



Healthcare Lingo

Antiepileptic drugs (AEDs)

Medicines to treat seizures. Also called antiepileptic medications, anticonvulsants, and antiseizure drugs.¹

Lifestyle factors

These are things like getting enough sleep, exercising regularly, and decreasing stress that might help you manage your epilepsy.²

Medication adherence

Taking your AEDs regularly.³

Medication compliance

Following your doctor's instructions for taking your AEDs.³

Neuron

A nerve cell. Nerve cells communicate with each other in the brain and can send messages to other parts of the body.⁴

Quality of life

General well-being, your ability to enjoy normal life activities.⁵

Seizure frequency

How often you have seizures.

Seizure tracker

A record of each time you have a seizure. You can record other information about each seizure, too, such as how long the seizure lasted and how you felt before the seizure.⁶ A seizure tracker could be a paper document, an online seizure tracker, or an app you use on your phone.⁷

Seizure triggers

Factors that might cause your seizures, such as stress or lack of sleep.⁵

Side effects

Side effects are feelings you might have from the AEDs you take. Not everyone has side effects from AEDs, but some people might have them.⁸



References

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