



# Epilepsy

## Getting ready to move to adult epilepsy clinics

2



Welcome



**R**eady

**S**et

**G**o!



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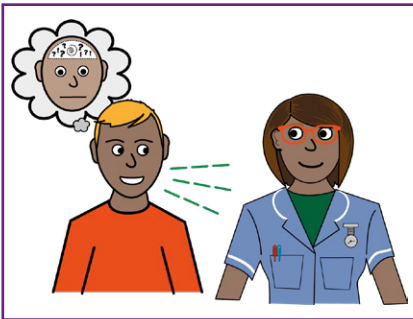
1. Being independent
2. Staying safe
3. School and college
4. Bones
5. Women and girls health
6. Dentists

# 1

## Being independent

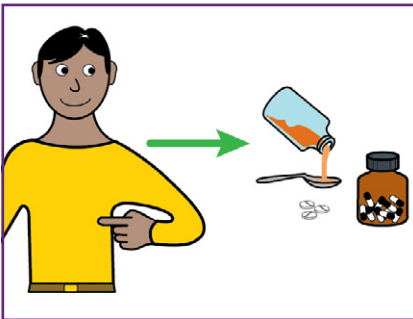


When you get older, it is good to you know about your own health and your epilepsy.



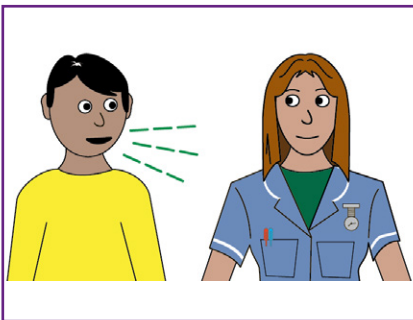
Could you tell someone what your seizures look like?

What do they look like?



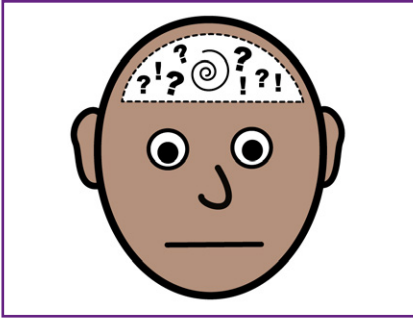
What medication do you take?

How much do you take?

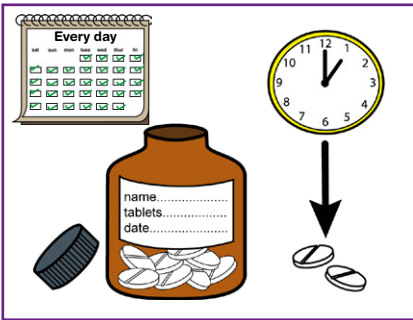


What can you tell the epilepsy nurse or doctor about your epilepsy?

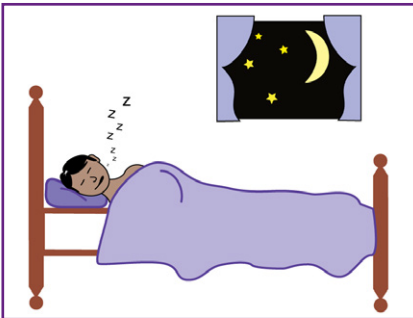
## 2 Staying safe



Epilepsy can make you have seizures. These are bad for your health so it is important that your doctor or nurse knows if you are having seizures.

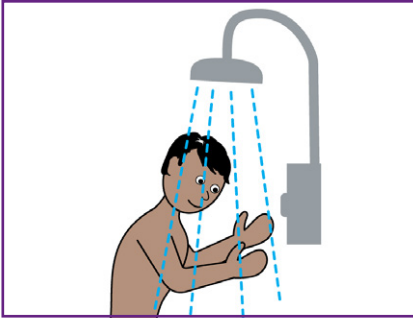


You must take your epilepsy medication every day. This will help stop seizures.



Not sleeping well can sometimes make your seizures worse.

