

Do's

- ✓ Stay calm and ensure adequate ventilation
- ✓ Put soft cloth or pillow under the head
- ✓ Loosen tight clothing around the neck
- ✓ Remove any object that could cause injury
- ✓ Turn the person to one side after the fit is over
- ✓ Check if breathing is normal
- ✓ Let the person sleep or rest
- ✓ Stay with the person till he/she has fully recovered

Don'ts

- × Don't force anything into the mouth or between teeth
- × Don't try to restrain or wake the person
- × Don't move the person during a seizure unless there is a risk of injury
- × Don't let many people to crowd around the person
- × Don't offer anything to eat or drink till he/she has fully recovered
- × Don't leave the person alone if he/she is dazed or confused

IF YOU WITNESS A SEIZURE



Help the person to the floor and cushion the head



Loosen any clothing around the neck



Remove any sharp objects



Turn the person on one side



To learn more about how we can help your organization, please contact:



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www.indegene.com/lifesciences



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