



Patient Education & Our Website

beyondepilepsy.org

By: Favourin Sajeev

Why Patient Education Matters



Better control. Understanding your medications, triggers, and sleep leads to fewer surprises — education is part of treatment.



Safer daily life. Knowing seizure first aid and home-safety basics protects you and everyone around you.



Stronger appointments. Informed questions get better answers — you become a partner in your own care, not a bystander.



Less fear, less stigma. Knowledge replaces myths — for people with epilepsy and for the people around them.

Epilepsy Is Closer Than You Think



1 in 26

Americans will develop epilepsy
at some point in their lifetime



3.4M+

Americans are living
with epilepsy right now



1 in 10

people will have a seizure
during their lifetime



That's why general education matters — not just for patients, but for family, classmates, coworkers... everyone.

Sources: Epilepsy Foundation • CDC

What's On Our Patient Education Page



Trusted, free guides from the Epilepsy Foundation, the American Epilepsy Society, and other organizations we trust — several also en español.



New to epilepsy



Seizure first aid



Understanding SUDEP



Functional seizures



Safety & planning



Driving in California



Medication & costs



Women & epilepsy



Teens becoming adults

Nine topics • ~40 hand-picked guides, factsheets, and courses

A Few Highlights



Seizure first aid — the Stay. Safe. Side. poster (also en español) and a free 30-minute online course with a certificate.



Seizure Action Plans — fillable one-page plans to complete with your care team, plus seizure diaries and tracking tools.



Driving in California — how state law and the DMV actually handle seizures and driving. Real answers, not rumors.



New to epilepsy? — a full starter toolkit, plus printable question worksheets to bring to your next appointment.

How To Get There



1



Go to the site

beyondepilepsy.org — works great on your phone

2



Tap “Information”

In the menu at the top of any page

3



Open “Patient Education”

Browse the nine topics — every guide is free



These materials are for general education — always talk with your own care team about what applies to you.



Any Questions?



Thank you for listening