



Questions to ask your Neurologist:

1. Are there any recent advancements in epilepsy treatment or new medications that could enhance the management of my seizures? How do these compare to traditional treatments?
2. Could you identify potential triggers or lifestyle factors that might be contributing to the increase in my seizure frequency? Are there specific activities or situations I should avoid to minimize the risk of seizures?
3. Are there additional diagnostic tests or evaluations beyond what I've had that could provide deeper insights into my seizures and assist in determining the most effective treatment plan? What do these tests involve, and what information can they provide?
4. What are the possible side effects or risks associated with my current medication? Would it be beneficial to consider adjusting the dosage or exploring alternative medications to better manage my condition? How do the potential benefits and risks compare for each option?
5. Are there specific lifestyle changes, dietary modifications, or complementary therapies that could complement my current treatment and potentially reduce the frequency of my seizures? Can you provide details on how to implement these changes effectively?
6. Can you provide guidance on how to effectively manage and respond to seizures, both during and after they occur? What immediate steps should I take when a seizure happens, and how can I minimize risks and provide appropriate care?
7. Is it possible that stress, anxiety, or sleep patterns are influencing my seizure frequency? If so, what strategies can I employ to better manage these factors and potentially reduce the frequency or severity of seizures?
8. How often should I schedule follow-up appointments with you to monitor my progress and make adjustments to the treatment plan if needed? Are there specific markers or signs I should be monitoring between appointments?
9. Would it be advisable for me to carry rescue medication with me in case of an emergency seizure situation? If yes, what type of medication and how should it be administered?
10. Should I consider investing in a seizure alert device or monitor to enhance my safety and that of those around me? What are the options available, and how effective are these devices in alerting during a seizure? Are there specific brands or types you recommend based on my condition?