



# My Epilepsy Goals—What Are They?

You are the most important person in managing your epilepsy. Talk with your doctor to help you choose one or more goals you are ready to work on now.

## Goal 1



### Doctor Visits

- I will keep my doctor visits, even if I have not had a seizure.

## Goal 2



### Medicines

- I will keep track of my seizures and share my seizure calendar with my doctor.
- I will take my epilepsy medicines as directed by my doctor.
- I will call my doctor if I have problems.
- I will ask my pharmacist to put a note in my file that I have epilepsy.
- I will ask questions when I don't understand.

## Goal 3



### Triggers

- I will avoid things that can bring on my seizures.\*
- I will avoid excess caffeine.
- I will limit my use of alcohol.
- If I smoke, I will ask my doctor how to quit.

\*There is no single cause for a seizure and seizures may be brought on, or "triggered," by many things. Some examples include missing doses of epilepsy medicine; illness; flashing lights; lack of sleep; too much alcohol; street drug use; stress; and hormonal changes in women.

## Goal 4



### Daily Life

- I will keep a regular schedule. This includes eating well and getting plenty of sleep.
- I will ask my doctor what types of exercise are good and safe for me.
- I will make time for myself and learn how to reduce stress.

## Goal 5



### Asking for Help

- I will ask family and friends for help when I need it.
- I will join an epilepsy support group.

## Goal 6



### Seizure First Aid

- I will let my doctor know if I feel sad or blue.
- I will make sure that my friends, family, and coworkers know what to do if I have a seizure:
- Keep calm.
  - Make sure I am comfortable and safe from harm.
  - Call 911 if the seizure lasts longer than usual (talk with your doctor about when to call 911).