

## Epilepsy in Adolescents and Young Adults

Adolescence and early adulthood is a time of physical and emotional changes, a time of greater socialization with peer groups, a time of increased pressure to succeed especially at examinations, a time when one wants to loosen family ties and increase independence and a time when one tends to stay awake well into the night. Education and counselling of the PWE and family members are a must to rectify wrong habits and unwarranted pressures. Important points to remember are:

- Avoid sleep deprivation, alcohol and substance abuse as these can precipitate or aggravate seizures.
- PWE working in shift duties should take fixed time jobs whenever possible. They may have to be given AEDs which are either once a day or at most twice a day and dosing should be done as per their daily routine.
- Driving should be discouraged. Supervised swimming may be allowed if seizures are well controlled. Avoid potentially risky leisure activities like rock climbing, horse riding etc.
- Prolonged TV viewing, playing video games and dancing in dark rooms with flickering/flashing lights (discotheques) can precipitate seizures in some individuals.