



Benefits of Exercise on Epilepsy

By: Alan Salim

Benefits



Decreased seizure frequency: Regular physical activity can reduce the number of seizures in some individuals with epilepsy.

Improved cardiovascular health: Exercise enhances overall cardiovascular fitness, which is beneficial for people with epilepsy.

Enhanced psychological well-being: Physical activity can improve mood, reduce stress, and decrease symptoms of depression and anxiety, which are common in people with epilepsy.

Better cognitive function: Some studies suggest that exercise may improve thinking, memory, and overall cognitive performance in individuals with epilepsy.

Increased quality of life: Regular physical activity contributes to an improved overall quality of life for people with epilepsy.



Benefits Cont.



Improved physical fitness: Exercise helps maintain strength, flexibility, and endurance, which are important for overall health.

Positive impact on self-esteem: Accomplishing fitness goals can contribute to improved self-esteem and confidence.

Potential reduction in interictal epileptiform discharges: Some studies using EEG monitoring found a decrease in these discharges during the post-exercise period.

Social benefits: Participating in physical activities can provide opportunities for social interaction and reduce feelings of isolation.

Improved seizure control: In some cases, regular exercise may contribute to better overall seizure control through improved general health and well-being.



Types of Exercise



Walking: This low-impact activity is easy to do and requires no special equipment. Regular, brisk walks help protect heart and lung health while controlling weight.

Swimming: While excellent for fitness, swimming should be done with caution. Always swim with a buddy, choose pools with lifeguards, and inform the lifeguard about your condition.

Cycling: Bike riding is a great way to improve health and fitness. However, always wear a helmet and stick to quiet side streets or bike paths if seizures aren't fully controlled.



Types of Exercise Cont.



Yoga: This practice combines physical poses with meditation or relaxation, potentially reducing stress—a common seizure trigger. Some small studies suggest yoga may improve seizure control.

Low-impact activities: Tai chi, jogging, and walking are generally considered suitable for people with epilepsy.

Strength training: Using hand-held weights, resistance bands, or weight machines can increase muscle mass and maintain a healthy body weight. When lifting heavy weights, have someone nearby who can help in case of a seizure.



Safety Precautions



- Use a buddy system, especially when using equipment or engaging in activities like bike riding.
- Exercise on soft surfaces like grass or mats, and wear protective gear such as knee and elbow pads.
- Stay hydrated and avoid overexertion or overheating.
- Inform exercise partners and lifeguards about your condition.





Any Questions?



Thank you for listening