

Epilepsy SA, Gauteng @EpilepsyG · Oct 24  
Sudden Unexpected Death in Epilepsy #epilepsy #epilepsyawareness  
#disability #SUDEPAwarenessDay2016



1 1

AngelWingsFoundation and 1 other liked

Oxford PharmaGenesis @OxPharmaGenesis · Oct 21  
We are supporting #SUDEPAwarenessDay2016 to give hope to people with epilepsy & their families [tinyurl.com/zlkkygr](https://tinyurl.com/zlkkygr) #UnitedAgainstSUDEP

United Against SUDEP

UNITED



[www.sudepawarenessday.org](http://www.sudepawarenessday.org)

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Epilepsy-Pralid, Inc @EPI\_NY · Oct 21  
Join Epilepsy-Pralid as we are #UnitedAgainstSUDEP!  
#SUDEPAwarenessDay2016

2



Tiffany Kairos @TiffanyKairos · Oct 23  
In light of #SUDEPAwarenessDay2016 and as we stand  
#UnitedAgainstSUDEP, I as you to please give a share of support today!

Each year, more than  
**1 out of 1,000**  
people with epilepsy die from SUDEP

If seizures are uncontrolled the risk  
of SUDEP increases to more than

**1 out of 150.**

Learn more at: [theepilepsynetwork.com/sudep](http://theepilepsynetwork.com/sudep)

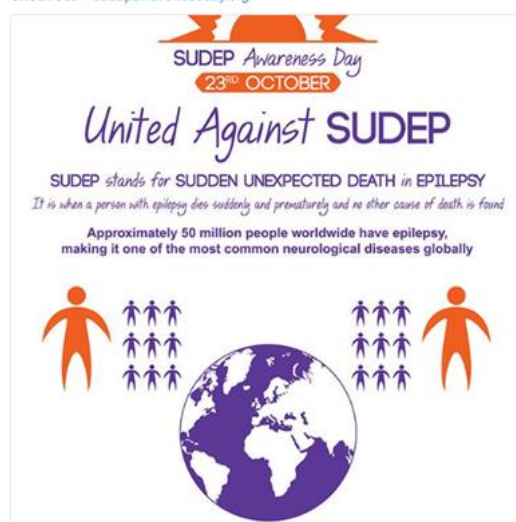


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Abigail H Retweeted

Rick O'Shea @nickoshea · Oct 23  
It's #SUDEPAwarenessDay2016 today (Sudden Unexpected Death in Epilepsy). It can happen to any of us.

Check out - [sudepawarenessday.org](http://sudepawarenessday.org)



11 7

Luisa braghieri and 1 other liked



Epilepsy Journal @Oilytreeapps · Oct 23  
#SUDEPAwarenessDay2016 #SUDEP #epilepsy @SudepAction  
@SUDEPAware @LucyBdgood @sudep @EpilepsyCanada




4 12

@coolettmc and 6 others Retweeted

Epilepsy Positivity @epilepsyposi · Oct 23  
#SUDEPAwarenessDay2016 #UnitedAgainstSUDEP



33 27


 SUDEP Aware Retweeted  
**EpilepsyFoundationNE** @EpilepsyNE · Oct 23  
 SUDEP Awareness Day: 10/23. Take 5 min now & learn a bit about Sudden Unexpected Death in Epilepsy. We need to know.  
[ow.ly/rwgA305psEc](http://ow.ly/rwgA305psEc)




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 Kira Scruggs and 4 others Retweeted  
**Epilepsy Positivity** @epilepsyposi · Oct 23  
 #SUDEPAwarenessDay2016 #UnitedAgainstSUDEP ❤️




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 Epilepsy is Dancing and 9 others Retweeted  
**MedicAlert UK** @MedicAlertUK · Oct 23  
 How to lower your risk of SUDEP (Sudden Unexpected Death in #Epilepsy) on #SUDEPAwarenessDay2016




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**Epilepsy Connections**  
 21 October · €

Today, in advance of SUDEP Awareness Day on Sunday 23 October, we're uniting with people with epilepsy, families, and 83 epilepsy organisations across the world to talk about SUDEP, Sudden Unexpected Death in Epilepsy. The campaign raises awareness of SUDEP and highlights steps that people with epilepsy can take to reduce their risk. Read more about SUDEP in this infographic.




**Health & Care Videos** @hcvlibrary · Oct 19  
 Only 3 days until 23rd October #SUDEPAwarenessDay2016. Join the campaign & stand #UnitedAgainstSUDEP [sudepawarenessday.org/home](http://sudepawarenessday.org/home)








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**Epilepsy Ireland** @epilepsyireland · Oct 19  
 People with epilepsy want to know more about the risk of SUDEP, according to a study. #UnitedAgainstSUDEP [epilepsyresearch.org.uk/people-with-ep...](http://epilepsyresearch.org.uk/people-with-ep...)

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**Epilepsy Action** @epilepsyaction · Oct 22  
 Today is #SUDEPAwarenessDay. We think it's important to talk about the epilepsy-related deaths. Find out more at [epilepsy.org.uk/info/sudep-sud...](http://epilepsy.org.uk/info/sudep-sud...)




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**Muir Maxwell Trust** @MuirMaxwell · Oct 17  
SUDEP awareness day coming soon. More info here:  
[sudepawarenessday.org/organisations](http://sudepawarenessday.org/organisations) #SUDEPAwarenessDay2016  
#UnitedAgainstSUDEP #epilepsy



2 3



**Danny Did Foundation** @DannyDidOrg · Oct 23  
Please retweet! #SUDEPAwarenessDay2016 #SUDEP



**SUDEP Action** @SudepAction  
Today is #SUDEPAwarenessDay2016 and we are raising awareness of SUDEP #UnitedAgainstSUDEP

4 5



**Epilepsy Foundation IA** @EpilepsyIowa · Oct 18  
#UnitedAgainstSUDEP Is prevention possible? SUDEP Awareness Day is 10/23



#### Preventing SUDEP

Having as few seizures as possible, or ideally no seizures, is the best way to lessen your risk and prevent sudden unexpected death in epilepsy (S...  
[epilepsy.com](http://epilepsy.com)

2 3



Huxley and Howe and 2 others Retweeted  
**Epilepsy Foundation** @EpilepsyFdn · Oct 20  
#SUDEPAwareness2016 is this Saturday! Visit our website to learn how you can be #UnitedAgainstSUDEP in 2016:



