“I am one of many”

Epilepsy is common. Anyone, regardless of who you are, where you live, or where you come from, can develop epilepsy. We know that 3 in every 200 Asian Americans currently live with epilepsy. However, there could be many more that are not diagnosed. That is because epilepsy is often misunderstood and Korean Americans may be afraid to talk about it or seek help.

간질은 보편적으로 흔히 발생하는 병입니다. 누구든 지, 어디에 살든가, 혹은 어디에서 왔든가에 상관없이 간질에 걸릴 수 있습니다. 아시아계 미국인 200 명중 3명이 현재 간질을 갖고 있는 것으로 알려져 있습니다. 하지만 진단받지 않은 더 많은 사람들이 있을 수 있습니다. 그것은 간질에 대한 오해와, 특히 아시아계 미국인들이 간질에 대해 이야기하거나 도움을 청하는 것에 대한 두려움 때문입니다.

You are not alone

If you have epilepsy or know someone who does, you are not alone. To learn more about epilepsy and Korean Americans, visit www.epilepsy.com. Or call 1-800-332-1000 to find the Epilepsy Foundation location nearest you.

당신은 혼자가 아닙니다

간질에 걸렸거나 간질에 걸린 사람을 알고 계실 경우, 당신은 혼자가 아닙니다. 간질과 아시아계 미국인들에게 대해 좀 더 알기 원하신 경우 www.epilepsy.com을 방문하시거나 1-800-332-1000에 전화 하시서 가장 가까운 간질 재단 (Epilepsy Foundation)을 찾으십시오.

FAST FACTS

• Epilepsy can affect anyone, including Korean Americans.

• 1 in 26 people will develop epilepsy at some point during their life.

• Epilepsy is treatable.

주요 정보

• 간질은 아시아계 미국인을 비롯해 누구에게나 영향을 미칠 수 있습니다.
• 26명중 1명이 인생에 한번쯤 간질에 걸립니다.
• 간질은 치료가 가능합니다.

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What is epilepsy?

Epilepsy is a medical condition affecting the brain. It causes a person to have seizures, which are brief periods of abnormal electrical activity in the brain. There are many types of seizures. The type of seizure a person has depends on where the seizure happens in the brain and how much of the brain is involved. Seizures are generally quite short, lasting only from a few seconds to a few minutes and they usually stop on their own. Seizures can be brief periods of staring or confusion, loss of consciousness and shaking (convulsions) or uncontrolled shaking of an arm or leg. Doctors say a person has epilepsy when he has two or more seizures that are not triggered by a temporary condition, such as a fever. Even though a seizure can temporarily change a person’s body movements, they are usually not dangerous to you or anyone else. In some cases, a person who has epilepsy, but is otherwise healthy, may die suddenly. This is why it is important to recognize and control seizures.

Why me?

In more than half of cases, doctors do not know why a person develops epilepsy. In the remaining cases the epilepsy can be caused by things like a head injury, stroke, tumor and certain illnesses. Family history can sometimes play a role. Epilepsy is not contagious. Even though epilepsy affects the brain, it is not a mental illness; most people with epilepsy are otherwise perfectly healthy.

Epilepsy is treatable

Many anti-seizure medicines are available to treat epilepsy. For about 7 in 10 people with epilepsy these medicines stop most or all of the seizures. If medicines don’t work well enough there are other treatments including special diets, surgery and implantable devices that can help control or stop seizures. With proper treatment people with epilepsy can live full, productive and healthy lives. People with epilepsy come from all walks of life: they are our parents, our friends, our teachers and our doctors. Talk to your doctor to learn more about treatment options.

간질은 치료가 가능합니다

간질을 치료하는 많은 종류의 항장약이 있습니다. 간질환자 10명 중 7명은 약을 통해 대부분 또는 모든 발작을 치료할 수 있습니다. 약이 충분한 효과를 가져오지 않는다면 간절 발작을 막으려고 조절하는 데 도움을 줄 수 있는 특별한 식이요법이나 수술, 혹은 인체내에 삽입하는 장치와 같은 여러 치료 방법들이 있습니다. 약을 사용한 치료를 통해 간절에 걸린 사람들은 흔히 참고를 할 수 있습니다. 간질을 가진 사람들은 다양한 삶의 관계에 도움이 됩니다. 그들은 우리와의 부모님이며 친구이고 우리의 선후임이며 의사들입니다. 당신의 의사와 상담하시는 구체적인 치료에 대하여 자세히 알아 보십시오.