

Epilepsy sufferers celebrate International Purple Day

George – Thursday 16 March 2017

1 in 103 people suffer from Epilepsy, says Epilepsy Research UK.

Many people have had someone close to them suffer and die from epilepsy. Emma, my Auntie, aged 34, died after a seizure while having a bath in May 2008. Although it was heart breaking it opened my eyes to the illness and made me more aware about it.

So many people know first-hand that it is a condition that needs more funding and more attention from the national community and media. This article was written to not only give the condition a voice, but to raise awareness of this illness.

Epilepsy is a condition or illness that causes seizures and loss of consciousness. Epilepsy day or Purple day, is an international day on the 26th March to raise awareness about Epilepsy, make people aware of the symptoms and raise funds for Charities, supporting victims in and around the UK.

A symptom of epilepsy includes recurrent seizures, these occur when there is too much electrical activity in the neurons, contained in the brain. Not all seizures are caused by epilepsy - people with low blood sugar that are being treated for diabetes can also experience seizures, however these are not epileptic.

My own experiences with epilepsy show that it's crucial you don't panic if you see someone having an epileptic seizure. Remain calm, stay aware and call or ask for help if you need it. If you find someone, according to the NHS Website you should move them from anything that could cause them harm, cushion their head if they are on the ground and stay with them and talk to them calmly until they have recovered.

To get involved on Purple day you could purchase a purple day wrist band which would go towards helping someone with this condition or go towards raising awareness of epilepsy. Or if you want to show your absolute support you could wear purple on the 26th March and donate to a local or National trust that supports someone with epilepsy. Although technological advancements have improved medication and aided people tremendously, I cannot stress enough the importance of more funding for this sector.

You can find support at these charities and telephone numbers. If you suffer from epilepsy at Epilepsy action and find more advice at Epilepsy research and the NHS website.