

Tracking Health Issues

Take charge of your health and medical care. It is important that you know your own medical history and track your health issues. Learn more about epilepsy at <https://www.epilepsy.com/what-is-epilepsy>.

What should I know about my seizures?

1. How old was I when my seizures started?
2. What type of seizures do I have?
 - **Focal seizures** start in one part of the brain. Some people lose awareness. Some people are aware of everything around them. Focal seizures can make you pause and stare. Some people jerk or twitch on one side of their body.
 - **Generalized seizures** start in all areas of the brain. Most people lose awareness. Some people pause and stare. Other people fall to the ground and shake.
3. Why do I have epilepsy?
 - Seizures are caused by unusual brain activity. Some people have unusual brain activity and seizures after an injury or illness. Many people do not know why they have seizures.
4. What seizure medicines am I taking?
 - Know your current seizure medicine names and doses and when you take your seizure medicines.
 - Know if you are having side effects from your seizure medicines, such as sleepiness and dizziness.
 - Know the names of seizure medicines you have tried before and why they were stopped.
5. What should I do if I know I am going to have a seizure?
 - Some, but not all, people have a warning that a seizure is starting.
 - Seizures can look very different. Know what your seizures look like so others know what to look for.
6. What is my seizure action plan?
 - Most seizures stop in 1-2 minutes. If seizures do not stop or happen back-to-back, others may need to call 911 for help, or use your rescue medicine. A seizure action plan explains how to keep you safe when you have a seizure and how to use your rescue medicine.
 - Share your seizure action plan with your family, caretakers, friends, school, and job. Tell others where you keep your rescue medicine and how to use it.
7. What is my general medical history, such as other health conditions, allergies, and medicines?

***If you do not know any of the above information, ask your doctor!**

How do I track my seizures?

- Keeping track of your seizures is important. You can do this on a calendar, notepad, or a seizure diary phone app.
- Include the date, a description of the seizure, how long the seizure lasted, and what may have led to the seizure, such as a missed medicine dose, poor sleep, or being sick.
- Contact your doctor with questions or changes in your health, such as an increase in seizures.

Tracking Health Issues (continued)

How do I get ready for my doctor's visits?

- Track your visits. Put visits in your planner or phone calendar when you schedule them. Set reminders for the day before and for the day of your visits.
- Write down questions or concerns for your doctor.
- Sign up for MyChart. Tools like MyChart can help you track important information and stay organized. You can also use MyChart to schedule visits, send your doctor a message, request medicine refills, and more.