#### SUDEP Awareness Day

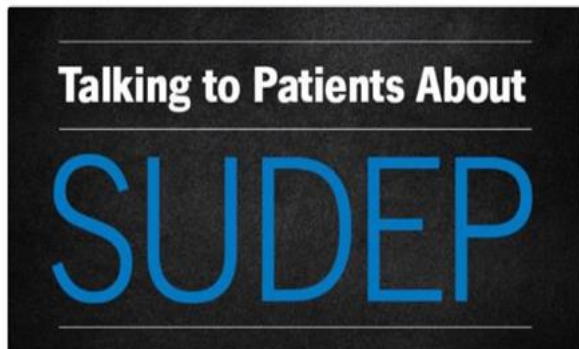
Join us for SUDEP Awareness Day on October 23, 2015. #DareTo Be SUDEP Savvy!  
[epilepsy.com](http://epilepsy.com)

15 10



Michelle Barker and 8 others Retweeted

**The Epilepsy Centre** @epilepsycentre · Oct 22  
A great article on how to talk to people with #epilepsy about #sudep  
[bit.ly/2eizn8e](http://bit.ly/2eizn8e)  
#awareness #SUDEPAwarenessDay2016 #seizures



21 20



**Epilepsy Calgary** @EpilepsyCalgary · Oct 24  
Our sincere thanks to @TheGregShannon for helping raise SUDEP & epilepsy awareness! [drive.google.com/file/d/0Bxiugg...](https://drive.google.com/file/d/0Bxiugg...) #SUDEPAwarenessDay2016



2 5



**Beat Epilepsy** @beatpilepsy · Oct 23  
Information on our website : #SUDEPAwarenessDay2016  
[muirmaxwelltrust.com/news/962\\_sudep...](http://muirmaxwelltrust.com/news/962_sudep...)



5 4



J and 1 other liked  
**Oxford Basketball** @oxwomenbball · Oct 23  
Today is #SUDEPAwarenessDay2016 Did you know that people with epilepsy are at risk of sudden unexpected death? Learn more from @SudepAction



**SUDEP Action** @SudepAction  
Today is #SUDEPAwarenessDay2016 and we are raising awareness of SUDEP #UnitedAgainstSUDEP

1 3 7



Liliana liked  
**Dravet Syndrome Fnd** @curedravet · Oct 23  
#sudepawarenessday2016 is today. We remember - always.  
[fb.me/2t6BCz5X4](https://fb.me/2t6BCz5X4)

3 7



**End Epilepsy** @EndEpilepsy · Oct 21  
Let's keep our #EndEpilepsy community safe from risks around #epilepsy and #seizures. [bit.ly/WLSCvb](http://bit.ly/WLSCvb) #SUDEPAwarenessDay2016

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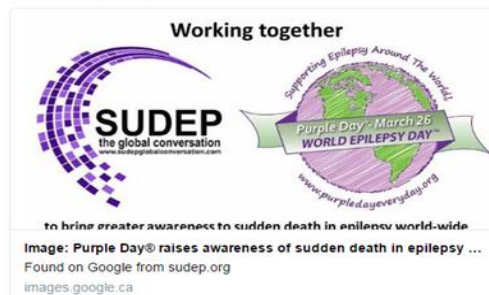
EPIC LI @EPICLongIsland · Oct 21  
**#SUDEPAwarenessDay2016** is this Sunday. Learn how you can Unite Against  
**#SUDEP**:  
[buff.ly/2eiNOYZ](http://buff.ly/2eiNOYZ)



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Matthew's Friends CA @MF\_Canada · Oct 23  
 Oct 23 SUDEP Awareness Day  
[goo.gl/images/IAZr9](http://goo.gl/images/IAZr9)  
**#SUDEPAwarenessDay2016 #SUDEP #epilepsy**



1 2 2



SUDEP Aware @SUDEPAware · Sep 26  
 We've registered our support for  
**#SUDEPAwarenessDay2016** with SUDEP  
 Action! Have you? **#SUDEP #Epilepsy**  
[fb.me/8gDcx41MP](http://fb.me/8gDcx41MP)

1 10 11



UoC PreReg LD Nursing Retweeted  
**PIPS** @PIPSTOCKPORT · Oct 25  
 Sudden Unexpected Death In Epilepsy - still not well understood but great  
 infographic here **#SUDEPAwarenessDay2016** [fb.me/5SEcyb3f2](http://fb.me/5SEcyb3f2)

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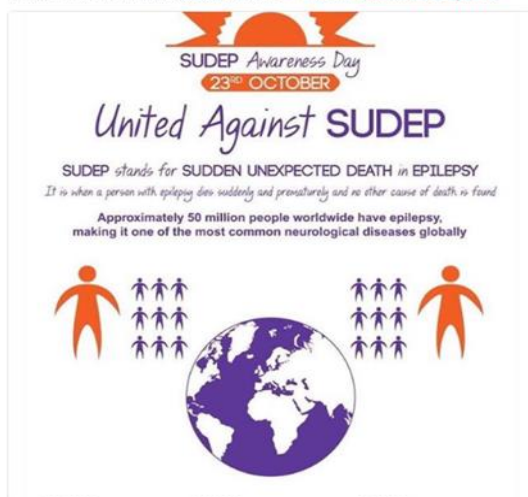


SUDEP Aware and 1 other follow  
**Gotcare** @GotcareSA · Oct 23  
 @SudepAction it is only a pleasure :) Thank you for taking action for such a  
 necessary cause **#SUDEPAwarenessDay2016 #gotcare**

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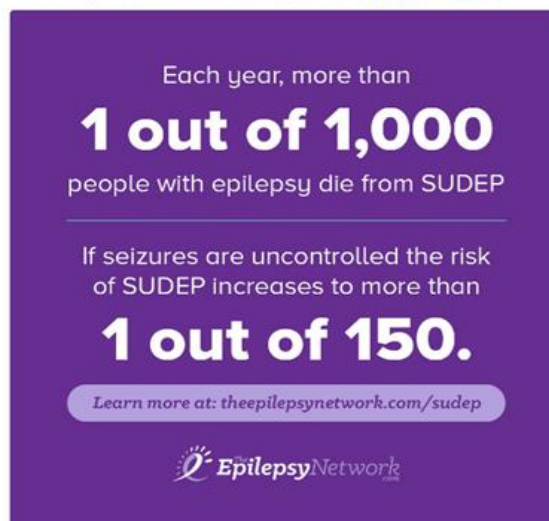
Stewart and 2 others Retweeted  
**Living with Epilepsy** @epilepsyteen · Oct 22  
 Today is SUDEP Awareness Day (Sudden Unexpected Death in Epilepsy) Pray  
 for the families who have lost a loved one **#SUDEPAwarenessDay2016**



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**TheEpilepsyNetwork** @TENofficial · Oct 23  
 As we raise awareness of **#SUDEP** throughout the day today, please give a  
 share in support! **#SUDEPAwarenessDay2016 #UnitedAgainstSUDEP**



