

TAKE THE
LAPSE OUT OF
EPILEPSY

EPI L APSE Y[®]



Breakthrough seizures
have serious consequences.

YOU CAN DO MORE TO PREVENT

THEM THAN YOU THINK



WHAT YOU SHOULD KNOW ABOUT **BREAKTHROUGH SEIZURES**

WHAT IS A BREAKTHROUGH SEIZURE?

The term refers to a seizure that can happen at any time, even when you are taking your medicine. It can be scary to think about this possibility.

That's why it's important to know how to help prevent breakthrough seizures, which can affect you and the people in your life.

WHAT YOU SHOULD KNOW ABOUT **BREAKTHROUGH SEIZURES**



Having a seizure at certain times can be dangerous for you or others. **You might be at risk of:**



PHYSICAL INJURY

If you fall during a seizure, you can injure your head or fracture a bone.



FINANCIAL COST

A person's ability to work can be affected. There may be greater health expenses.



LOSS OF INDEPENDENCE

Epilepsy may take away a person's ability to drive, among other activities.



EMOTIONAL HEALTH

People with epilepsy are more likely to be depressed. Others may be anxious about having another seizure.



IMPACT ON FAMILY

Over half of siblings worry that a brother or sister with epilepsy will have a seizure.

Life-threatening complications of epilepsy are uncommon, but may happen, such as:



SUDDEN UNEXPECTED DEATH IN EPILEPSY (SUDEP)

People with severe epilepsy also have a risk of sudden, unexpected death. The cause is unknown.



WHAT IS **EPIILAPSEY®?**

EPILEPSY + LAPSE = EPIILAPSEY®

THERE ARE MANY REASONS WHY BREAKTHROUGH SEIZURES CAN OCCUR

Stress, lack of sleep, alcohol or drug use, television or video games, or missed doses of medicine, to name a few factors, can cause breakthrough seizures. Many of these are hard to manage, because they are common in people's lives.

You may think the word **EPIILAPSEY®** above is a spelling mistake or a typo. But it was created to make people aware of the most common cause of breakthrough seizures in epilepsy—lapses in taking medicine. Seizures can happen when levels of anti-epilepsy medicine in your body become too low. In fact, even 1 lapse in dosing can put you at increased risk for a breakthrough seizure.

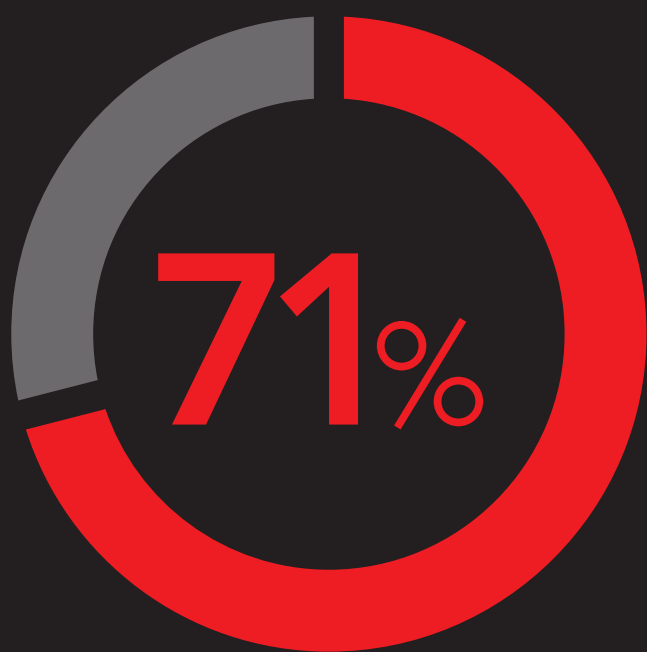
**Missed medication is the #1 reason why people
have breakthrough seizures.**

If you miss a dose, you're certainly not alone.

