

# Understanding Your Child's Risk for SUDEP

## And the Need to Have as Few Seizures as Possible



### WHAT IS SUDEP?

SUDEP is Sudden Unexpected Death in Epilepsy. It is the most common epilepsy-related cause of death. SUDEP refers to the death of a mostly healthy person with epilepsy who dies unexpectedly and there is no clear reason for the death. Scientists and researchers are still learning about SUDEP and its causes. Current research is focused on problems with breathing, heartbeat and brain function after a seizure.

### WHAT IS MY CHILD'S RISK FOR SUDEP?

Your doctor has determined that **your child is at increased risk for SUDEP**. This is because your child has had one or more seizures with stiffness and or jerking while awake or asleep in the past year.

### HOW CAN WE REDUCE THE RISK?

**The best way to prevent SUDEP is to have as few seizures as possible, preferably none.**



Take medication on time everyday—exactly as prescribed



Get enough sleep



Visit a neurologist or epileptologist (epilepsy specialist) regularly, especially if seizures continue



Discuss additional treatments to reduce the risk of seizures – treatments include additional or alternate medications, surgery, ketogenic diet or devices



Know your child's seizure triggers



Create and share a seizure response plan and seizure first aid



If your child has seizures at night, consider using a seizure alert device or other monitor to help alert caregivers if a seizure happens

### WHERE CAN WE LEARN MORE?

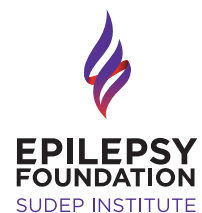
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