1 23 28



EPIC LI and 2 others Retweeted  
**Jason Bradt, M.D.** @JasonBradtMD · Oct 21  
 Supporting **#SUDEPAwarenessDay2016**! **#UnitedAgainstSUDEP**



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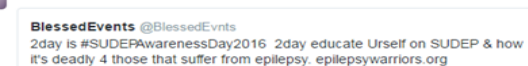
**Muir Maxwell Trust** @MuirMaxwell · Oct 17  
**#SUDEP #epilepsy** Find out more on the UK **#epilepsyawareness** campaign:  
[sudepawarenessday.org/organisations](http://sudepawarenessday.org/organisations) **#UnitedAgainstSUDEP**



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Beat Epilepsy and 1 other Retweeted  
**Epilepsy Warriors** @Epilepsywarrior · Oct 23  
**#SUDEPAwarenessDay2016** TALK ABOUT IT **#sudepmatters**



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Neens Retweeted  
**BlessedEvents** @BlessedEvnts · Oct 23  
 2day is **#SUDEPAwarenessDay2016** 2day educate Urself on SUDEP & how it's  
 deadly 4 those that suffer from epilepsy. [epilepsyyarriors.org](http://epilepsyyarriors.org)

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AngelWingsFoundation liked  
**CURE Epilepsy** @cureepilepsy · Oct 24  
 Yesterday was **#SUDEPAwarenessDay**. Learn about CURE's pioneering efforts  
 to create breakthroughs: [bit.ly/2eEFGS0](http://bit.ly/2eEFGS0)

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**Epilepsiefonds** @Epilepsiefonds · Oct 24  
 Gisteren was het **#SUDEPAwarenessDay**. Dr. Roland Thijs doet onderzoek  
 naar SUDEP. Lees het interview met hem via... [fb.me/Sh0NEJRYq](http://fb.me/Sh0NEJRYq)

1 1





Epilepsy Queensland @epilepsyqld · Oct 21

Tomorrow is #SUDEPAwarenessDay2016. Please spread the word so that more people are aware of the danger and how to...



**All Parents of Children With Epilepsy Should Be Warned About SUD...**  
A mother whose teenage son with epilepsy died of SUDEP, sudden unexpected death in epilepsy, explains the importance of teaching paren...  
themighty.com

2 12 10



Epilepsy Fdn NW @EpilepsyNW · Oct 5

Save the date! #SUDEPAwarenessDay2016 is October 23.

Find out how you can get involved! [ow.ly/i8dx304NQNR](http://ow.ly/i8dx304NQNR) fb.me/SQwKxsmh



**SUDEP Awareness Day**

Join us for SUDEP Awareness Day on October 23, 2015. #DareTo Be SUDEP Savvy!  
epilepsy.com

4 7



Young Epilepsy @youngepilepsy · Oct 24

Yesterday marked

#SUDEPAwarenessDay. Please unite with us and help raise awareness of SUDEP. Learn more: [bit.ly/1iKxtwk](http://bit.ly/1iKxtwk) Please #RT



13 7

Beat Epilepsy and 4 others Retweeted

The Epilepsy Centre @epilepsycentre · Oct 20

23rd of October is SUDEP Awareness Day! [sudepawarenessday.org](http://sudepawarenessday.org)  
#epilepsy #awareness #sudep #support #love #seizures  
#SUDEPAwarenessDay2016

SUDEP is linked to seizures; better control is the best way of reducing your risk

There are things you can do to reduce your risk of SUDEP such as:

- Taking your medication regularly and reliably
- Speaking to your doctor before making any changes to your medication
- Making sure you have regular reviews

UNITED



Not everyone with epilepsy is at risk, it is important you discuss your risk with your health professionals

15 14



Kira Scruggs Retweeted

Epilepsy AZ @epilepsyaz · Oct 23

Today is #SUDEPAwarenessDay - spread the word and share or message us photos using the hashtag #SUDEPAwarenessDay2016AZ

**EPILEPSY FOUNDATION**  
AUSTRALIA

**SUDEP Awareness Day**  
23<sup>RD</sup> OCTOBER

**FACTS ABOUT SUDEP (Sudden Unexpected Death in Epilepsy)**

- 1 out of 150 people with poorly controlled seizures may die from SUDEP each year.
- SUDEP takes more lives annually in the United States than sudden infant death syndrome (SIDS).
- The cause of SUDEP is still unknown but often occurs during the night.
- 1 out of 1,000 people with epilepsy die each year due to SUDEP.

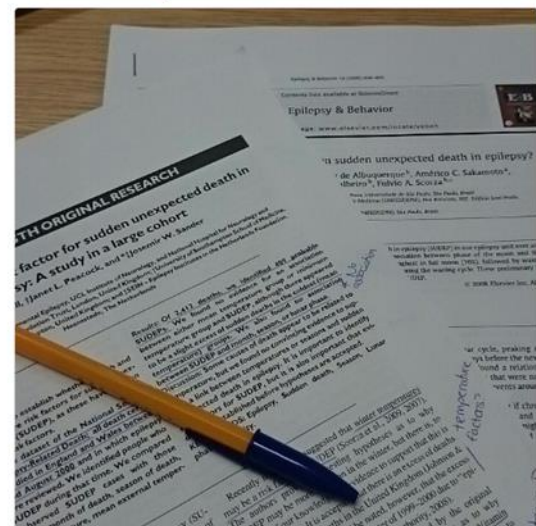
#SUDEPAwarenessDay2016AZ

3 4

@coolettermc and 1 other Retweeted

Muir Maxwell Centre @MMECEdinburgh · Oct 19

We are talking #SUDEP in today's Clinical Lab Meeting! #RisksOfSUDEP  
#SUDEPAwarenessDay2016




1 5 5

**Epilepsy Africa IBE** shared SUDEP Action's post.  
23 September · 🌐

**SUDEP Action**  
13 September · 🌐

Unite together: be part of SUDEP Awareness Day 2016



**SUDEP Awareness Day SUDEP**

Our SUDEP Awareness Day campaign is a special event which brings organisations and people together to raise awareness of SUDEP Worldwide. Launched on 23 October 2014, it shines a light on the largest cause of death in...

SUDEP.ORG [Learn More](#)

Jen Leavesley and 1 other Retweeted  
**Epilepsy Research UK** @EpilepsyRUK · Oct 23  
It's #SUDEPAwarenessDay2016 & we're showing our solidarity with @SudepAction by supporting their campaign. Please RT [sudepawarenessday.org](http://sudepawarenessday.org)



United Against SUDEP

1 19 25 ...

