



MANAGE THE RISK, AVOID THE COST

Are you familiar with the real costs of not following your treatment plan? Here's what you should know:

MANAGE THE RISK...

DO YOUR BEST TO TAKE YOUR MEDICINE ON TIME

Nearly half (45%) of patients reported a breakthrough seizure following a missed dose.^{1*}

TIP: SET A DAILY MEDICATION ALARM ON YOUR PHONE.

TAKE YOUR MEDICINE AS PRESCRIBED

71% of patients with epilepsy admitted to missing at least 1 dose.^{1*}

TIP: ASK YOUR PHARMACIST ON HOW TO SET YOUR PRESCRIPTIONS TO AUTO-REFILL.

SET UP A SYSTEM THAT WORKS FOR YOU

In 1 survey, nearly 3/4 of patients with epilepsy were nonadherent due to "forgetfulness."⁵

TIP: USE A DOSING TRACKER, JOURNAL, OR APP.⁵

TAKE BREAKTHROUGH SEIZURES SERIOUSLY AND LET YOUR DOCTOR KNOW WHENEVER YOU HAVE ONE

Cognitive decline is strongly correlated with the number of uncontrolled seizures.⁷

TIP: LEARN YOUR TRIGGERS AND DO YOUR BEST TO AVOID THEM.

KEEP YOUR TREATMENT TEAM IN THE LOOP

21% higher seizure risk was seen among those who lapse in their therapy compared with patients who adhere to it.³

HELP YOUR DOCTOR GET YOUR SEIZURES UNDER CONTROL

Convulsive seizures are the greatest risk factor for SUDEP!¹¹ More than 3 convulsive seizures per year increased the risk of SUDEP by 15 times.¹²

TIP: ASK YOUR DOCTOR ABOUT ANTICONVULSANTS THAT STAY WITHIN A THERAPEUTIC RANGE LONGER. IT MAY MEAN YOU CAN TAKE FEWER PILLS.^{13,15}

...AVOID THE COST

PHYSICAL INJURY

If you fall during a seizure, you can injure your head or fracture a bone.^{2,3}

FINANCIAL COST

In some cases, your ability to work may be affected. You may also encounter greater health expenses. In fact, patients with breakthrough seizures had 8.1 times higher epilepsy-related financial costs.⁴

LOSS OF INDEPENDENCE

Epilepsy may take away your ability to drive, among other activities associated with independence.⁶

DECLINE IN EMOTIONAL HEALTH

People with epilepsy are more likely to experience depression. Even those who don't suffer from depression may be anxious about having another seizure.^{8,9}

STRESS ON FAMILY

Over half of siblings worry that a brother or sister with epilepsy will have a seizure.¹⁰

SUDDEN UNEXPECTED DEATH IN EPILEPSY (SUDEP)

According to the Epilepsy Foundation, every year, 1 person out of 150 with uncontrolled seizures dies from SUDEP, the leading epilepsy-related cause of death.^{14,16}

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

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