



A MINUTE OF HEALTH WITH CDC

Managing Epilepsy

Active Epilepsy and Seizure Control in Adults — United States, 2013 and 2015

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Approximately three million people in the U.S. have been diagnosed with epilepsy, a brain disorder that results in seizures. There are different types of epilepsy, as well as different types of seizures. A stroke, brain tumor, or traumatic brain injury may lead to epilepsy—however, for most people, the cause is unknown.

Epilepsy can increase the risk of depression, injuries, and even death. Although there is no cure, it can be managed with medication and lifestyle changes to avoid triggers, which include stress and insufficient sleep.

If you or someone you know has experienced a seizure, seek medical care. Early diagnosis and treatment can improve the chances of controlling epilepsy.

Thank you for joining us on *A Minute of Health with CDC*.

[Announcer] For the most accurate health information, visit cdc.gov or call 1-800-CDC-INFO.