**Epilepsy Support Centre**  
Seizure Education & Support Services  
support@epilepsy.org

Home News SUDEP Awareness Day 2016

## SUDEP Awareness Day 2016

Tuesday, 11 October 2016

Sudden Unexpected Death in Epilepsy (SUDEP) refers to the death of an adult or child with epilepsy, where no cause of death could be found. October 23 provides an opportunity for individuals and families to help spread the word about SUDEP. It is important to manage your epilepsy so that it doesn't interfere with your quality of life, as well as to reduce the risk factors that can cause SUDEP. There are things you can do to reduce your risk, such as:


- Taking your medication regularly and reliably
- Speak to your doctor before making any changes to your medication
- Make sure you have regular reviews

It is estimated the rate of SUDEP among adults and children is approximately one death per 1,000 people with epilepsy per year.

October 23 provides an opportunity for individuals and families to help spread the word about SUDEP. There are a number of great initiatives for this year's SUDEP Awareness Day. Please take a moment to review the following campaigns if you're interested in getting involved!

**SUDEP Awareness Day**

This day was established by SUDEP Action, a charity in the UK that is dedicated to raising awareness of SUDEP around the world. Spread awareness by sharing information with hashtags #UnitedAgainstSUDEP and #SUDEPAwarenessDay2016. More information available: <http://www.sudepawarenessday.org>



**United Against SUDEP**

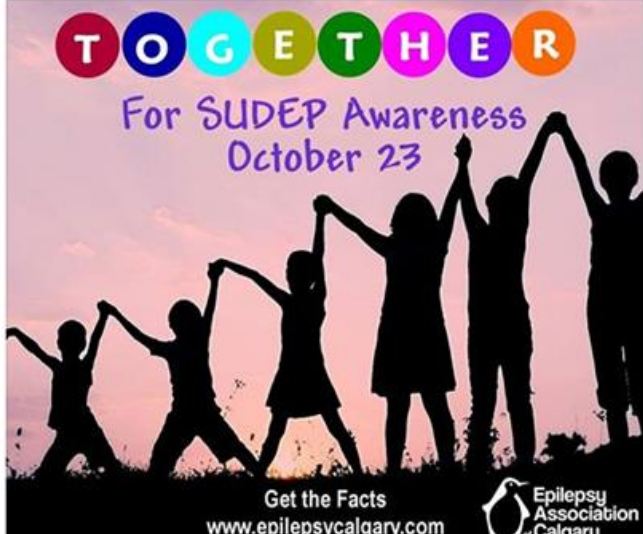
SUDEP stands for SUDDEN UNEXPECTED DEATH in EPILEPSY

*It is when a person with epilepsy dies suddenly and prematurely and no other cause of death is found*

**Epilepsy Association of Calgary**  
20 October · 🌐

October 23 is SUDEP Awareness Day. One of the best ways to lower the risk of SUDEP is to be informed. This includes not only the person living with epilepsy, but family members and friends as well. More information: [www.epilepsycalgary.com](http://www.epilepsycalgary.com) and [www.sudepaware.org](http://www.sudepaware.org)

#SUDEPAwarenessDay2016, #epilepsy, #yycepilepsy



Get the Facts  
[www.epilepsycalgary.com](http://www.epilepsycalgary.com)

**Epilepsy Association of Calgary**

**telmenow.com** @telmenow\_UK · Oct 20  
We're raising awareness for #SUDEPAwarenessDay2016 tomorrow with a blog post. Make sure to check it out...

**SUDEP Action** @SudepAction  
Tomorrow, people with epilepsy, 83 epilepsy organisation & groups will be raising awareness #SUDEPAwarenessDay2016 [sudepawarenessday.org/organisations](http://sudepawarenessday.org/organisations)

2 2 ...

**Epilepsy Toronto** @epilepsytoronto · Oct 21  
#UnitedAgainstSUDEP #SUDEPAwarenessDay2016 October23

**Epilepsy Calgary** @EpilepsyCalgary · Oct 21  
A Case for SUDEP Awareness - read about it here: [epilepsycalgary.com/blog](http://epilepsycalgary.com/blog) #SUDEPAwarenessDay2016, #yycepilepsy, #epilepsy

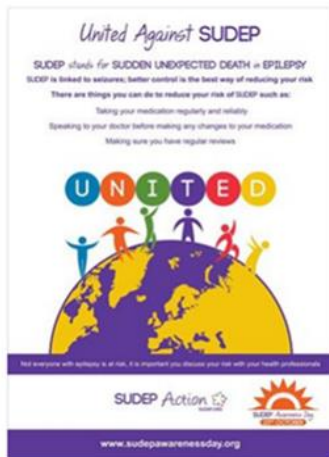
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**Epilepsy Ontario**  
23 October · €

SUDEP stands for SUDDEN UNEXPECTED DEATH in EPILEPSY.  
SUDEP is linked to seizures. Better control is the best way of reducing your risk.

You can help bring more awareness to SUDEP by spreading the word on social media.... See more



**Epilepsy Scotland** @epilepsy\_scot · Oct 23

Supporting **#SUDEP** awareness day today  
**#epilepsy**

SUDEP is linked to seizures; better control is the best way of reducing your risk

There are things you can do to reduce your risk of SUDEP such as:

- Taking your medication regularly and reliably
- Speaking to your doctor before making any changes to your medication
- Making sure you have regular reviews



**Epilepsy CO** @EpilepsyCO · Oct 23

We support research to work toward no seizures for people living with  
[#epilepsy1](#) [epilepsy.com/research](#) [#SUDEPAwarenessday](#)



#### Our Commitment to Research and New Therapies

The Epilepsy Foundation has dedicated a significant part of our mission since our formation in 1968 to ensuring the best and the brightest young ...  
[epilepsy.com](#)



**Epilepsy Toronto** @epilepsytoronto · Oct 21

[#UnitedAgainstSUDEP](#) [#SUDEPAwarenessDay2016](#) October23



**Epilepsy Calgary** @EpilepsyCalgary · Oct 21

A Case for SUDEP Awareness - read about it here: [epilepsycalgary.com/blog](#)  
[#SUDEPAwarenessDay2016](#), [#yycepilepsy](#), [#epilepsy](#)



**Beat Epilepsy** @beatpilepsy · Oct 17

[#SUDEPAwarenessDay2016](#) [#UnitedAgainstSUDEP](#) is coming soon [#epilepsy](#).



**EpilepsyFoundationIA** @EpilepsyIowa · Oct 17

[#UnitedAgainstSUDEP](#) What is SUDEP? SUDEP Awareness Day is 10/23  
[ow.ly/2a304awms](#)



**Epilepsy Society** shared SUDEP Action's photo.

21 October at 14:56 · €

This Sunday, 23 October, marks SUDEP Awareness Day, an annual event which aims to raise awareness of SUDEP worldwide <http://bit.ly/2eOCzKH>



#### SUDEP Action

21 October at 13:36 · €

Learn more about SUDEP facts and risks, check out our SUDEP Infographic for [#SUDEPAwarenessDay2016](#) [#UnitedAgainstSUDEP](#) [www.sudepawarenessday.org/.../d.../final\\_UNITE\\_infographicA2.pdf](#) Please like and share to help spread awareness. Thank you.



