

Mayo Clinic Minute: Demystifying epilepsy

VIDEO	AUDIO
	Epilepsy can be a jarring condition, and it's more common than you might think.
	"Epilepsy can affect anyone at any age."
JOSEPH SIRVEN, M.D. NEUROLOGY Mayo Clinic	In fact, Dr. Joseph Sirven, a Mayo Clinic neurologist, says 1 out of every 26 Americans has a risk of developing epilepsy.
	"Every brain has the potential to have a seizure. It just depends on what the circumstances are and what are the conditions around it that may lead to a seizure or epilepsy in some people."
	<p>Dr. Siven says some people are born with epilepsy, while others develop it from head trauma, certain infections, brain tumors, stroke, hemorrhages or even Alzheimer's disease.</p> <p>He says most epilepsy patients can control their seizures with medication.</p> <p>Others with more severe cases may require surgery.</p> <p>But in some cases where surgery isn't possible, doctors can implant a device similar to a pacemaker for the heart that can control seizures.</p> <p>Dr. Sirven says even though almost anyone can develop epilepsy, there are some simple things you can do to lower your risk.</p>
	"Avoid alcohol. That's No. 1. Get plenty of sleep. That's another one. And then thirdly is find ways to manage stress."
	For the Mayo Clinic News Network, I'm Alex Osiadacz (Oh-side-us).