The treatment goal for epilepsy is freedom from seizures and side effects, as soon as possible. However, this is unmet. The three main strategies to tackle this includes:

1. **Antiseizure drugs**: Whether as monotherapy or in combination, to achieve sustained seizure freedom is DRE.
2. **Pseudoresistance**: Refractory seizures can be due to:
   - Nonadherence to medication
   - Seizures that are not epilepsy
   - Treatable underlying conditions
   - Misdiagnosis of epilepsy syndromes
   - Treatment with the wrong drug or dosage
   - Remediable lifestyle issues such as substance abuse, sleep deprivation

3. **Epilepsy surgery**: Suitable for patients who remain refractory after trials of 2 or more antiseizure drugs, even in combination. It is not a contraindication.

**Why are there lesser referrals?**

- Fear of surgery
- Lack of information
- Expense
- Age factor
- Unclear expectations from surgery

**Role of Epilepsy Centre**

- **Is to recognize and address**
- **Drug Resistant Epilepsy** (Multidisciplinary evaluation)
- **Social & Psychological Challenges** (Neuropsychology)
- **Manage Comorbidities** (Side effects, psychiatry)
- **Pseudoresistance** (Rule it out & optimize drug therapy)

**Epilepsy Surgery Facts**

- **> 2 drugs**: Seizure freedom is less likely
- **Memory deficits**: Poor memory will not get worse, and could get better
- **Bilateral EEG spikes**: Not a contraindication. Seizures with unilateral onset can have bilateral spikes
- **Normal MRI**: Is not a contraindication to surgery. Better epileptogenic zone detection techniques may be required
- **Multiple/diffuse MRI lesions**: Can undergo surgery since only a part of the entire lesion might be causing seizures.
- **Focal epilepsies**: Also need complete presurgical evaluation to confirm seizure onset zone
- **Chronic psychosis**: Is not a contraindication. Patients will still benefit if seizures are controlled.

**General Thumb Rule: Refer If**

- Anyone < 70 years, with failure of two antiseizure drugs, & seizures interfering with school, work, or relationships
- Lesional epilepsy - refer if patient is seizure-free on 1 or more drugs but has a brain lesion in non-eloquent cortex

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