**Epilepsy Ireland**

18 October · €

This Sunday is SUDEP Awareness Day. Epilepsy Ireland's intention is not to scare but to inform everybody of the risks.

Here is the link to the dedicated website which includes lots of useful information.

<http://www.sudepawarenessday.org/home>



Like Comment Share

You, Farah Abbasi and 104 others

57 shares



Health & Care Videos @hcvlibrary · Oct 23  
 #SUDEPAwarenessDay2016 - do you know what epilepsy risks there are?  
 #suddenunexpecteddeath

**TAKE POSITIVE ACTION**

BE AWARE of epilepsy risks – they don't have to be scary  
 BE OPEN about your epilepsy and your level of risk – talk to others about it  
 BE PROACTIVE don't ignore your risks, instead put positive steps in place EG

- Knowledge & advice can help you put steps in place to help you stay safe
- Having regular medical reviews – discussing risk & any changes
- Creating a care plan with your health professionals to show the best ways to help you stay safe
- Self-monitoring your epilepsy in-between reviews
- Use tools like seizure diaries, medication reminders & risk monitoring apps to help you stay aware and in control

**UNITED**

**SUDEP Action**

For further information on how you can be aware of SUDEP, risk factors and steps you can take, visit: [www.sudepawarenessday.org](http://www.sudepawarenessday.org)



Home What We do News Downloads Contact

On 23rd October, LESG links with SUDEP Action as part of a global campaign to raise awareness of Sudden Unexpected Death in Epilepsy. SUDEP is when a person with epilepsy dies suddenly and prematurely with no other cause of death being found.

LESG invites people to learn about SUDEP and ways in which they can manage their epilepsy to reduce their risk by visiting [www.sudepawarenessday.org](http://www.sudepawarenessday.org) or following social media using the hashtags #UnitedAgainstSUDEP and #SUDEPAwarenessDay2016

Links to information on SUDEP, and personal stories about SUDEP are available here:

[sudep-awareness-day-encourages-people-with-epilepsy-to-learn-about-risk](#)

[laura-marsden](#)

[colin-grant-discusses-sudep-to-help-raise-awareness-for-sudep-awareness-day-2016](#)

[it-is-time-to-talk-about-sudep](#)

NHE Magazine follows



NHSG AcuteMed @NHSG\_AcuteMed · Oct 22  
 As a parent of someone with drug refractory epilepsy this is important. But uncomfortable to acknowledge. #SUDEPAwarenessDay2016

**Talk To Your Doctor About SUDEP**

Get answers to these questions:

- What is the risk of SUDEP?
- What should I do if I have a seizure?
- How can I prevent future seizures?
- Are there additional measures that can reduce my seizure and SUDEP risk?
- How should I discuss SUDEP with my doctor?
- Should I consider using a seizure system or device that can help me stay safe?
- Should I consider sharing my seizure information with my family and friends?

Some other health conditions may increase your risk of dying or getting injured during or after a seizure. See your primary care physician for regular check-ups to help you stay healthy.

**Tell Your Family & Friends About Epilepsy and SUDEP**

Your friends and family can help you to stay safe by knowing about your risks. Make sure they know facts to keep you safe and please call 999, learn more at [www.nhs.uk/epilepsy](http://www.nhs.uk/epilepsy)

**Learn About SUDEP Research Initiatives**

Visit [epilepsy.com/funding](http://epilepsy.com/funding) to read more about SUDEP. Learn how the Youth American SUDEP Program is working to understand the causes of SUDEP.

Brought to you by **SUDEP INSTITUTE**

Visit [epilepsy.com](http://epilepsy.com) or call 800.332.1000 to learn more about support and services in your area.

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Eduardo Bravo Retweeted



Cassidy Megan @CassidyMeganPD · Oct 23  
 2day is #sudepawarenessday2016  
 #IAMSUDEPAWARE please learn about #SUDEP so U can B2 love & thoughts 2 every1 who has lost a loved one 2#SUDEP

**TAKE POSITIVE ACTION**

BE AWARE of epilepsy risks – they don't have to be scary  
 BE OPEN about your epilepsy and your level of risk – talk to others about it  
 BE PROACTIVE don't ignore your risks, instead put positive steps in place EG

- Knowledge & advice can help you put steps in place to help you stay safe
- Having regular medical reviews – discussing risk & any changes
- Creating a care plan with your health professionals to show the best ways to help you stay safe
- Self-monitoring your epilepsy in-between reviews
- Use tools like seizure diaries, medication reminders & risk monitoring apps to help you stay aware and in control

**UNITED**

**SUDEP Action**

For further information on how you can be aware of SUDEP, risk factors and steps you can take, visit: [www.sudepawarenessday.org](http://www.sudepawarenessday.org)



Epilepsy New Zealand added 5 new photos to the album  
 SUDEP Awareness Day (23/10).  
 21 October · 🌐

Pictures to support SUDEP Awareness Day (23rd Oct)

[www.sudepawarenessday.org](http://www.sudepawarenessday.org)

**SUDEP**

**UNITED**

[www.sudepawarenessday.org](http://www.sudepawarenessday.org)

The history to learn about SUDEP is a journey across time.

There is a growing awareness of SUDEP and the need for research to understand the causes of SUDEP.

**UNITE**



Epilepsy Newfoundland and Labrador  
 26 October · 🌐

Did you know that October 23rd was SUDEP awareness day? For more information on SUDEP, please visit: <http://epilepsynl.com/sudep/>

**Against SUDEP**

[www.sudepawarenessday.org](http://www.sudepawarenessday.org)

**SUDEP**

SUDEP stands for Sudden Unexpected and Unexplained Death in Epilepsy. It is a category of uncommon sudden death, used when a person with epilepsy dies unexpectedly, without apparent cause. In a typical case of SUDEP, an otherwise...

EPILEPSYNL.COM





Epilepsy Warriors Foundation

21 October · €

Sunday Oct 23rd is SUDEP (SUDDEN DEATH DUE TO EPILEPSY) AWARENESS DAY. A death is referred to as "SUDEP" when a seemingly healthy person with epilepsy dies unexpectedly and no reason for the death can be found.

