

# Are you SUDEP Savvy?

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:

Taking your medication regularly and reliably

Speak to your doctor before making any changes to your medication

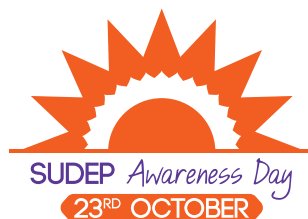
Make sure you have regular checkups



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



SUDEP  
INSTITUTE



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