



# MANAGE THE RISK, AVOID THE COST

Are you familiar with the real costs of not following your treatment plan? Here's what you should know:

## MANAGE THE RISK...

### DO YOUR BEST TO TAKE YOUR MEDICINE ON TIME

Nearly half (45%) of patients reported a breakthrough seizure following a missed dose.<sup>1\*</sup>

**TIP: SET A DAILY MEDICATION ALARM ON YOUR PHONE.**

### TAKE YOUR MEDICINE AS PRESCRIBED

71% of patients with epilepsy admitted to missing at least 1 dose.<sup>1\*</sup>

**TIP: ASK YOUR PHARMACIST ON HOW TO SET YOUR PRESCRIPTIONS TO AUTO-REFILL.**

### SET UP A SYSTEM THAT WORKS FOR YOU

In 1 survey, nearly 3/4 of patients with epilepsy were nonadherent due to "forgetfulness."<sup>5</sup>

**TIP: USE A DOSING TRACKER, JOURNAL, OR APP.<sup>5</sup>**

### TAKE BREAKTHROUGH SEIZURES SERIOUSLY AND LET YOUR DOCTOR KNOW WHENEVER YOU HAVE ONE

Cognitive decline is strongly correlated with the number of uncontrolled seizures.<sup>7</sup>

**TIP: LEARN YOUR TRIGGERS AND DO YOUR BEST TO AVOID THEM.**

### KEEP YOUR TREATMENT TEAM IN THE LOOP

21% higher seizure risk was seen among those who lapse in their therapy compared with patients who adhere to it.<sup>3</sup>

### HELP YOUR DOCTOR GET YOUR SEIZURES UNDER CONTROL

Convulsive seizures are the greatest risk factor for SUDEP.<sup>11</sup> More than 3 convulsive seizures per year increased the risk of SUDEP by 15 times.<sup>12</sup>

**TIP: ASK YOUR DOCTOR ABOUT ANTICONVULSANTS THAT STAY WITHIN A THERAPEUTIC RANGE LONGER. IT MAY MEAN YOU CAN TAKE FEWER PILLS.<sup>13,15</sup>**

## ...AVOID THE COST

### PHYSICAL INJURY

If you fall during a seizure, you can injure your head or fracture a bone.<sup>2,3</sup>

### FINANCIAL COST

In some cases, your ability to work may be affected. You may also encounter greater health expenses. In fact, patients with breakthrough seizures had 8.1 times higher epilepsy-related financial costs.<sup>4</sup>

### LOSS OF INDEPENDENCE

Epilepsy may take away your ability to drive, among other activities associated with independence.<sup>6</sup>

### DECLINE IN EMOTIONAL HEALTH

People with epilepsy are more likely to experience depression. Even those who don't suffer from depression may be anxious about having another seizure.<sup>8,9</sup>

### STRESS ON FAMILY

Over half of siblings worry that a brother or sister with epilepsy will have a seizure.<sup>10</sup>

### SUDDEN UNEXPECTED DEATH IN EPILEPSY (SUDEP)

According to the Epilepsy Foundation, every year, 1 person out of 150 with uncontrolled seizures dies from SUDEP, the leading epilepsy-related cause of death.<sup>14,16</sup>

\*A 10-item, nationwide postal survey of 661 patients conducted between 2001 and 2002.

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