

How Do People With Epilepsy Recognize Seizures?



Inspired by **patients**.
Driven by **science**.

Emotional Changes



Irritability¹



Anxiety¹



Anger¹



Panic/Fear²

Sensory Changes



Strange sounds²



Odd tastes³



See flashing lights²



Blurry or partial vision²



Numbing or tingling²



Strange smells²



Physical Changes

- Headache²
- Lightheaded²
- Dizziness²
- Sudden jerks or spasms²
- Staring²
- Nausea²
- Loss of balance⁴
- Eye twitches⁴

Psychological Changes



Changes in behaviour²



A funny feeling²



Rising feeling in the belly³



Déjà vu⁺⁺²



Out-of-body sensation⁵



Body parts feel different⁶



Head on fire^{2,4}



Confusion⁴



Spacey/Foggy⁴



Jamais vu⁺⁺²

+ Déjà vu: A feeling that a person, place or thing is familiar, but you've never experienced it before.
++Jamais vu: The illusion that the familiar is being encountered for the first time.



References

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