

Mersey Region Epilepsy Association

Registered Charity Number: 404366



DISPELLING MYTHS AND PREJUDICES

- Epilepsy is not selective. It can affect anyone at any time.
- Epilepsy is not contagious. It never has been and it never will be.
- Epilepsy is not a mental illness. Seizures are merely symptoms of a physical problem within the brain.
- Epilepsy is not necessarily an inherited condition and for most people there is no family history of epilepsy. We are currently in an era where our understanding of the genetics of epilepsy is rapidly increasing.
- Epilepsy does not have to be a bar to success. There are many people with epilepsy who enjoy highly successful lives.
- Epilepsy is not always a lifelong condition. Many people who have been free of seizures for three or four years have their medication withdrawn, under close medical supervision, and remain seizure free for the rest of their lives. Surgery can sometimes be successful in eliminating certain types of epilepsy.
- Seizures do not necessarily cause brain damage. There is no evidence to suggest that short single seizures cause permanent brain damage. Certain types of seizure of long duration (over 30 minutes) can, however, injure the brain.

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