

➤ WHAT IS THE TRIVIA CHALLENGE?

The Epilepsy Australia Trivia Challenge is a general knowledge program for students in Grades 3-6 that supports through education and awareness people with epilepsy. Through teamwork and co-operative learning Trivia Challenge provides a supportive environment whereby students will acquire a greater awareness of epilepsy. Additionally our aim is to enhance the confidence of students in dealing with epilepsy whilst reducing any fear and anxiety they may have.

Schools register to participate and they hold their initial Trivia Challenge in-house using questionnaire booklets which are provided by Epilepsy Tasmania. The top team in each year group will proceed to the state final and will compete for the Epilepsy Tasmania Trivia Challenge perpetual trophy.

If your school is interested in participating in Trivia Challenge please call 6331 7881

➤ AND YOU ARE HELPING OTHERS

Each year many Tasmanians turn to us for help. For many, their lives have been placed on hold as they struggle to get their epilepsy under control. Epilepsy Tasmania provides support, information and advice to people who have or affected by epilepsy. Your support of Trivia Challenge and Epilepsy Tasmania assist us in providing community awareness about epilepsy and seizure first aid. We truly appreciate your support.

SERVICES AVAILABLE

- ✓ Information
- ✓ Support
- ✓ Community education
- ✓ Support groups and networks
- ✓ Advocacy assistance
- ✓ Access to a national library
- ✓ Epilepsy Snapshot newsletter
- ✓ Hospital & clinic support
- ✓ School education programs
- ✓ Emergency management education

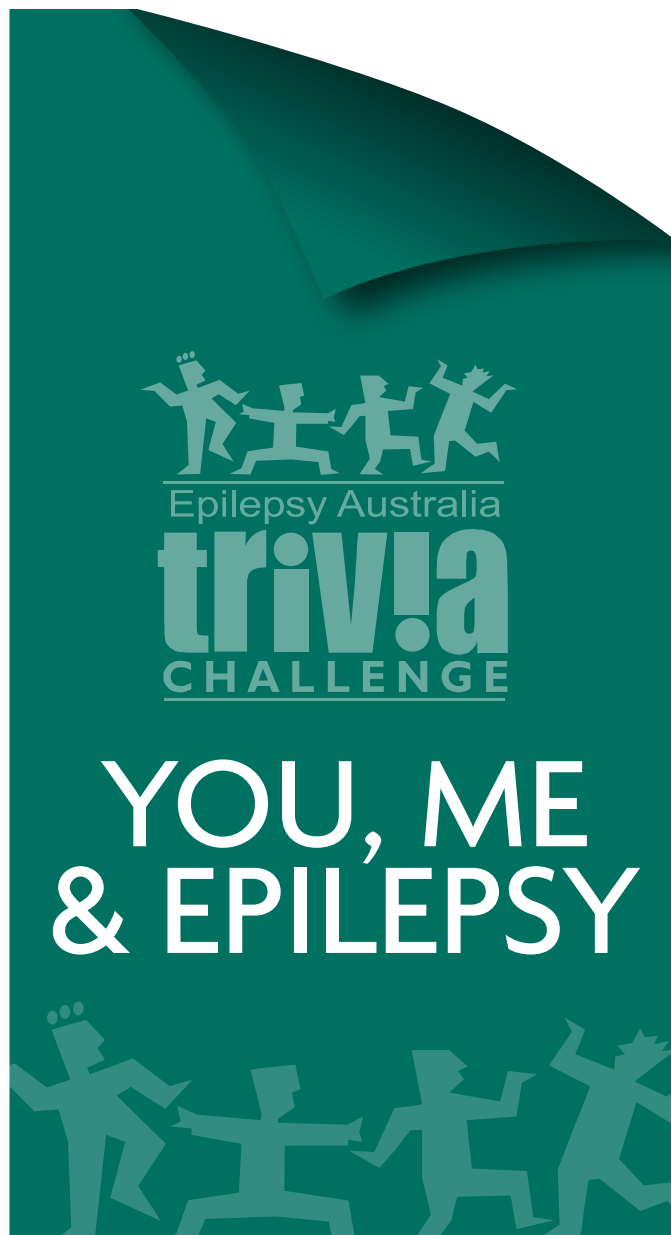
epilepsy
tasmania

Email: epilepsy@epilepsytasmania.org.au

Anyone who is affected by epilepsy can now contact an epilepsy educator from anywhere in Australia just by ringing

