



## Speaking from Experience *The Many Faces of Epilepsy*

### Transcript for chapter 7 of 7: Closing thoughts

**Melanie (24, diagnosed 16 years ago)** - It isn't always clear sailing. There are always rough patches that you go through. You contemplate your naval a little too much. You'll come across some bigoted people who don't know, don't have any knowledge. The key, that I've found is, letting people know the right information about your condition.

**Bev and Tim** - I wouldn't worry about having epilepsy, it's not a big deal. It's not like you've got three months to live, or something.

**Robert (32, diagnosed 10 years ago)** - Keep their chin up. Keep a positive attitude. The best thing to do, that I did, is to learn about epilepsy.

**Libby (68, diagnosed 23 years ago) and husband Jim** - Pick yourself a good neurologist. If you are sent to one you don't like, feel free to change. There are worse things in life. It is possible to live quite well with epilepsy, but do keep a sense of humour, it does help.

**Leonie (36, diagnosed 4 years ago)** - There are so many people who have epilepsy, and so many people have coped. The people who are just freshly diagnosed, you just have to realise that there's always someone there for you. Just keep going and it'll be alright.

**Stephanie (23 years. Seizures from approx. 6 years, diagnosed at 16 years)** - The first thing I would say to them is, have you got someone to talk to? That's important. I remember I needed someone to talk to.

**Melanie** - The support that I have had can never be undervalued. It can't be given a price or a figure. It's just being there and present. As long as you can give that to someone who has epilepsy, they will never forget it.