

# Healthcare Lingo

## Antiepileptic drugs (AEDs)

Medicines to treat seizures. Also called antiepileptic medications, anticonvulsants, and antiseizure drugs.<sup>1</sup>

## Lifestyle factors

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

## Medication adherence

Taking your AEDs regularly.<sup>3</sup>

## Medication compliance

Following your doctor’s instructions for taking your AEDs.<sup>3</sup>

## Neuron

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

## Seizure frequency

How often you have seizures.

## Seizure Diary

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.<sup>6</sup> A seizure diary could be a paper document, an online seizure diary, or an app you use on your phone.<sup>7</sup>

## Seizure triggers

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

## Side effects

Side effects are unwanted or unexpected events or unexpected reactions to a drug that can be caused by a medicine you take. Side effects are also known as adverse events.<sup>8</sup>



### References

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