For more information on SUDEP go to our Website <http://www.epilepsywarriors.org/resources/sudep/> and please also go to [www.sudepawarenessday.org](http://www.sudepawarenessday.org) #SUDEPAwarenessDay2016 #sudepkills #pleasetalkaboutit for our children and those we have lost.... See more

**EPILEPSY**

**WARRIORS**

*foundation*

TO EMPOWER, THRIVE, PREVENT, CONTROL & CURE

**SUDEP**

*The best way to lower risk of SUDEP is by*

**RISK FACTORS INC.**

Having Tonic Clonic seizures (Grand-Mal or convulsives)

Not taking medication regularly and as prescribed

**SUDEP**



ACCUEIL LES INSTANCES LES CONGRÈS LES ACTIONS LES ÉPILEPTIQUES ACTUALITÉS PRESSE NOUS CONTACTER

Accueil > Les actions > Le réseau Sentinelle Mortalité Épileptique > Actualités RSME

**23 octobre : Journée internationale de sensibilisation au risque de SUDEP**

A l'initiative de **SUDEP action**, une journée de sensibilisation au risque de SUDEP est organisée le 23 octobre.

En 2015, 52 organisations concernées par l'épilepsie ont participé à travers le monde. L'objectif de cette journée est de diffuser des informations sur les SUDEP mais aussi sur les moyens de réduire ce risque et de rendre hommage aux personnes décédées. Il s'agit également d'une opportunité pour lever des fonds pour la recherche sur les SUDEP.

**Qu'appelle-t-on SUDEP ?**

Le terme SUDEP (terme anglo-saxon pour mort soudaine inattendue dans l'épilepsie) est utilisé quand une personne atteinte d'épilepsie décède de façon soudaine et prématurée sans autre cause de décès identifiée.

Toute personne atteinte d'épilepsie doit bénéficier d'un suivi régulier et spécialisé afin de réaliser un bilan diagnostique et adapter le traitement si nécessaire. Il est indispensable de prendre son traitement régulièrement et tel qu'il est prescrit. Si l'épilepsie est contrôlée, alors le risque devient extrêmement faible.

Toutes les personnes atteintes d'épilepsie ne sont pas à risque, il est important d'en discuter avec votre médecin.

**Documents d'information sur les SUDEP** édités et mis à disposition par le collectif

Connaissez-vous le risque de SUDEP? - Poster 1

Connaissez-vous le risque de SUDEP? - Poster 2

Connaissez-vous le risque de SUDEP? - Poster 3



Epilepsy Foundation @EpilepsyFdn · Oct 20

**#SUDEPAwareness2016** is this Saturday! Visit our website to learn how you can be **#UnitedAgainstSUDEP** in 2016:

**SUDEP Awareness Day**

Join us for SUDEP Awareness Day on October 23, 2015. #DareToBeSUDEP Savvy!

[epilepsy.com](http://epilepsy.com)



Epilepsy South-Africa

18 October · €

[https://www.epilepsyresearch.org.uk/people-with-epilepsy-w...](https://www.epilepsyresearch.org.uk/people-with-epilepsy-w.../)

**United Against SUDEP**

**UNITED**

[www.sudepawarenessday.org](http://www.sudepawarenessday.org)

**People with Epilepsy Want to Know About the Risk of SUDEP, Study Suggests | Epilepsy Research UK**

People with Epilepsy Want to Know About the Risk of SUDEP, Study Suggests

Posted Oct 17 2016 in Living with epilepsy People with epilepsy want...

EPILEPSYRESEARCH.ORG.UK



The Anita Kaufmann Foundation added 2 new photos.

21 October · €

WE MUST BE SUDEP AWARE!

**United Against SUDEP**

EP stands for SUDDEN UNEXPECTED DEATH in EPILEPSY. It is linked to seizures; better control is the best way of reducing the risk. There are things you can do to reduce your risk of SUDEP such as:

- Discussing any lifestyle changes such as having a baby or going to university with your doctor
- Avoiding excess alcohol consumption and using recreational drugs

**SUDEP Action**

[www.sudepawarenessday.org](http://www.sudepawarenessday.org)

**IT'S TALK ABOUT SUDEP**

Sudden Unexpected Death in Epilepsy

**SUDEP**

Learn More Find the Cause Prevent It

**Did you know that SUDEP**

- is the leading cause of death in people with epilepsy without warning or known cause
- occurs more often in people with frequent uncontrolled seizures
- can often be prevented by better control of seizures
- is a real factor when making lifestyle decisions
- can result from person to person

Ask YOUR doctor about SUDEP and lowering YOUR risk

[www.sudepawarenessday.org](http://www.sudepawarenessday.org)

[www.purpledayeveryday.com](http://www.purpledayeveryday.com)



EPILEPSY NIAGARA @EPILEPSYNIAGARA · Oct 22

It's not too late to show your support! [twibbon.com/support/sudep-...](http://twibbon.com/support/sudep-...) #UnitedAgainstSUDEP #SUDEPAwarenessDay2016 #IAMSUDEPAWARE

Show your support for

**SUDEP Awareness Day 2016**

Show my support

**SUDEP Awareness Day 2016**

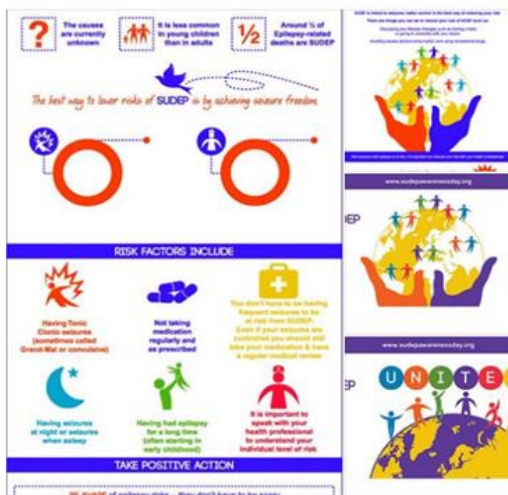
SUDEP Awareness Day - 23rd October raises awareness of SUDEP worldwide and highlights ways that people with epilepsy can reduce their ...

[twibbon.com](http://twibbon.com)

**The Patrick Ring Foundation** added 4 new photos.  
21 October · 🌐

Sunday is SUDEP Awareness Day. To kick off the weekend, please share one of the attached pictures on your page or consider donating your cover photo for the weekend. Please tag with #IAMSUDEPAWARE #UnitedAgainstSUDEP #SUDEPAwarenessDay2016 #patrickringfoundation (More information can be found within the event listed on this page.)

Sudden Unexpected Death in Epilepsy (SUDEP) is when a person with epilepsy dies suddenly and prematurely and no other cause of death is found. It is not a condition or disease, but rather a useful category to aid research and monitoring of deaths. Not everyone with epilepsy is at risk of SUDEP and it is important that people with epilepsy discuss their individual risks and concerns with their health professionals.



**Epilepsy-Pralid, Inc.**  
21 October · 🌐

Join Epilepsy-Pralid as we are  
**#UnitedAgainstSUDEP!**  
**#SUDEPAwarenessDay2016**

Like Comment Share

Juliet Tumeo, Al Sigi Community and 2 others · Top comments ·

Write a comment...