Epilepsy Help Line 1300 852 853

www.epilepsytasmania.org.au



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HELP BY UNDERSTANDING

➤ WHAT IS EPILEPSY?

Our brain is made up of millions of cells called neurones. Messages in the form of tiny electric signals are sent along these neurones, telling our bodies what to do and feel, and how to act. A seizure occurs when these signals are interrupted. The messages being sent can get mixed up, and for a brief period of time, a person may not be able to control what they do.

The good news is that, like many other conditions, epilepsy can usually be managed with medication. Statistics tell us that eight out of ten people with epilepsy will stop having seizures once they are on medication.

Anyone at any age, level of intelligence or nationality can have epilepsy. It is estimated that 3 – 5% of Australians will have epilepsy at some time during their lifetime. Famous people who have had epilepsy include Lewis Carroll, Julius Caesar, Hugo Weaving, Wally Lewis and Kerry Armstrong.

➤ SEIZURE TYPES

There are many types of seizures. Here are three of the most common:

TONIC-CLONIC SEIZURE

A tonic-clonic seizure can cause a person's body to become stiff. The person loses consciousness and their body and limbs jerk. This seizure usually only lasts a few minutes and, when it is over, the person may be confused and will probably want to sleep.

COMPLEX PARTIAL SEIZURE

A complex partial seizure can make a person look like they are in a trance. They may make funny sounds, fidget with their clothes or repeat movements. Sometimes they may wander around with no specific purpose. These seizures only last a few minutes. Afterwards the person may be confused but that will soon pass.

ABSENCE SEIZURE

An absence seizure can make a person look like they are daydreaming. They will suddenly stop what they are doing and will just stare for a few seconds. Then they will recover. This may happen many times in a day, and during the seizure they will not know what happened, or more importantly, what they missed out on.

➤ WHAT WE KNOW

In only about 30% of cases the cause can be found. Some of these include: *Brain infection, Head trauma, Stroke, Hereditary disease, Congenital malformation of the brain.* Anyone of any age, intelligence or nationality can get epilepsy. It is estimated 3-5% of Australians will have epilepsy sometime during their lifetime.

➤ WHAT CAN BE DONE

There are certain things a person can do to reduce the likelihood of seizures. Taking medication regularly, if prescribed by your doctor, is one important thing to do. Certain things can trigger seizures in some people with epilepsy but it is different for each person.

Lack of sleep, fatigue, stress, extreme heat, dehydration, over-excitement, missed meals and/or too much alcohol can cause seizures. For a small number of people with epilepsy, flashing lights, computer games and television can trigger a seizure. While many people with epilepsy can tell you what triggers their seizures, others just don't know.

SEIZURE FIRST AID

IN A CONVULSIVE SEIZURE:

- ✓ Stay calm and time the seizure from the beginning
- ✓ Protect the person from injury and remove any hard objects
- ✓ Place something soft under the head and loosen any tight clothing
- ✓ When possible roll the person on their side to keep their airway clear
- ✓ Stay with, and reassure the person until they have recovered

If the person is disoriented or behaving strangely (a non-convulsive seizure), talk to them and protect them until they recover.

CALL AN AMBULANCE (DIAL 000) IF:

A seizure continues unabated, or consciousness is not regained in five (5) minutes, or if the seizure occurs in water or if a person is pregnant, diabetic or seriously injured.