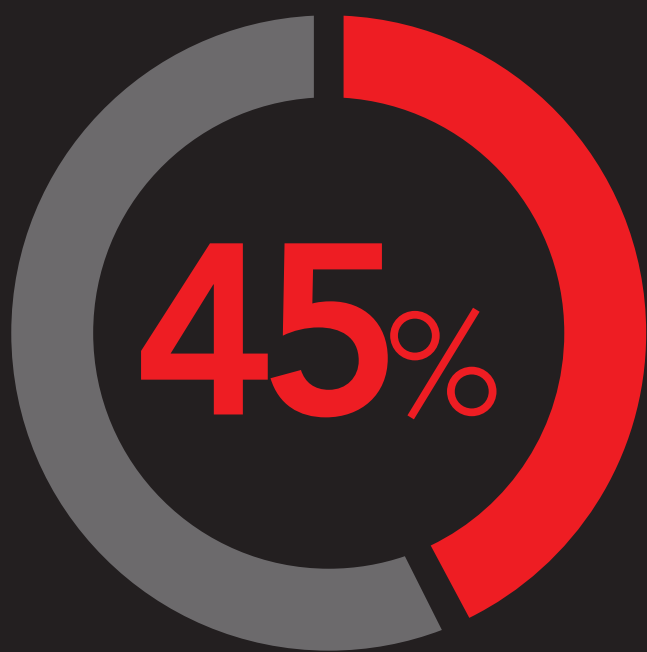
WHAT IS EPIILAPSEY®?

EPILEPSY + LAPSE = EPIILAPSEY®

The more regularly you take your medicine(s), the better your chances of avoiding breakthrough seizures. But missing a dose can happen to anyone from time to time.



of people with epilepsy **admit to missing at least 1 dose*** of their medicine¹



of patients reported a seizure after missing a dose of their medicine

*A 10-item, nationwide postal survey of 661 patients conducted between 2001 and 2002.

DID YOU KNOW?

Young men with epilepsy are generally less likely than women to regularly take their medicine. This may be due to concerns about social stigma, independence, and other factors.

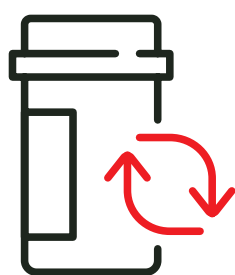
YOU CAN TAKE THE **LAPSE** OUT OF EPILEPSY, **START BY TALKING** **TO YOUR DOCTOR.**



The fact is, most patients hesitate to tell their doctor if they've missed a dose.

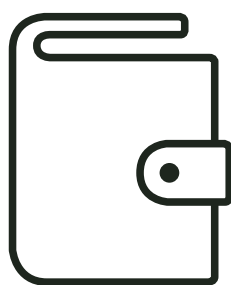
But it's very important to talk openly with your doctor about lapses due to lifestyle or other factors, because your doctor may be able to help.

HERE ARE SOME STEPS TO MAKE MANAGING YOUR MEDICINE EASIER.



AUTO-REFILL PROGRAMS

ensure that your seizure medicine always stays refilled



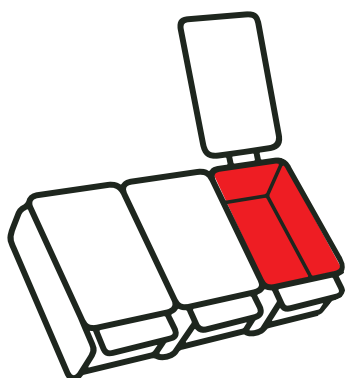
USE A SEIZURE DIARY

and write down every time you miss a dose



SET AN ALARM

or use a reminder app that lets you know when it's time for your next dose



CARRY A PILL BOX

to make sure you take your medicine

EPI LAPSEY[®]: ARE YOU AT INCREASED RISK?

Look at the questions below. If you answer yes to any of these questions, it may be time to talk to your doctor about your treatment plan.

I have had a breakthrough seizure in the past 12 months

YES or NO

I call my doctor every time I have a breakthrough seizure

YES or NO

I have missed a dose(s) of my seizure medicine

YES or NO

I have had a seizure after missing a dose(s)

YES or NO

Which common life situations put you at risk for missing doses?

• **Busy schedule**

YES or NO

• **Large number of responsibilities**

YES or NO

• **Unpredictability of schedule (travel, work shifts, etc.)**

YES or NO

Multiple capsules/tablets and doses of medicine each day

YES or NO

Worried about social stigma or being treated differently from other people because of beliefs about epilepsy

YES or NO

Depression or anxiety

YES or NO

Memory problems

YES or NO

EPI LAPSE[®]



LEARN MORE ABOUT
HOW YOU CAN TAKE THE
LAPSE OUT OF EPILEPSY

www.SeizureRisk.com