

# National Epilepsy Week 17-23 May 2015



In 2014, Epilepsy Action asked people to share their thoughts about what it was like to be diagnosed with epilepsy.

What is epilepsy? Has a cure of epilepsy been found? Epilepsy is a tendency to have recurrent seizures, or fits. So what causes a seizure? A sudden burst of excess electrical activity in the brain, which causes temporary disruption in the normal message passing between brain cells.

There are many different types of seizure. What you experience during a seizure depends on where in the brain the epileptic activity begins.

Epilepsy Action wants to make sure everyone with the condition has what they need to make the best decisions about their own individual lifestyle.

For more information about [National Epilepsy Week](#) visit the website.

With your help, epilepsy sufferers will have a better chance of a comfortable, happier life.