

SUDEP Global Conversation partners with International SUDEP Awareness Day to shine a spotlight on risk in epilepsy

SUDEP – the Global Conversation is happy to partner with SUDEP Awareness Day - 23rd October to help shine a spotlight on risk in epilepsy. The awareness day, which now has a microsite www.sudepawarenessday.org, was launched by SUDEP Action last year, and is dedicated to raising awareness of Sudden Unexpected Death in Epilepsy (SUDEP) all around the world.

SUDEP Action Chief Executive Jane Hanna OBE, one of the editors of SUDEP – The Global Conversation said: *“This year’s SUDEP Awareness Day theme is ‘Are You SUDEP Savvy? We went with this theme because we want people to talk and learn about SUDEP. If you have epilepsy, we would like you to know that there are things you can do to reduce your risk of SUDEP, such as taking your medication regularly and reliably and making sure you have regular reviews. Not everyone with epilepsy is at risk, it is important you discuss your risk with your health professionals.”*

“We are also encouraging health professionals to talk to their patients about SUDEP and epilepsy risks; this can be done positively with the right information. Having the SUDEP conversation with your patients can help them make informed lifestyle choices and help them take steps to reducing their risks.”

Working with the partners at SUDEP –the Global Conversation and organisations from North America, Europe and Australia, the campaign has put together some great awareness materials.

SUDEP Aware’s Tamzin Jeffs said: *“Being SUDEP Aware is a vital step towards bringing better understanding to death in epilepsy; encouraging its discussion between healthcare providers and their patients; and empowering people with epilepsy to make informed lifestyle decisions to reduce their risk. Join us in supporting this important SUDEP Awareness Day and in strengthening the SUDEP Global Conversation.”*

Denise Chapman commented: *“Raising public awareness of SUDEP has been the driving force behind the SUDEP Global Conversation series. Current knowledge indicates that taking an active role in your epilepsy management can help reduce the risk of SUDEP. SUDEP Action’s initiative to create an international SUDEP Awareness Day and to engage with other organisations to promote SUDEP awareness and epilepsy risk globally is another step in ensuring the SUDEP conversation continues. I would encourage all those involved in the treatment and management of epilepsy to start that conversation today”.*

Now in its second year, the awareness day is part of SUDEP Action’s Call for Openness campaign which encourages a common sense approach to alerting people at risk of ways to reduce their risk of SUDEP. The awareness day also honors the lives of all those who have died from the condition. *For more information please visit the campaign microsite at www.sudepawarenessday.org.*