

1. 1 in 100 Canadians have epilepsy.

2. Epilepsy does not discriminate - it affects people of all ages, genders, and ethnicities. Anyone can develop epilepsy at any time in their life.

3. Epilepsy is not a mental illness, it is a neurological condition characterized by recurrent seizures. There are many different types of seizures. Some seizures cause people to fall down and convulse, other seizures may look like daydreaming, or sleepwalking. Seizures look very different for different people.

4. Some people's seizures are triggered by noises, smells, stress, lack of sleep, flashing lights or a combination of things. Others have no idea what triggers their seizures; only that they are unpredictable and can happen at any time.

5. Epilepsy is NOT contagious – you can't catch it, and you can't give it to someone else. In more than half of cases of epilepsy, no known cause can be found.

6. If you see someone having a seizure you should not restrain the person and NEVER put anything in their mouth. Instead, stay calm, protect the person from injury. If they are on the ground, put something soft under their head and remove sharp objects. Time the seizure. If the seizure lasts more than 5 minutes, or is a first-time seizure, call 911.

7. For about 70% of people living with epilepsy, seizures can be controlled with medications. Some with drug-resistant epilepsy respond to alternative treatments such as surgery, diets or nerve stimulation. There is no cure for epilepsy.

8. People with epilepsy have the same range of intelligence as people without epilepsy. Epilepsy does not diminish mental ability.

9. Living with epilepsy can result in personal challenges, and people with epilepsy experience depression and anxiety more frequently than individuals without epilepsy, but it does not have to result in an inability to live a full and rewarding life.

10. One of the most difficult challenges that people with epilepsy face is the stigma associated with it - one of the best ways to show your support is to learn more about epilepsy.