



POLMED

OUR INVESTMENT OUR HEALTH OUR FUTURE

STAMP OUT THE STIGMA

Dear Member

This global event is dedicated to raising awareness about epilepsy, a neurological disorder that affects millions of people worldwide. It aims to promote understanding, reduce stigma, and provide support to individuals living with epilepsy and their families. We've put together some information that will help you support a loved one who may have this condition.

DID YOU KNOW THAT 50 MILLION PEOPLE GLOBALLY ARE AFFECTED BY EPILEPSY?

This common neurological condition impacts about 1 in every 100 people in South Africa. That works out to 8% of South Africans at risk of experiencing an epileptic seizure. Knowing what epilepsy is and how to act is vital.

SYMPTOMS OF EPILEPSY:



These symptoms can cause memory loss, injuries, and reduced mobility.

MYTHS ABOUT EPILEPSY:

There are many misconceptions about epilepsy, which can affect the management of the condition. The most common include:

<div>Epilepsy is a mental condition. ❌</div> <div>Rather, epilepsy is a brain disorder. ✅</div>		<div>Individuals experiencing a seizure swallow their tongues. ❌</div> <div>It's impossible to swallow your tongue. ✅</div>
<div>Individuals with epilepsy can't work. ❌</div> <div>Once seizures are managed and controlled, individuals with epilepsy can live a normal life. ✅</div>		<div>Epilepsy has no treatment. ❌</div> <div>While there is no cure for epilepsy, treatments are available to manage the condition. ✅</div>

LIVING WITH EPILEPSY

Seizure-preventing medications can assist up to 80% of those living with epilepsy. Seizures may still occur, so knowing how to manage them using the **Stay Safe Side** method is essential:

- **Stay** with the person until the seizure ends.
- Keep the person **Safe** and time the seizure.
- If the person starts convulsing or isn't awake, turn them on their **Side**.

IMPORTANT: DO NOT RESTRAIN THEM OR PLACE ANYTHING IN THEIR MOUTH.

Call for medical assistance immediately if the seizure lasts longer than five minutes or if the individual experiences another seizure or appears in distress.

While seizures may complicate work and school life, they shouldn't prevent individuals from gaining employment or finishing their studies. With a proper diagnosis, the correct medication and precautions, those living with epilepsy can live a long and healthy life.

If you or a loved one has been diagnosed with epilepsy, reach out to our Chronic Disease Management team for information on how this condition is covered. PPOLMED Client Service Call Centre: **0860 765 633** or email polmedapmb@medscheme.co.za.

Regards,
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