

# EPILEPSY + MMJ AWARENESS

## TIPS

It is essential when beginning cannabis as a medicine to start low and go slow. This is especially true with Epilepsy. Monitoring symptoms closely and every two weeks is critical to determine if you need more symptom control. Patients may not see the full effects of dose changes for three weeks. Our Pharmacy team counsels patients to keep daily, detailed notes and weekly summaries of the following:

1. Seizure types, number of seizures per day, and length and severity of each seizure.
2. Other challenges experienced like sleep, behavioral disturbances, constipation, mood, alertness
3. All MMJ dose changes
4. Triggers like illness, food reactions, amount of sugars, weather, and menstrual cycle

We also recommend keeping changes to a minimum. This gives patients a better chance of determining the best dose and makes it easier to read responses.

## THINGS TO REMEMBER

- Anyone, anywhere can have a seizure
- 1 in 26 people in the United States are diagnosed with Epilepsy during their lifetime
- 1 in 10 people will have a seizure during their lifetime
- Signs and symptoms of an active seizure will vary from person to person
- During many types of seizures, a person may be confused, not aware of what is going on, or unconscious
- Knowing how to help someone during a seizure can make a difference and save a life
- **THE GOAL** is to keep someone safe and know when more help is needed

## THE 3 BASIC PRINCIPLES OF SEIZURE FIRST-AID ARE

Stay. Safe. Side

***This means to never leave the individual having an active seizure. Stay on the safe side for them! Assist them when the seizure is over.***

## 3 ACTIONS YOU SHOULD NOT PERFORM WHEN SOMEONE IS HAVING A SEIZURE

- Do not restrain or forcibly hold the person down
- Do not put any objects in their mouth
- Do not give water or food until the person is awake and able to swallow

## WHEN TO CALL FOR EMERGENCY HELP

- Seizure that lasts longer than 5 minutes
- Repeated seizures - has more than one seizure within 24 hours
- Difficulty breathing during or after the seizure
- Seizure occurs while person is in water
- Person is injured, pregnant, or sick
- Person does not return to their usual state of being — they are still confused and/or fatigued after the seizure
- First time having a seizure

SEIZURE FIRST AID ACTIONS	
After the seizure, <b>offer kind and reassuring words</b>	Keep the person <b>SAFE</b> . Move or guide the person away from harmful objects
Remain calm and <b>STAY</b> with the person	<b>Do NOT</b> restrain. <b>Do NOT</b> put any objects in mouth
Gently turn the person onto their <b>SIDE</b>	<b>Time the seizure</b>
Place something small and soft <b>under the head</b> , loosen tight clothes that may be around their neck	<b>Call 911</b> emergency for help
<b>Stay</b> with them until they are awake and alert	Keep others around you <b>calm</b> and <b>respectful</b>

\*Adopted from the Epilepsy Foundation Seizure Recognition & First Aid Certification Training at [epilepsy.com](http://epilepsy.com)