

## Living with epilepsy

March is epilepsy-awareness month. Clearwater Bay dad Tan Rahman, head of digital with an international marketing agency, reveals what it's like to live with the condition.

### When did you learn about your epilepsy?

I had late stage onset of epilepsy at the age of 32, doctors were concerned the cause may lie in brain damage or a tumour. After tests, there was no obvious reason for why it happened – I was just unlucky. The form of epilepsy I developed has generalised tonic clonic seizures where the body convulses uncontrollably and sometimes leads to unconsciousness. After six months, my doctors found the right balance of drugs and I was able to live a relatively normal life.

At 40, I developed a neurological condition, neurosarcoidosis, with partial seizures, which involved having an aura, blacking out and amnesia. Over two years, doctors brought it under control with different drugs.

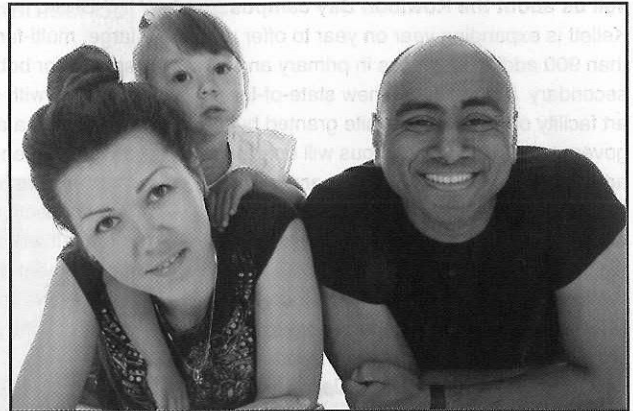
### How has it affected your life?

You learn to cope. I was a driving enthusiast

and I enjoyed scuba diving, both of which I miss. My family has no issues with my condition because I don't complain or obsess about it. My work is generally unaffected. Many epileptics have a short warning period before a seizure, this could be as simple as an uneasy feeling or a part of the body becoming numb. When I sense a seizure coming, I walk to a quiet place, sit down and allow it to happen. Some of my colleagues are aware of my condition.

### How have you dealt with having epilepsy?

When it first developed, I went through the stages of denial, anger and acceptance. After that, I simply made changes to accommodate it.



You take care not to put yourself in a situation that may cause harm should you have a seizure but usually this is not a big problem.

### Any practical advice for living with epilepsy?

Don't be afraid, there are many worse things in life. To those that don't have epilepsy; don't be afraid of people who do have it.



Visit our  
online catalogue  
[www.bumpstobabes.com](http://www.bumpstobabes.com)

Everything you  
need at...

# bumps to babes



**Pedder Building Store** 5/F Pedder Building, 12 Pedder Street, Central T: 2522 7112  
**Horizon Plaza Store** 21/F Horizon Plaza, 2 Lee Wing Street, Ap Lei Chau T: 2552 5000