
From: Epilepsy South Africa [mailto:info@epilepsy.org.za]
Sent: 22 June 2009 12:44
To: Test
Subject: South Africa National Epilepsy Week, Day 6



June 2009

Dear Epilepsy Advocate

Today is the Sixth day of South Africa National Epilepsy Week. We will be celebrating this time by sharing information on the different aspects of the lives of people with epilepsy. Each day will be accompanied by a short video to be viewed on you tube. Something that can easily be sent to friends and colleagues. Here is the link to today's video

<http://www.youtube.com/watch?v=G73DKmTS8bw>

Lets talk epilepsy!

June E-news Contents:

- [**June 20, South Africa National Epilepsy Week Day#6:People with epilepsy have the right to be included in the community.**](#)

June 20, South Africa National Epilepsy Week Day#6:People with epilepsy have the right to be included in the community.

When a person is first diagnosed with epilepsy they are likely to feel rather shocked and confused. However, an epilepsy diagnosis is not a disaster. The most important thing is to know and understand as much as possible about epilepsy and how it affects you. Certainly, you may need to make some small changes in your life, but the right attitude will certainly help those around you understand the condition.

Isolating people with epilepsy and other disabilities contributes to alienation and presents a

delay to the person trying to overcome obstacles. We know that recreational activities are very important for socialising and happiness and this is also true for a person with epilepsy. Achieving balance between a safe and an active life is possible by simply making a few adjustments to activities. Active recreational activities improve both mental and physical health and should be encouraged for people with epilepsy. Most sports can be safely pursued by people with epilepsy and with some adjustments they can enjoy most activities, even some which may be considered dangerous by many people. Often the risks are no greater for people with epilepsy than for able-bodied people. The risk of injury must also be weighed up against the positive effects of team participation.

Considering the challenges faced by a person with epilepsy it seems excessive to also expect him/her to deal with additional pressures from society. People who do not understand the condition and act out of fear or misconceptions affect the life of a person with epilepsy drastically. There is no reason for this. Why would it be necessary to add to the challenge if information can bring society to understanding people with epilepsy?

It is important for people with epilepsy to remain open and approachable to other to enable them to educate them and help them to understand the condition. The support and understanding of family and friends is invaluable and talking about epilepsy is one of the best remedies. Make sure people have the correct facts about your condition. It is no disgrace to have epilepsy and it would be a tragedy to let it dominate your life.

What to do during a seizure

DO...

- Remain calm and note the time
- Clear a space around the person and prevent others from crowding around
- Loosen tight clothing / neckwear and remove spectacles.
- Cushion the head to prevent injury
- Put the person into the shock recovery position (i.e. roll the person onto his/her side with the top leg bent and the bottom arm slightly extended)
- Wipe away any excess saliva to facilitate breathing
- Reassure and assist the person until he/she has recovered or become re-orientated
- Allow the person to rest or sleep if necessary covering him/her with a blanket.
- Note the duration of the seizure and the time it took place. Provide this information to the person who had the seizure after he/she has recovered fully. This will help him/her to record the information in his/her seizure diary.

DO NOT...

- Restrict or restrain the person's movements.
- Move the person unless he/she might hurt him/herself or is in immediate danger (i.e. in a busy road)
- Put anything between the person's teeth or in the person's mouth
- Give anything to eat or drink during the seizure
- Give extra anti-convulsants, unless stipulated to do so by a neurologist
- Call a doctor or an ambulance unless the person has injured him/herself badly or when the seizure lasts longer than 6 minutes or the person has repeated seizures without recovering between seizures!

OUR NATIONAL CONTACT NUMBER 0860374537

Please see the article on day one for:

- The right to correct information

Please see the article on day two for:

- Children with epilepsy have the right to quality education

Please see the article on day three for:
- The right to quality medical treatment
Please see the article on day four for:
- The right not to be stigmatized
Please see the article on day five for:
- The right to employment

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Visit our website or to contact any of our Branches or National Office.
Website: www.epilepsy.org.za

EPILEPSY SOUTH AFRICA – National Office, Cape Town

PO Box 73
OBSERVATORY
7935
Tel: (021) 447-3014
info@epilepsy.org.za

EPILEPSY SOUTH AFRICA
South Cape/Karoo
PO Box 107
KNYSNA
6570
Tel: (044) 382-2155
southcape@epilepsy.org.za

EPILEPSY SOUTH AFRICA
Western Cape
PO Box 24573,
LANDSDOWNE,
7779
Tel: (021) 703-9420
wcape@epilepsy.org.za

EPILEPSY SOUTH AFRICA
Mpumalanga / Limpopo
PO Box 55,
DULLSTROOM,
1110
Tel: (013) 254-0161/2/3
mpumalanga@epilepsy.org.za

EPILEPSY SOUTH AFRICA
Gauteng Branch
Regional office
PO Box 1070
SPRINGS
1560
Tel: (011) 816-2040/57
gauteng@epilepsy.org.za

EPILEPSY SOUTH AFRICA Free
State & North West
Branch
PO Box 167
PARYS
9585
Tel: (056) 811-5959
freestate@epilepsy.org.za

EPILEPSY SOUTH AFRICA
Kwa Zulu Natal Midlands
Branch
PO Box 2165
PIETERMARITZBURG
3200
Tel: (033) 394-1041/8
kzn@epilepsy.org.za

PLEASE CONTACT 0860 EPILEPSY (0860 374537)
TO GET IN CONTACT WITH YOUR CLOSEST BRANCH OF EPILEPSY SOUTH AFRICA

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