



Young Post



SUMMER CHALLENGE (part 1)

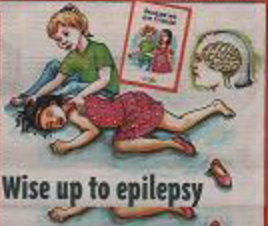
WANG PENGCHANG HARARE

SEIZURES: THE DNI AND DDI

- 1. What is a seizure?
- 2. What are the signs and symptoms of a seizure?
- 3. How can you prevent seizures?
- 4. What are the different types of seizures?
- 5. How can you help someone who is having a seizure?
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Wise up to epilepsy

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It's not always straightforward to talk about epilepsy. It's a complex condition that affects the brain and can cause seizures. But it's important to know more about it, especially if you or someone you know has it.

According to the World Health Organization, there are about 50 million people with epilepsy worldwide. In Zimbabwe, the prevalence is about 10 per 1,000 people.

The most common type of epilepsy is focal epilepsy, which is caused by a small area of the brain that is overactive. This can lead to seizures that affect only one part of the body.

Other types of epilepsy include generalised epilepsy, which affects the whole brain, and idiopathic epilepsy, which has no known cause.

Seizures can be scary, but they are usually harmless. They are caused by a sudden burst of electrical activity in the brain. This can lead to a loss of consciousness, muscle spasms, and other symptoms.

There are many different types of seizures, and they can be treated with medication. In some cases, surgery may be needed to remove the part of the brain that is causing the seizures.

If you or someone you know has epilepsy, it's important to see a doctor. They can help you understand the condition and develop a treatment plan.

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