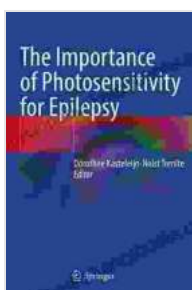


# The Importance of Photosensitivity for Epilepsy

Epilepsy is a neurological disorder that affects the brain and can cause seizures. Seizures are episodes of abnormal electrical activity in the brain that can cause a variety of symptoms, including loss of consciousness, jerking movements, and confusion.



## The Importance of Photosensitivity for Epilepsy

★★★★★ 5 out of 5

Language : English  
File size : 86982 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Print length : 1031 pages



Photosensitivity is a condition that can trigger seizures in some people with epilepsy when they are exposed to certain types of light. This can include sunlight, fluorescent lights, and even flickering lights from a television or computer screen.

The exact cause of photosensitivity is not fully understood, but it is thought to be related to the way that the brain processes light. In people with photosensitivity, the brain may be more sensitive to certain types of light, which can trigger seizures.

The symptoms of photosensitivity can vary from person to person. Some people may only experience mild symptoms, such as eye strain or

headaches, while others may have more severe symptoms, such as seizures.

If you have epilepsy and are concerned about photosensitivity, it is important to talk to your doctor. They can help you determine if you have photosensitivity and recommend ways to manage it.

## **Managing Photosensitivity**

There are a number of things that you can do to manage photosensitivity and reduce your risk of seizures:

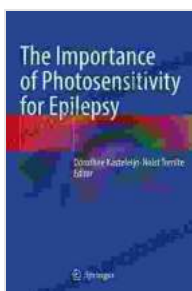
- Avoid exposure to bright lights, especially sunlight.
- Wear sunglasses when you are outdoors.
- Use a visor or hat to shade your face from the sun.
- Avoid flickering lights, such as those from a television or computer screen.
- If you must be exposed to bright lights, try to keep your eyes closed or wear sunglasses.
- Talk to your doctor about medications that can help to reduce photosensitivity.

Managing photosensitivity can help to reduce your risk of seizures and improve your quality of life. If you have epilepsy and are concerned about photosensitivity, talk to your doctor today.

## **Additional Resources**

- Epilepsy Foundation: Photosensitivity

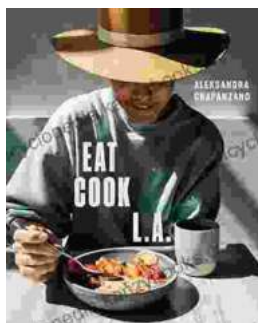
- National Institutes of Health: Photosensitivity and Epilepsy
- Mayo Clinic: Photosensitivity



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