Epilepsy-Pralid, Inc. Update your Facebook Profile to spread awareness about SUDEP! <http://www.sudepawarenessday.org/downloads>

**SUDEP Awareness Day | 23RD OCTOBER |**  
[sudepawarenessday.org](http://www.sudepawarenessday.org) - Downloads -...

**SUDEPAWARENESSDAY.ORG**

Like · Reply · 21 October at 14:42

SUDEP Action Thanks for supporting #SUDEPAwarenessDay2016 your support is greatly appreciated.

Like · Reply · 1 · Commented on by Juliet Tumeo (?) · 23 October at 14:16



**Epilepsy Journal** @Olytreeapps · Oct 23  
Risk of sudden death greater for people with epilepsy [m.timesunion.com/tuplus-local/a...](http://m.timesunion.com/tuplus-local/a...) via @TimesUnion  
**#SUDEPAwarenessDay2016** **#SUDEP** **#epilepsy**



**Risk of sudden death greater for people with epilepsy**  
[...] the Lourinhas have settled on another cause of death for their daughter, who suffered from seizures since infancy: sudden unexpected death in e...  
[m.timesunion.com](http://m.timesunion.com)

1 2

**Dravet Syndrome UK**  
23 October · 🌐

Today is SUDEP awareness day. The fear of SUDEP (Sudden Unexpected Death in Epilepsy) is one that all Dravet parents live with every day. Raising awareness is paramount in hope of further research, better understanding and better treatments.

Max Miller Prior sadly passed away from SUDEP on 21st June 2011 at just 22 months of age. Max's mummy Gail began a fundraising programme as Team Max and has worked tirelessly to raise awareness for epilepsy and Dravet Syndrome. Team Max h... See more



**EpilepsyFoundationFL** @EFOF · Oct 23  
Oct. 23 is **#SUDEPAwarenessDay**. Spread the word. Say the word. Create awareness.



3 3

**Julie** @gotchababe2014 · Oct 21  
**#SUDEPAwarenessDay2016** **#epilepsy** It just doesn't affect the person. It affects the family as a whole. It affects people from all walks of life.

The greatest risk factor for SUDEP is frequent seizures, especially generalized tonic-clonic (grand mal) seizures. Other risk factors being looked at include: Epilepsy beginning at an early age. Having epilepsy for a long time. Epilepsy needs brought into the 21st century with other life threatening conditions realtime.

jc.

1 3





### Epilepsy Action Australia

23 October · 🌐

October 23rd is SUDEP Awareness Day. Today is dedicated to increase awareness worldwide of sudden unexpected death in epilepsy. Click on the link to watch NRL legend and EAA ambassador Mark Geyer discuss SUDEP- <https://www.youtube.com/watch?v=JUsSERVnMqY>  
#SUDEPAwareness2016 #UnitedAgainstSUDEP #TacklingSUDEP #TowardsZero

## United Against SUDEP

SUDEP stands for **SUDDEN UNEXPECTED DEATH in EPILEPSY**

SUDEP is linked to seizures; better control is the best way of reducing your risk  
There are things you can do to reduce your risk of SUDEP such as:

Discussing any lifestyle changes such as having a baby or going to university with your doctor  
Avoiding excess alcohol consumption and using recreational drugs

UNITED



Not everyone with epilepsy is at risk. It is important you discuss your risk with your health professionals



EPILEPSY ACTION AUSTRALIA

SUDEP Action



[www.sudepawarenessday.org](http://www.sudepawarenessday.org)



104

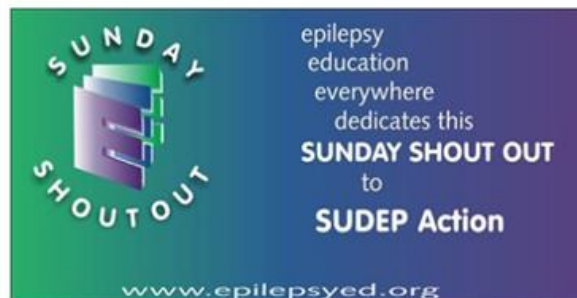
2 Comments 75 Shares



### Epilepsy Education Everywhere

23 October · 🌐

TODAY is #SUDEP Awareness Day! SUDEP Action exists to prevent unnecessary deaths from epilepsy including SUDEP (Sudden Unexpected Death in Epilepsy) and to provide support for the bereaved. We were founded by a group of five women bereaved by epilepsy, and have grown to become a leading international organisation dedicated to reducing epilepsy deaths.  
#UnitedAgainstSUDEP #SUDEPAwarenessDay2016



Like Comment Share

Sammy Ashby, Alfonza Dozier and 15 others

Top comments

13 shares



epilepsy society @epilepsysociety · Oct 21

This Sunday, 23 October, marks **#SUDEPAwarenessDay** an annual event which aims to raise awareness of SUDEP  
[bit.ly/2eOCzKH](http://bit.ly/2eOCzKH)



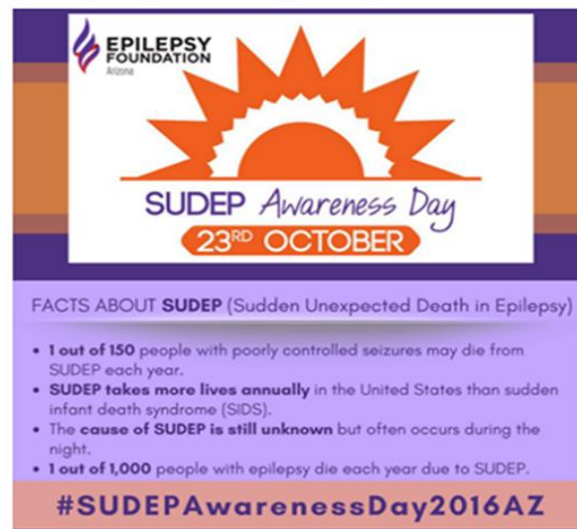
28 29



### Epilepsy Foundation of Arizona

23 October · 🌐

Today is #SUDEPAwarenessDay - spread the word and share or message us photos using the hashtag #SUDEPAwarenessDay2016AZ and tell how you'll be spreading awareness today! #UnitedAgainstSUDEP



### Epilepsy, Let's Talk About It

22 October · 🌐

Like Page

SUDEP Awareness Day is a special day which brings organisations and people together to raise awareness of SUDEP Worldwide. Launched on 23 October 2014, it shines a light on the largest cause of death in people with epilepsy, helping empower those with the condition through increased awareness.

