

EXPLODING MYTHS ABOUT EPILEPSY

FACT SHEET

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FACT:
Over 250,000
Australians
have epilepsy

MYTH: Epilepsy is rare

MYTH: Epilepsy is a mental illness

FACT:
Epilepsy is a
disorder of
the brain

FACT:
It's physically
impossible to
swallow the
tongue. Put the
person in the
recovery
position

MYTH: You need to put something in the person's mouth to stop them from swallowing their tongue

MYTH: You should restrain someone having a seizure

FACT:
Restraining a
person will not
stop or slow a
seizure.
Instead, it is
likely to cause
agitation or
distress

FACT:
You can get
epilepsy at any
age, but seniors
are the most
commonly
diagnosed
group

MYTH: You only get epilepsy as a child

MYTH: You can't die from epilepsy

FACT:
Although
uncommon,
death in
epilepsy can
happen

FACT:
Not all seizures
are convulsions.
Not all people
lose conscious-
ness. Seizures
can be brief stares,
confusion or
unusual behaviour

MYTH: People with epilepsy lose consciousness and have convulsions

FACT:
Some types of
epilepsy are
genetic, but
there are
many other
causes

MYTH: Epilepsy is genetic



Don't stay in the dark about epilepsy...