

Living Well with Epilepsy

WebEase (Epilepsy, Awareness, Support, and Education) is a free online self-management program for adults with epilepsy.

WebEase helps you learn more about epilepsy. Three modules help you set your own goals and learn new skills to better manage your epilepsy by:

- Taking your medicine as prescribed
- Managing your stress
- Getting a good night's sleep
- Sharing your experiences and ideas with other people with epilepsy

The program was developed by doctors who treat people with epilepsy. People living with epilepsy later tested WebEase and said that it helped them. For example:

- 65% said that WebEase helped them take a more active role in their care.
- 62% said that WebEase gave them new ideas to manage their stress.

Benefits of WebEase

- No cost
- Focuses on issues of importance to people with epilepsy
- Confidential
- Can be repeated over time to boost skills

“WebEase encourages you to make decisions that are consistent with your own goals. WebEase doesn’t replace instructions from your doctor, but helps you better follow those instructions and gain better control over managing your epilepsy.”

—Sandra Helmers, MD, MPH
Emory University Dept. of Neurology

“The skill-building units helped me to make plans and schedules, helping me manage my medication, stress, and sleep. The program allowed me to see how each skill-building unit played a part in [better] seizure management.”

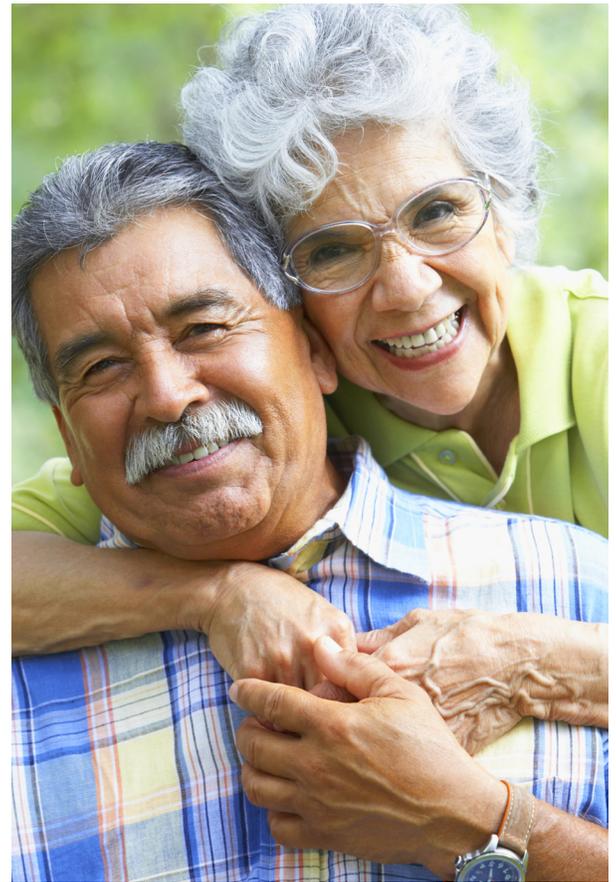
—WebEase Participant

To sign-up for WebEase or learn more about it go to **www.webease.org**. To learn more about epilepsy go to **www.cdc.gov/epilepsy**.



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What is Epilepsy?

Epilepsy is a disorder of the brain. A person is diagnosed with epilepsy when they have had two or more seizures.

Some causes of epilepsy include:

- Stroke
- Brain tumor
- Head injury

But, many times the cause is unknown.

There are many types of seizures. A person with epilepsy can have more than one type of seizure.

Some seizures can look like staring spells. Other seizures can cause a person to fall, shake, and become unaware of what's going on around them.

Is Epilepsy common?

Epilepsy is one of the most common conditions affecting the brain. About 2.3 million people in the United States have epilepsy. About 228,000 people in Texas have epilepsy. Imagine a football stadium with 60,000 people – almost 600 of those people might have epilepsy.

How can seizures affect my life?

Epilepsy can get in the way of life, mostly when seizures keep occurring. When seizures are not controlled, there are increased chances of

- Injury
- Depression
- Anxiety
- In some cases, death

Seizures can also make it difficult for you to work, go to school, drive, and participate in social activities.

What can I do to keep my seizures in check?

Self-management is what you do to take care of yourself. You can learn how to manage symptoms and have an active and full life. Begin with these tips:

- Take your medication as prescribed
- Talk with your doctor or nurse when you have questions
- Recognize seizure triggers (such as stress)
- Keep a record of your seizures
- Get enough sleep
- Exercise safely
- Lower stress
- Keep in touch with friends and family members that can help you