

# Stay SUDEP Aware

## Ways to reduce the risk of Sudden Unexpected Death in Epilepsy



**50 MILLION**  
People affected by epilepsy globally

**ONE in 150**

people with uncontrolled seizures die each year from SUDEP



More than half of seizure-related deaths are due to SUDEP

### Risk Factors

- 1 Uncontrolled generalized convulsions
- 2 Long duration of epilepsy history
- 3 Not taking medications regularly
- 4 Having seizures at night



Encourage loved ones to know seizure first aid

### Control your risks

- Take medications as prescribed
- Strive for the best seizure control
- Exercise regularly
- Get enough sleep
- Visit your doctor regularly

### Ask your provider

- What is my risk of SUDEP?
- How can I prevent future seizures?
- What should I do if I forget to take my anti-seizure medication?
- How can I reduce my risk of nighttime seizures?
- Should I consider a monitor or alert device at night?



Find the best care and get access to innovative treatments for epilepsy at Mayo Clinic. Each person receives a comprehensive treatment plan tailored to their specific needs. Learn more at [mayoclinic.org](http://mayoclinic.org).