

# Get ready to talk about your **SEIZURES** and their **LASTING MARK**

It's important to see your healthcare provider often to discuss your seizures and how they can leave a lasting mark. Your healthcare provider wants to hear from you so they can better help you.



## **TELL** them about all of your experiences, concerns, and needs

As every visit is private, you can **TALK** with your healthcare provider about everything that's going on with you.



## **ASK** if more can be done to prepare yourself as fully as possible

**TALK** with your healthcare provider about different types of seizure treatment to see what options may be right for your seizure management plan.



## **LEARN** how seizures can leave a lasting mark

Knowing more about seizures and how they can affect you can help you **TALK** about your own seizure experiences.



## **KEEP** the discussion going with your healthcare provider

Have regular visits to **TALK** about your experiences—the more they know, the more they can help.



Discussing your seizures can be difficult. Give yourself a helping hand by completing the list of discussion points on the following pages to help you **TALK** about your seizure experiences.

# Gather your thoughts and questions about your **SEIZURES**



Before every appointment, fill out a new list of points that you want to **TALK** about with your healthcare provider. Remember, things may have changed with you since your last visit. Save a copy of this list each time for reference.

My appointment is on: \_\_\_\_\_ with: \_\_\_\_\_

## REMINDER TO TALK ABOUT

1.

**MY SEIZURES:** Describe every seizure that you've had since your last appointment.

Include details on any seizure triggers that you felt, how long each seizure lasted, any changes to your seizure pattern, and what happened immediately before and after.

2.

**MY EXPERIENCES:** List all that's changed with you, even if you haven't had a seizure.

Include any effects or sensations that appeared after a seizure and haven't gone away, as well as those that have gotten worse.

3.

**MY WORRIES:** Make note of your concerns, no matter how trivial they may seem.

Include any worries or questions you have about your daily life, your body, and your feelings—your appointment is a safe space to talk.

# Collect more of your thoughts and questions about your **SEIZURES**



## REMINDER TO TALK ABOUT

4.

### **MY TREATMENTS:** List anything you want to discuss about your seizure treatments.

Include anything you've noticed about the medications that you take, as well as any seizure treatments that you'd like to learn about.

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5.

### **MY GOALS:** Write down what you want to achieve while balancing seizure care.

Include details about your general life goals that could be negatively affected by your unique seizure experiences.

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6.

### **MY SUCCESSES:** Healthcare providers want to know what you've achieved!

Include everything that you've accomplished and are proud of, as well as how you've overcome any difficulties with your seizure care.

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Remember to take this set of talking points with you to your next appointment.



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Keep talking about the lasting mark of your **SEIZURES**

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