

Epilepsy & Chinese Americans

癫痫症与美国华裔



FAST FACTS

- Epilepsy can affect anyone, including Chinese Americans.
- 1 in 26 people will develop epilepsy at some point during their life.
- Epilepsy is treatable.

事实摘要

- 癫痫可以影响任何人，包括美国华裔。
- 每26人中就有1人在其一生中某个时间罹患癫痫症。
- 癫痫症是可治疗的。

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.

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.

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.

"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 Chinese Americans may be afraid to talk about it or seek help.

You are not alone

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

何谓癫痫症？

癫痫症是影响脑部的疾病。它会导致患者癫痫发作，即脑中出现短暂脑电活动异常的现象。癫痫发作有许多种类。癫痫类型取决于癫痫发作在脑中的部位和脑部受牵连的程度而定。癫痫发作一般十分短暂，仅持续约几秒钟至几分钟，而且通常会自动停止。癫痫发作时可能会短暂的瞪眼发呆或迷惑、失去意识和颤动（抽搐）或单边手臂或腿控制不住地抖动。医生表示当一个人并非因为一时出现的身体情况，例如发烧，而产生两次或更多的癫痫发作时，这人就患有癫痫症。癫痫发作时虽然会暂时改变人的身体动作，但是通常不会对你或其他人造成危害。某些病例的患者除了有癫痫症之外，其它方面都很健康，却可能突然死亡。这也就是为何要确认和控制癫痫发作的原因。

癫痫症是可治疗的

治疗癫痫症的抗癫痫发作药物有很多。10个服用此类药物的癫痫患者中约有7人的癫痫发作会大部分甚至完全停止。如果药效不够，还有其它的治疗方法，包括特殊饮食、手术和可以帮助控制或终止癫痫发作的植入装置。接受适当治疗的癫痫病患可以过着充实、高效健康的生活。癫痫患者处处在，各行各业中都有：他们可能是我们的父母、朋友、老师和医生。咨询你的医生，了解更多有关治疗的详情。

为何我患有癫痫症？

超过半数以上的病例，医生都不知道患者为何会得癫痫症。其余的病例可能因为患者的头部受伤、中风、肿瘤和某些疾病之类而造成癫痫症。家族病史有时也会影响。癫痫症不会传染。癫痫症虽然会影响脑部，但这不是精神病；大部分的癫痫患者其实是十分健康的。

“我是许多患者之一”

癫痫症是常见的。无论是谁，住在哪里或来自何方，任何人都可能得癫痫症。我们知道每200个美国亚裔中就有3人患有癫痫症。然而，可能还有很多人未得到诊断。这是因为癫痫症往往受到误解，而且美国华裔也许害怕谈论此病或寻求帮助。

你并不孤单

如果你患有癫痫症或认识癫痫症患者，你并不孤单。了解癫痫症与美国华裔的详情，请浏览网站www.epilepsy.com或致电1-800-332-1000 查找邻近的癫痫症基金会 (Epilepsy Foundation)所在地。