

SEIZURE

A Seizure occurs when the electrical signals in the brain are disrupted. During a seizure, the brain and nervous system mal-functions and the person having the seizure may experience anything from a few minutes of confusion to total unconsciousness. A person who has epilepsy has recurring seizures.

SYMPTOMS

- Uncontrolled twitching of some part of the body.
- Loss of awareness for a couple of minutes.
- Compulsive repetitive mannerisms such as picking at things for a few minutes.
- Abnormal behavior or emotions, such as laughing inappropriately.

There are **two kinds** of primary seizures.

GRAND MAL SEIZURES

- Grand Mal Seizures can last up to 2 minutes.
- Sudden loss of consciousness, rigid body, either straight or arched backward.
- Shaking of the arms, legs, and torso.
- Biting the tongue.
- Loss of bladder control.

PETIT MAL SEIZURES

- Loss of awareness.
- Sudden collapse into unconsciousness in just a few seconds.
- Sudden jerks of the arms and legs on one or both sides of the body, lasting no more than a few seconds.

CAUSES

- Brain tumor.
- Infection that affect the brain.

- Drugs, alcohol, or toxic substances, and sometimes withdrawal from those substances.
- Certain chemical disturbances in the body from disease, dehydration or even lack of sleep.
- Scar tissue in the brain from an earlier illness or trauma.
- Strokes or other blood system disorders.
- Trauma to the brain from an accident or blow to the head.
- High fever (*in infants*).

FIRST AID

If someone is having a seizure, take these steps:

- Make sure the person is in a place where he or she is not in danger.
 - Move any objects the person might bump into during a seizure.
 - Roll the person onto his or her side. Put a pillow or something else soft under the person's head.
- Do not put any object or your fingers into the person's mouth.
- Don't try to restrain the person.
- Stay with the person through the seizure.
- Look for a medical alert bracelet that will tell you who to contact in an emergency and what medications the person may use.
- If the person doesn't wake up in a few minutes after the seizure, call emergency help (911).
- If there is another seizure right away, or if the seizure lasts more than 2 minutes, call for emergency help (911).

Someone with epilepsy or recurring seizures doesn't need to see a doctor after each one. But if the person is pregnant, and there are signs of illness or injury, or there are changes in the way the person feels during or after seizures, he or she should see the doctor.

2 Chronicles 7:14

If my people which are called by my name, shall humble themselves, pray, and seek my face, and turn from their wicked ways: then will I hear from heaven and will forgive their sin and will heal their land.

Sis. Esther Conner 2013