



Epilepsy: A Guide to Balancing Your Life

Ilo E. Leppik MD

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Epilepsy is the most common neurologic disorder in children, adults, and the elderly. The Epilepsy Foundation estimates that over 2.7 million people in the U.S have epilepsy, and an additional 181,000 new cases are diagnosed each year. Despite these numbers, epilepsy is often misunderstood. Individuals diagnosed with epilepsy face many difficulties and lifestyle changes. A proper understanding of epilepsy is a vital first step toward managing this disease and maintaining a normal life.

Epilepsy: A Guide to Balancing Your Life is an excellent resource for individuals who are diagnosed with epilepsy. Sponsored by the American Academy of Neurology, it contains practical and reliable information written in layman's terms. Filled with helpful tables and illustrations, this guide will answer commonly asked questions about epilepsy, explain how it is diagnosed and treated both with medications and other treatment options. It also discusses:

- Diet
- Epilepsy and pregnancy
- Sports and epilepsy
- Surgical treatment
- The effects of epilepsy in different age groups
- And much more!

Epilepsy: A Guide to Balancing Your Life is essential reading for all people with epilepsy seeking a better quality of life, and for family members and caregivers needing a better understanding of this condition.

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