

## FUN FACTS (Seniors)



1. The official colour for Epilepsy Awareness is Purple.
2. Epilepsy is when a person has two or more seizures starting in the brain.
3. The incidence (or new cases each year) of epilepsy in those over the age of 75 is now as high as it is in children under the age of 10 years (86 per 100 000).
4. A seizure is a sudden, uncontrolled electrical discharge in the brain.
5. If someone is having a seizure you should not put anything (wallet, ruler, pencil) in their mouth. The person cannot swallow their tongue.
6. The brain controls everything you do. Can you Waltz? When you dance, you're using many parts of your brain including your motor strip, which is responsible for hand, arm and leg control.
7. The brain is made up of billions of neurons that communicate through electrical and chemical signals.
8. Cassidy Megan is a Canadian girl from Nova Scotia who helped raise awareness about epilepsy by promoting March 26<sup>th</sup> as Purple Day for Epilepsy.
9. Some people can talk, walk and hear during a seizure, that type of seizure is called a Focal Aware seizure.
10. 1 in 10 people will have a seizure in their life.
11. 70% of people with epilepsy can control their seizures with medications. In the senior years, the body metabolizes medication at a slower rate due to diminished liver and kidney function.
12. Most seizures are not a medical emergency.
13. 911 should be called for seizures lasting over 5 minutes.
14. 50 million people world-wide have epilepsy.
15. 95,000+ people have epilepsy in Ontario.
16. 300,000+ Canadians are living with epilepsy today.
17. 54 new cases of epilepsy are diagnosed every year.
18. Thomas Edison, considered the inventor of the lightbulb, had epilepsy in his life.
19. Charlies Dickens had epilepsy. He wrote famous stories like a Christmas Carol, Oliver Twist and a Tale of Two Cities.
20. A device called a VNS (Vagus Nerve Stimulator), often called the pacemaker for the brain, helps stops seizures.
21. 1 in 100 people are living with epilepsy or seizures in Canada.
22. There are approximately 30+ different types of seizures and syndromes.
23. Seizures start in the brain. They can affect different parts/ lobes of the brain or the entire brain.
24. If a seizure affects all of the brain, the person cannot hear, speak, walk, remember or feel pain for a couple of minutes during the seizure.
25. 70% people with epilepsy, do not know exactly what causes their seizures and epilepsy.
26. You should turn a person on their side if they are having a convulsive seizure.
27. There are famous NHL, NFL and Olympic athletes that have epilepsy.
28. The type of seizure where a person falls to the ground and shakes is called, Tonic-Clonic.
29. Famous entertainers like Prince, Susan Boyle, Lil Wayne and Neil Young, Elton John have/had epilepsy.