



HEALTH AWARENESS

Treating Epilepsy

(NAPSA)—It affects anyone at anytime.

Medical professionals don't know the cause or cure. But there is hope for the one in 100 Americans living with epilepsy. According to the Epilepsy Foundation, patients and their families could improve their treatment and quality of life with two key actions... researching and communicating. "Patients should stay up on emerging information about their condition and treatment options," said Eric Hargis, president of the Epilepsy Foundation. "Treatment is best seen as a relationship between the patient and a team of doctors, nurses, social workers, and others providing healthcare. In this relationship, communication is essential," Hargis added.

Experts at a recent Epilepsy Empowerment Forum suggest if you have epilepsy:

- It's important to find a regime—a combination of drugs, diet and lifestyle—that works best for you. Though not always possible, the ultimate goal of treatment is no seizures and no side effects.

- To provide the best care, healthcare providers need to know all the patient's needs, concerns and underlying conditions. For example, a teenager with an eating disorder should not be prescribed medication that causes appetite suppression.

- If you have concerns about a



part of your treatment regime tell your doctor, and if you're not satisfied with his or her response seek another doctor.

- There is no good reason to withhold information from a physician. Doctors are required to maintain strict confidentiality. For instance, telling the truth about alcohol consumption, drug use, medications and supplements that you take is particularly important in managing and treating epilepsy.

For more advice from the Epilepsy Empowerment Forum or to register for the next event to be held in Chicago, Illinois on Saturday, October, 29, 2005, visit www.epilepsyfoundation.org. You can attend in person, by phone or online. The event will be conducted in English and made available in Spanish on the Foundation's Web site in November.