



Healthcare Lingo

Antiepileptic Drugs (AEDs)

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

Aura

A warning that you have before a seizure, or an actual seizure. An aura might be a change in a sensation, such as your sense of smell, taste, or sight. Or it could be a physical change, such as feeling lightheaded or dizzy.²⁻⁴

Ketogenic Diet

A special high-fat, low-carbohydrate diet that may be prescribed by your doctor in addition to medications to help control seizures.⁵

Lifestyle Factors

These are things like getting enough sleep, exercising regularly, and decreasing stress that might help you manage your epilepsy.⁶

Neuron

A nerve cell. Nerve cells communicate with each other in the brain and can send messages to other parts of the body.⁷

Neurologic

Relating to neurons (nerve cells).⁷

Quality of Life

Your sense of well-being. Your sense of well-being comes from how satisfied you are with your roles, activities, goals, and opportunities in life.⁸

Seizure Frequency

How often you have seizures.

Seizure Triggers

Factors that might cause your seizures, such as stress or lack of sleep.⁸

Self-management

Taking responsibility for your own behavior and well-being, and managing your own day-to-day health.⁹

Status Epilepticus

A prolonged, severe seizure that can cause brain injury. Any seizure that causes muscle contractions and lasts more than 5 minutes can be a medical emergency, and someone should call 911.¹⁰



SUDEP

Sudden unexpected death related to epilepsy. It is not caused by drowning or another type of accident that could lead to death while having a seizure. SUDEP can happen with or without a seizure.¹¹

References

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