

# KEEP IT PUSHING



My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



## Interesting Fact about Epilepsy

Epilepsy is one of the oldest recognized medical conditions. History accounts date as far back as 4000 BCE, and it has been mentioned in ancient texts from various cultures.

## March Awareness Spotlight: Epilepsy

Welcome back for March's 2025 issue of the *Keep It Pushing eNewsletter*. I know that I've covered Epilepsy before, but this time I've decided to specifically discuss the **triggers** and **treatments** for this condition.

### What Is Epilepsy?

Epilepsy is a neurological disorder where nerve cell activity in the brain is disrupted, leading to seizures. It can stem from genetic factors or result from brain injuries like trauma or strokes.

### Common Triggers for Epileptic Seizures

Seizures can be triggered by various factors, including:

- Flashing or flickering lights
- Loud sounds
- Bright sunlight
- Extreme temperatures (hot or cold)

### Treatment Options for Epilepsy

The primary treatments for epilepsy are **anticonvulsant medications**, and in rarer cases, **surgery**.

### How Medications Work:

Anticonvulsants help manage abnormal electrical activity in the brain. The type of medication prescribed depends on factors like the type of seizure (e.g., focal seizures

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absence seizures) or underlying conditions (e.g., Lennox-Gastaut Syndrome, Dravet Syndrome).

### Examples of Anticonvulsants:

Here are some commonly used medications:

- **Brivaracetam (Briviact)**
- **Cannabidiol (Epidiolex)**
- **Carbamazepine (Epitol, Tegretol)**
- And many others.

### Common Side Effects:

Anticonvulsants may cause side effects, such as:

- Headaches
- Fatigue
- Dizziness

You can access epilepsy treatment at medical such as the frequently mentioned **Mayo Clinic**. Treatment plans, types of medication and duration are personalized and should always be determined in consultation with a doctor. Thank you for continuing to follow and support this platform. Until next time, this is Gilbert J. for *KeepItPushing.org*—see you in April!