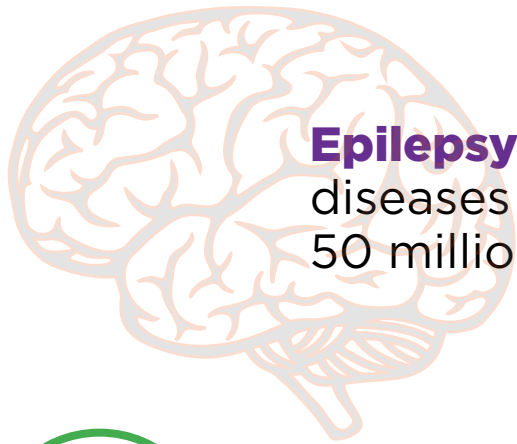


Be SUDEP Aware

SUDEP stands for **Sudden Unexpected Death in Epilepsy**

- it is when a person dies suddenly, and no other cause of death is found.



Epilepsy is one of the most common brain diseases globally, affecting more than 50 million people around the world.



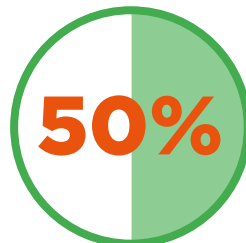
1 in 1,000 people with epilepsy will die each year from SUDEP.



People with epilepsy are **3X more likely to die prematurely** than the general population, and **SUDEP is a leading cause of epilepsy-related death.**



SUDEP can happen to both children and adults.



Up to 50% of epilepsy related deaths are SUDEP.



The causes of SUDEP are currently unknown.

Seizure control is the best way to potentially prevent SUDEP.

We need to expand awareness of dangers related to epilepsy and arm people with information to reduce risk/Information is power.

Take positive action and talk to your health care provider.

Know your risks

for uncontrolled seizures, tonic clonic seizures,
not taking meds as prescribed, night time seizures

Take meds
as prescribed



Know your
seizure triggers



Get enough
sleep



Train family
and friends in
seizure first aid

If seizures are at
night, consider a
monitor or alert
device



SUDEP Action Day is a global awareness day, shining light on sudden unexpected death in epilepsy, the leading cause of death for people with epilepsy. We encourage everyone to start the conversation with their health care team about the risks associated with epilepsy and to visit any of the partners' websites for more information.

