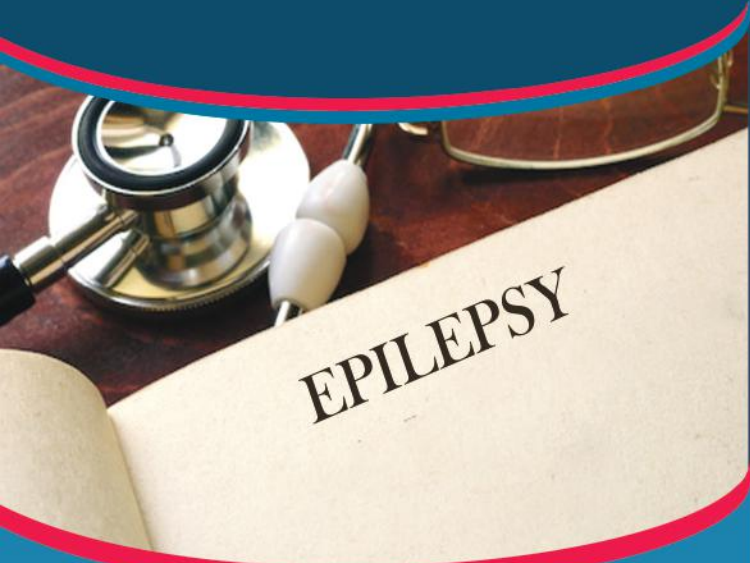




# Epilepsy



## ➤ Risk factors for epilepsy ◀

- Age
- Family history of epilepsy
- Head injury
- Stroke and other vascular diseases
- Brain infection
- Seizures in childhood

## ➤ Medical nutrition therapy in epilepsy ◀

The ketogenic diet is a high-fat, low-carbohydrate, protein-controlled diet that has been used to treat epilepsy since the 1920s. A ketogenic diet is a proven treatment option for children with epilepsy. However, adults may also benefit from diet therapy.

Dietary treatments for epilepsy should only be performed with the support of a nutritionist and epilepsy specialist.

## ➤ Atkins Modified Diet (MAD) and Modified Ketogenic Diet ◀

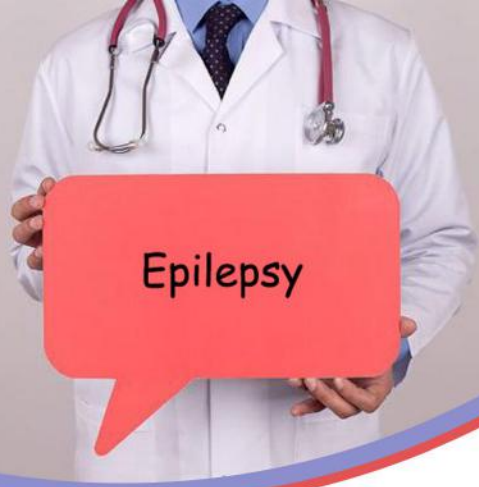
The Atkins Modified Diet and the Modified Ketogenic Diet (sometimes called "Modified Ketogenic Therapy") use large amounts of fats and careful control of carbohydrates. These are usually more flexible than conventional ketogenic diets or MCTs because they contain more protein.



## ➤ Foodstuffs with low glycemic index (LGIT) ◀

This diet focuses on how carbohydrates affect blood glucose levels (glycemic index) as well as low carbohydrate levels.

The ketogenic diet has few side effects, including low blood glucose, stomach upset due to high fat intake, and constipation. In long-term this diet can increase the risk of developing kidney stones, elevated cholesterol levels which are usually transient and resolve with cessation of diet, and slowing down baby's growth, which is quickly returns to normal. Although the ketogenic diet is restrictive and requires constant effort, it completely controls epilepsy in 10-15% of children whose disease is not otherwise controllable.



Epilepsy



Epilepsy

### ▶ Epilepsy ◀

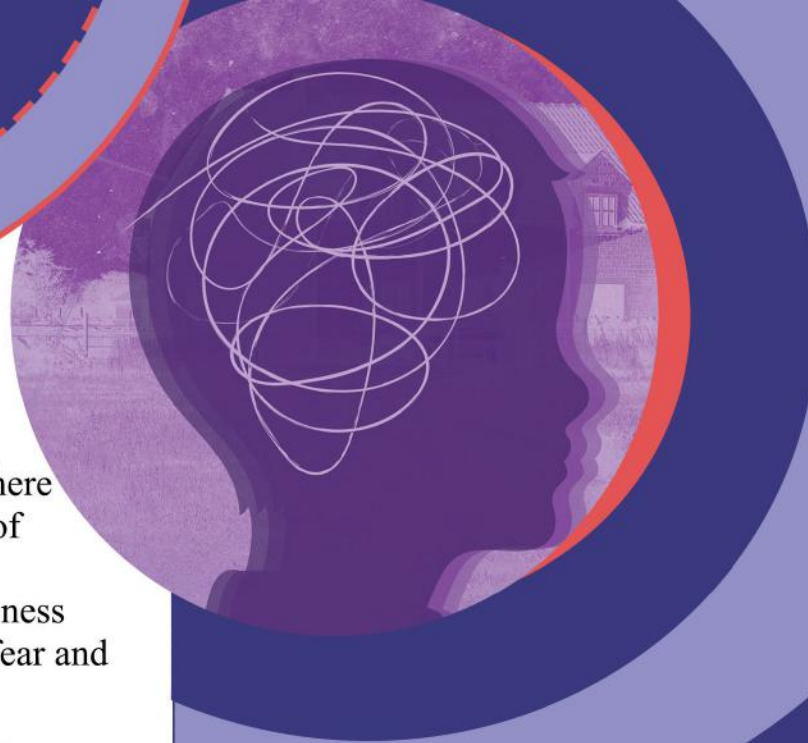
Epilepsy is a disorder of the central nervous system (nervous) in which brain activity becomes abnormal and causes seizures or periods of unusual behavior, emotions, and sometimes loss of consciousness. Epilepsy occurs in both gender and all races, ethnic and ages.

The symptoms of seizures are very different. Some people with epilepsy stare easily for a few seconds during a seizure, while others twist their arms or legs frequently. Having a single seizure does not mean having epilepsy. There are at least two non-stressful cases needs for diagnosing epilepsy.

Medication or sometimes surgery can control most seizures in people with epilepsy. Some people need lifelong treatment to control seizures, but for others, the seizures eventually go away. Some children with epilepsy may get rid of the condition as they get older.

### ▶ Symptoms of epilepsy ◀

- ▶ Temporary confusion
- ▶ Temporarily staring at somewhere
- ▶ Uncontrollable movements of the arms and legs
- ▶ Loss of consciousness or awareness
- ▶ Psychological symptoms such as fear and anxiety



▶ **Focal seizures:** When seizures are caused by abnormal activity in only one area of your brain, they are called focal seizures.

▶ **Generalized seizures:** Convulsions that appear to involve all areas of the brain are called generalized seizures.

The cause of epilepsy is unknown in about half of those with the disease. In the other half, the disease may be seen in a variety of factors, including:

- ▶ Genetics
- ▶ Concussion
- ▶ Infectious diseases
- ▶ Prenatal injuries
- ▶ Developmental disorders

Physicians generally classify seizures as focal or general, based on how abnormal brain activity begins.