This year the theme of SUDEP Awareness Day is 'United Against SUDEP'. This theme was chosen as it represents not only the work we do together globally, but also what we accomplish work... See more



Paul Pickersgill, Helen Owen and 13 others

2 Shares

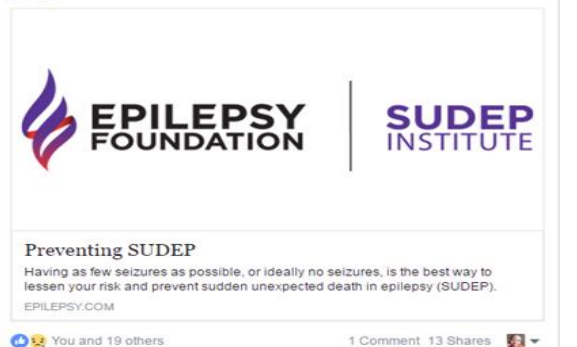


### The Brain Recovery Project: Childhood Epilepsy Surgery Foundation

23 October · 🌐

Like Page

Today is International SUDEP Awareness Day. Sudden unexpected death due to epilepsy is as high as 1 in 150 in persons with drug-resistant epilepsy. #aimforzero seizures and remember that epilepsy surgery is #notalastresort. #UnitedAgainstSUDEP #SUDEPAwarenessDay2016  
[goo.gl/wu9wck](http://goo.gl/wu9wck)



You and 19 others

1 Comment 13 Shares

**Changing Focus Epilepsy Edition**  
7 October · 🇪🇺

Like Page

October 23rd is the day we stand **#UnitedAgainstSUDEP** Sudden Unexpected Death in Epilepsy.. Epilepsy is serious, it's real to all of us who are living with it, our caregivers, doctors and those who have taken their last breath due to a seizure. Join in and help raise **#SUDEPAwareness** on Oct 23rd! Spread the word! **#epilepsyawareness #Epilepsy #seizures #neurology #epilepsyadvocate #blogger**



SUDEP Action, Jenny Todd, Jan LaPitz and 5 others · 13 Shares

**Epilepsy Support** shared your photo.  
22 October · 🇪🇺

United against SUDEP



Juliet Tumeo · Epilepsy Support  
21 October · 🇪🇺

Hi all, today today we are uniting with people with epilepsy, families, 83 epilepsy organisations and health professionals to raise awareness of SUDEP **#UnitedAg...**

See more

133 · 3 Comments

**SUDEP Global Conversation**  
19 October · 🇪🇺



**SUDEP Global Conversation supports SUDEP Awareness Day 2016**

SUDEP Global Conversations is once again supporting the SUDEP Awareness Day campaign launched by UK Charity SUDEP Action in 2014. The campaign brings organisations and individuals together to raise awareness of SUDEP by highlighting ways that people with epilepsy can reduce their risk. It also commemorates all those who have died. This year's theme **#UnitedAgainstSUDEP** not only represents the work...

See more

65 people reached · Boost post

You, Terre Olson and Kiyotaka Hashizume · 1 Share

**Disability Assistance Dogs** shared SUDEP Action's photo.  
22 October · 🇪🇺

**#UnitedAgainstSUDEP**



**SUDEP Action** ✓  
21 October · 🇪🇺

Learning about SUDEP is an important step in helping to reduce your risk. **#SUDEPAwarenessDay2016 #UnitedAgainstSUDEP**

**Nickayla Foundation for Epilepsy** shared Epilepsy. Let's Talk About It's photo.  
23 October · 🇪🇺

This is our big concern with Nickayla.



**Epilepsy, Let's Talk About It**  
22 October · 🇪🇺

SUDEP Awareness Day is a special day which brings organisations and people together to raise awareness of SUDEP Worldwide. Launched on 23 October 2014, it shines...

See more

Like Page

**Molly's Fund For Dravet**  
23 October · 🇪🇺

Like Page

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This year the theme of SUDEP Awareness Day is 'United Against SUDEP'. This theme was chosen as it represents not only the work we do together globally, but also what we accomplish work.... See more



Sammy Ashby, Julie Upton and 18 others · 12 Shares



@coolettermc and 1 other Retweeted



Empatica @empatica · Oct 23

It's #SUDEPAwarenessDay2016! Retweet to help raise awareness about Sudden Unexpected Death in #Epilepsy ❤️ #IAmSUDEPAware #UnitedAgainstSUDEP



15 15



Epilepsy Solutions @EpilepsyWatch · Oct 22

Today's work - Prevents Tomorrow's Loss | Happy #SUDEPAwareness2016 Raise your awareness w/ @SudepAction @jessicaksmith #UnitedAgainstSUDEP



2 4

**SAMUEL & SON**  
CHARTERED SURVEYORS



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Home » Sponsorship & Events » Samuel & Son support SUDEP AWARENESS DAY – 23rd October 2016

## SAMUEL & SON SUPPORT SUDEP AWARENESS DAY – 23RD OCTOBER 2016

Sudden Unexpected Death in Epilepsy (SUDEP) Awareness Day takes place on 23rd October. This is a special day dedicated to raising awareness of SUDEP and to commemorate those who have died as well as an opportunity to raise funds for the charity.

Michelle Samuel's sister Diane passed away in her sleep in 2004 aged 20, from SUDEP. Since then Michelle and her family along with Samuel & Son have been very active supporters of the charity in raising money but also more importantly raising awareness to help others who have epilepsy and prevent future deaths. More information about the charity can be found at [www.sudep.org](http://www.sudep.org).



National SUDEP Awareness Day was launched in 2014 as part of the charity's Call for Openness Campaign. It is a special day dedicated to raising awareness of SUDEP. On the day the charity encourage people to host a variety of events to raise awareness of SUDEP and promote ways that people with epilepsy can reduce their risk. It is also a day to commemorate all those who have died from SUDEP and an opportunity to raise funds for SUDEP research.

Please get involved and help raise awareness. If you would like to make a donation to SUDEP Action, visit Michelle's Justgiving page <https://www.justgiving.com/ForDiane>

United Against SUDEP

UNITED



Mad March Hare Sportive shared SUDEP Action's photo.

22 October · €

#MMH2017 will again be supporting and promoting the work of #sudepaction so please take a few moments to learn about the valuable what they do #UnitedAgainstSUDEP



SUDEP Action ✓

22 October · €

Tomorrow Sunday 23rd October is #SUDEPAwarenessDay2016, there are many ways you can support the day and be #UnitedAgainstSUDEP [www.sudepawarenessday.org/](http://www.sudepawarenessday.org/)



CONEFREY'S PHARMACY

20 October · €

Like Page

This Sunday is International SUDEP Awareness Day. Are you SUDEP aware? #UnitedAgainstSUDEP



SUDEP Action, Juliet Tumeo and Anne-Marie Kierans