

Carpe Diem – Seize the Day Blog

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When should someone go to the hospital if they have a seizure? If you see someone having a seizure, or you experience one yourself, it can be terrifying, especially since it is an involuntary condition. Seizures result from too much electrical activity in the brain causing changes in behavior and may result in the loss of consciousness. Anything that causes a spike in abnormal brain electrical activity can cause a seizure, including a brain injury, electrical shock, epilepsy, heart disease, high fever, and certain drugs, just to name a few.

Symptoms of a seizure are varied and can range from being obvious to almost imperceptible, including confusion, a staring spell, uncontrollable movements of arms, and loss of consciousness. However, despite seizures looking scary, not every seizure requires a visit to the hospital. But how do you know when to let the seizure resolve on its own versus going to the emergency room?

First, it is important to understand that seizures are actually fairly common. Up to 10% of people in the United States will have at least one seizure during their life, according to the Cleveland Clinic. However, not all seizures require a trip to the hospital. If you witness someone having a seizure, call 911 immediately if: it's their first seizure, the seizure lasts five minutes or longer or occurs more than once, injuries occur from the seizure, the person has trouble breathing, the person also has a fever, the person is confused or doesn't regain consciousness, they are pregnant, or they have diabetes or a life-threatening condition.

Thankfully, most seizures are not an emergency and almost all of them stop on their own. It may be scary to witness a seizure, but it is something that cannot be stopped once it starts; you and the affected person simply need to wait for it to be over.

Read More: https://www.healthdigest.com/1002890/when-should-you-go-to-the-hospital-if-you-have-a-seizure/?utm_campaign=clip

Editor's Note: The Carpe Diem – Seize the Day Blog will be distributed and posted weekly.
Always remember – CARPE DIEM – SEIZE THE DAY!

Steve.Hutton@epilepsy-ohio.org