

WHAT IS SUDEP?

Sudden Unexpected Death in Epilepsy (SUDEP) is when an otherwise healthy person with epilepsy unexpectedly dies and no cause of death can be found. Annually, about 1 in 1,000 people with epilepsy die from SUDEP.

Most people with epilepsy live a full life span. However, there are factors associated with living with epilepsy and seizures that may increase the risk of death.



CAUSES OF SUDEP

More research is needed to fully understand what causes SUDEP. Common causes may include:

- Disordered breathing.
- Irregularities in heart rhythm.
- Interference with typical brain function.
- Combination of multiple causes.

*HELPING THOSE WITH EPILEPSY
REALIZE THEIR FULL POTENTIAL*



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Call 800.332.1000 for after-hours support

Learning About SUDEP

(Sudden Unexpected Death in Epilepsy)



SUDEP RISK FACTORS

The greatest overall risk factor for SUDEP is frequent seizures, primarily generalized tonic-clonic seizures. Additional risk factors include:

- Not taking medication regularly or as prescribed.
- Stopping or changing medication suddenly and without a doctor's guidance.
- Young adults between 18–35 years old.
- Intellectual disabilities (IQ less than 70).
- Nocturnal seizures.

REDUCE YOUR RISK OF SUDEP

Seizure control is the most important step in reducing your risk of SUDEP. Methods for maximizing seizure control include:

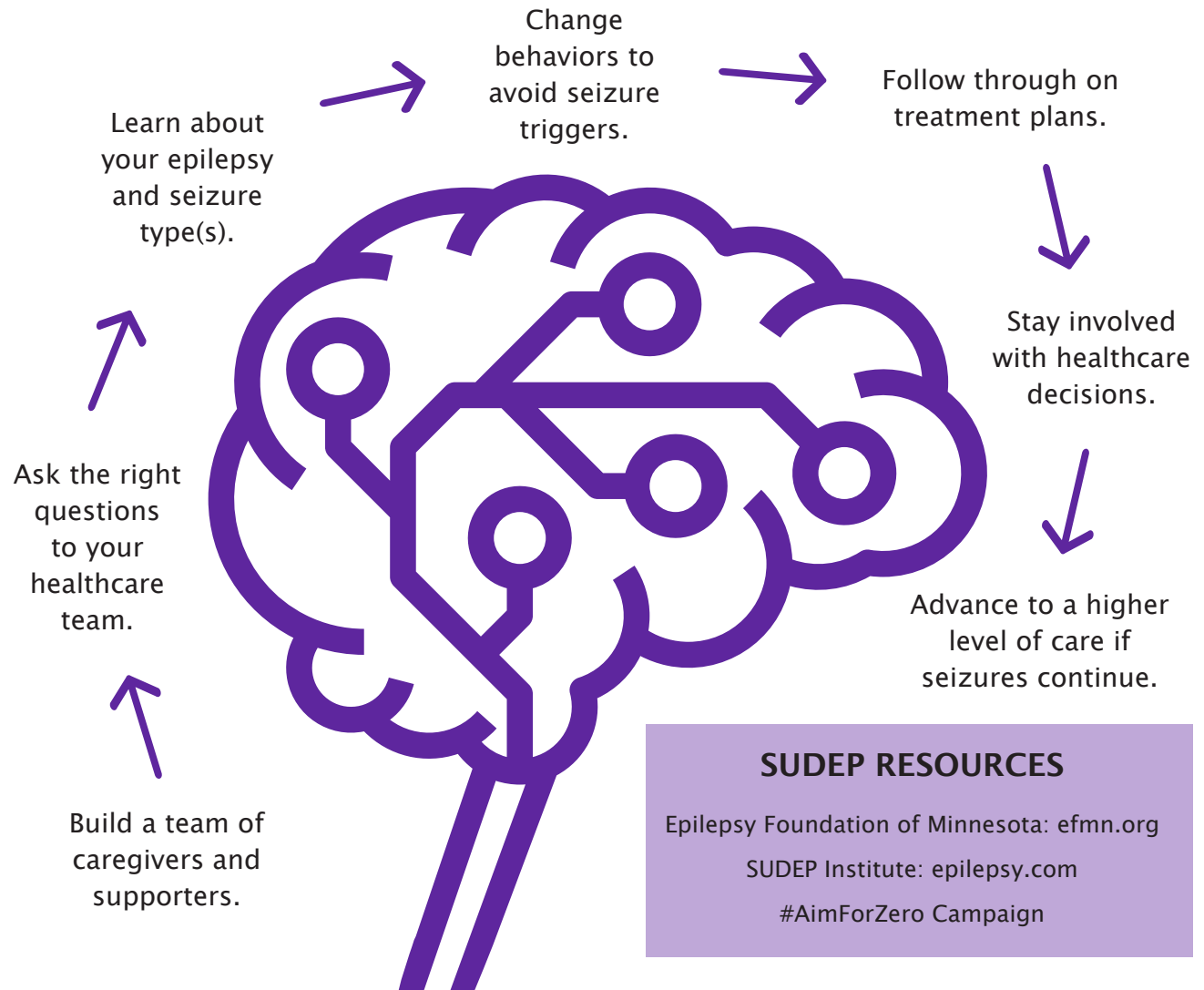
- Taking medications as prescribed.
- Avoiding known seizure triggers.
- Seeking out other treatment options if medication doesn't work:
 - Dietary options
 - Surgery
 - Neuromodulation (VNS, RNS, DBS)

Lifestyle factors that may be helpful:

- Getting enough sleep.
- Staying hydrated.
- Eating well.
- Minimizing stress.

TALKING ABOUT SUDEP

It's important to talk with your doctor about seizures and SUDEP to create a plan that minimizes your risks. Ask questions about your seizure type, seizure triggers, if additional tests are needed, and if you should be monitoring your seizures at night. It's suggested to talk with your support team, family, and friends about SUDEP as well.



SUDEP RESOURCES

Epilepsy Foundation of Minnesota: efmn.org

SUDEP Institute: epilepsy.com

#AimForZero Campaign