It is important that you sleep well.



When you have epilepsy it is safer to have a shower and not have baths.



If you have seizures this can cause accidents.



Some people wear a bracelet or necklace that tells people they have epilepsy.

If you have epilepsy it can sometimes make it difficult to do some college courses or jobs.



**What do you want to do when you leave school?**

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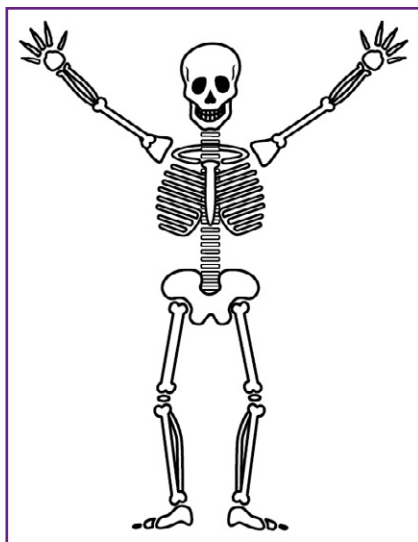
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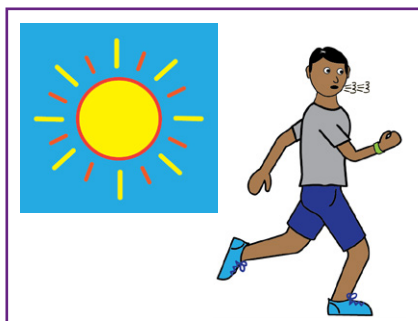
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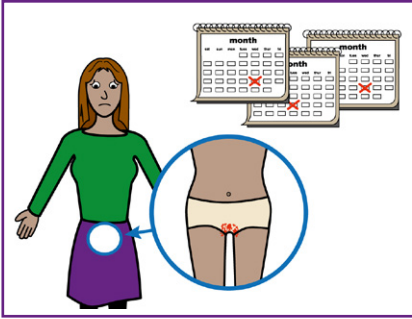
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Epilepsy medicines can sometimes make your bones weak.



Sunlight and exercise can make your bones stronger.

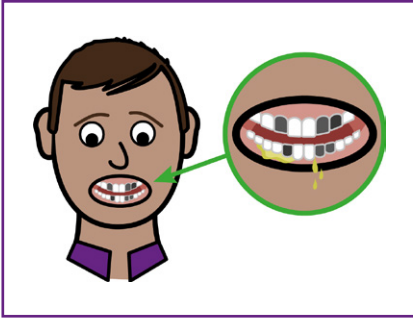


Sometimes girls' periods can make their seizures worse. Tell your doctor if this happens to you.



If you are thinking about having a baby, tell your doctor. They might have to change your epilepsy medication.





Having bad teeth can make your seizures worse.



You should go the dentist to make sure your teeth are healthy.





# We are Young Epilepsy

Epilepsy can be frightening, and it can feel lonely. Sometimes people just don't understand what you are dealing with.

Young people living with epilepsy have told us how important it is for them to understand their condition, and how making connections with other young people, and hearing their experiences, really helps.

From trusted information and real stories about living life with epilepsy, to support services and opportunities to have your say and influence the world around you, **we're here for you.**



[youngepilepsy.org.uk](https://youngepilepsy.org.uk)

Young Epilepsy is the operating name of The National Centre for Young People with Epilepsy Charitable Trust. Registered Charity number 311877 (England and Wales)





**GET TALKING ABOUT EPILEPSY**

For more information about epilepsy, what it is, and how it is managed can be found on these websites:

[www.epilepsy.org.uk](http://www.epilepsy.org.uk)

[www.youngepilepsy.org.uk](http://www.youngepilepsy.org.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.howareyoufeeling.org.uk](http://www.howareyoufeeling.org.uk)  
(Hull)



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Hull University Teaching Hospitals NHS Trust, with support from Young Epilepsy.

**NHS**  
Hull University  
Teaching Hospitals  
NHS Trust



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