

## **EPILEPSY GYAAN - MONTHLY POA - MAY**

### **WEEK 1**

#### **POST 1**

##### **Banner Tagline -**

Seize the Knowledge. Break-free from Seizures!

##### **Post Description -**

Right information, awareness and knowledge of the epilepsy are the vital steps to being safe-guarded.

Join EpilepsyGyaan on its expedition towards an aware, informed and epilepsy-free tomorrow.

#### **POST 2**

##### **Banner Tagline -**

Dos and Don'ts Guidebook to managing Epilepsy Attacks!

##### **Post Description -**

Read the above post carefully and understand the critical dos and don'ts guidelines for treating an epilepsy attack victim.

With these proper precautions and easy to remember pointers, we can all lend our helping hand to the Epilepsy victims.

#### **POST 3**

##### **Banner Tagline -**

There's an estimated enormous of over 10 million Epilepsy victims in India!

##### **Post Description -**

Based on findings of a research shared over National Centre for Biotechnology Information's Public Medical Center, there are estimated 50 million Epilepsy victims worldwide of which, 10 million are found in India.

Join EpilepsyGyaan on its expedition towards an aware,  
informed and epilepsy-free tomorrow.

Catch the complete research on

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4001222/>

## WEEK 2

### POST 1

#### **Banner Tagline -**

With Epilepsy too...

Earlier, the better!

#### **Post Description -**

There's an estimate of over 63% people suffering from epilepsy, assume seizure control in first few medications itself. Unfortunately, ignorance often leads epilepsy to a more serious stage where the irreversible damages can occur.

### POST 2

#### **Banner Tagline -**

One is Seizure...

Many is Epilepsy!

#### **Post Description -**

The key differentiating factor between Epilepsy and Seizure is the fact that seizure occurring several times, amounts to a state of disorder called epilepsy.

Take care, stay aware and stop seizures from turning into Epilepsy.

### POST 3

#### **Banner Tagline -**

Epilepsy isn't one simple thing.

It's a complex diversity in itself!

#### **Post Description -**

Yes! Not all epileptics are the same. Based on various criterion of classification, there are several types of epileptic seizures that can occur.

To know them all, how they are different and what are their individual peculiarities, read

<https://www.epilepsysociety.org.uk/epileptic-seizures#.Vy0CIIR95hE>

## WEEK 3

### POST 1

#### **Banner Tagline -**

Food-triggered seizures!

- ✓ Beware of Gluten
- ✓ Watch out for Soy Products
- ✓ Reduce intake of processed sugar
- ✓ Try avoiding milk based food
- ✓ Eliminate artificial sweeteners
- ✓ Avoid carrageenan

#### **Post Description -**

Food too can be a motivator for several seizures in brain. This makes it very vital for us all to know what may inspire the causal of seizures.

In the image above, are a few pointers to start with.

To get into depths of whats and whys of these seizure inspiring foods, read <http://www.wikihow.com/Avoid-Food-Triggered-Seizures>

### POST 2

#### **Banner Tagline -**

Motivation and elevated spirit...

The fuel to conquering epilepsy!

#### **Post Description -**

Stay motivated. Don't give up. Motivate people and other epilepsy victims around you as well. With the right positive spirit, no goal is too far. No realm too impossible. No target, too tough.

### POST 3

#### **Banner Tagline -**

Break-free from Misconceptions...

Love thy Epileptics fearlessly!

**Post Description -**

Get rid of the mythical impressions that epilepsy is contagious. Epilepsy in no manner can spread through physical contact of someone who has seizures. It's as non-contagious as diabetes or high blood pressure.