

# Epilepsy & Chinese Americans

# 癲癇症與美國華裔



## 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.

## 事實摘要

- 癲癇症可以影響任何人，包括美國華裔。
- 每26人中就有1人在其一生中某個時間罹患癲癇症。
- 癲癇症是可治療的。

## 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](http://www.epilepsy.com). Or call 1-800-332-1000 to find the Epilepsy Foundation location nearest you.

## 何謂癲癇症？

癲癇症是影響腦部的疾病。它會導致患者癲癇發作，即腦中出現短暫腦電活動異常的現象。癲癇發作有許多種類。癲癇類型取決於癲癇發作在腦中的部位和腦部受牽連的程度而定。癲癇發作一般十分短暫，僅持續約幾秒鐘至幾分鐘，而且通常會自動停止。癲癇發作時可能會短暫的瞪眼發呆或迷惑、失去意識和顫動（抽搐）或單邊手臂或腿控制不住地抖動。醫生表示當一個人並非因為一時出現的身體情況，例如發燒，而產生兩次或更多的癲癇發作時，這人就患有癲癇症。癲癇發作時雖然會暫時改變人的身體動作，但是通常不會對你或其他人造成危害。某些病例的患者除了有癲癇症之外，其它方面都很健康，卻可能突然死亡。這也就是為何要確認和控制癲癇發作的原因。

## 癲癇症是可治療的

治療癲癇症的抗癲癇發作藥物有很多。10個服用此類藥物的癲癇患者中約有7人的癲癇發作會大部分甚至完全停止。如果藥效不夠，還有其它的治療方法，包括特殊飲食、手術和可以幫助控制或終止癲癇發作的植入裝置。接受適當治療的癲癇病患可以過著充實、高效健康的生活。癲癇患者處處在，各行各業中都有：他們可能是我們的父母、朋友、老師和醫生。諮詢你的醫生，瞭解更多有關治療的詳情。

## 為何我患有癲癇症？

超過半數以上的病例，醫生都不知道患者為何會得癲癇症。其餘的病例可能因為患者的頭部受傷、中風、腫瘤和某些疾病之類而造成癲癇症。家族病史有時也會影響。癲癇症不會傳染。癲癇症雖然會影響腦部，但這不是精神病；大部分的癲癇患者其實是十分健康的。

—「我是許多患者之一」—

癲癇症是常見的。無論是誰，住在哪裏或來自何方，任何人都可能得癲癇症。我們知道每200個美國亞裔中就有3人患有癲癇症。然而，可能還有很多人未得到診斷。這是因為癲癇症往往受到誤解，而且美國華裔也許害怕談論此病或尋求協助。

## 你並不孤單

如果你患有癲癇症或認識癲癇症患者，你並不孤單。瞭解癲癇症與美國華裔美國人的詳情，請瀏覽網站[www.epilepsy.com](http://www.epilepsy.com)或致電1-800-332-1000 查找鄰近的癲癇症基金會 (Epilepsy Foundation)所在地。