Reducing Your Risk of Epilepsy

by Rick Alan

En Español (Spanish Version)

Taking preventive measures may prevent some cases of epilepsy. These measures include:

- Preventing head injuries by:
  - Wearing seat belts and bicycle helmets
  - Putting children in car seats
- Treating a seizure properly by:
  - Seeking medical help immediately after suffering a first seizure
  - Taking medication after the first or second seizure
- Getting good prenatal care to help prevent brain damage to a developing fetus:
  - Treatment for high blood pressure
  - Treatment for any infections
  - Maintaining proper nutrition, including adequate vitamin intake
  - Avoiding excess alcohol intake
  - Avoiding cigarettes or illegal drug use
- Treating high fevers (especially in children) with medication
- Taking steps to prevent or control certain medical conditions, including:
  - High blood pressure
  - Heart disease
  - Liver disease
  - Kidney disease
  - Infections
  - Any disorder that may affect or injure your brain
- Avoiding:
  - Illicit drugs
  - Excessive amounts of alcohol

REFERENCES:


Epilepsy Foundation website. Available at: http://www.epilepsyfoundation.org/.


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