

Facts:

More than **65%** of people living with epilepsy could become **seizure-free within six** months with proper treatment.¹¹

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Men**sanofi**

EPILEPSY
 ——— in ———
MEN



Globally, **330** per **100,000** men suffer from epilepsy.¹

More than **5 million** men suffer from **epilepsy in India.**²

In general, males can be at a higher risk of suffering from seizures than females, probably because of higher exposure to risk factors such as:^{3,4}



A chance of head injury at workplace



Alcohol use



Lack of sleep

If you suffer from epilepsy, it does not mean that you cannot live an active lifestyle. You should only plan ahead and avoid possible dangers.⁵

Here are some tips that you can adapt to your daily lifestyle:

Understand what can trigger this condition and avoid them^{6,7}



Specific time of day or night



Flashing bright lights



Sleep deprivation



Heavy alcohol use or alcohol withdrawal



Recreational drugs



Stress



Dehydration



Low blood levels of sodium, calcium, or glucose



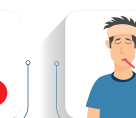
Excess caffeine



Use of certain medications



Missed medications



Illness (with/without fever)



Impaired brain function due to liver or kidney problems

Take precautions while performing day-to-day activities

Protect yourself while performing tasks that can cause head injury,⁸ for e.g.:

- A helmet while playing sports⁸
- A helmet and waist harness for those who work at heights⁹
- Safety guards for those working around machinery⁹

While swimming, ensure that you have a friend who can swim or a lifeguard around^{5,10}

Avoid places or situations that can expose you to bright lights⁵

Have someone around you while ironing clothes¹⁰

Stand well behind yellow lines when using public trains¹⁰

Do not skip medications prescribed to treat epilepsy. Avoid alcohol/recreational drugs as they can alter the way your body responds to medications.⁵

