

# 癫痫发作

## Seizures

Seizures are sudden, uncontrolled changes in brain activity. They are a sign that there is a problem in the brain. Most seizures cause a loss of awareness and shaking of the body. Sometimes, they cause staring spells.

Most seizures last less than a 2 minutes, and the person may be confused after the seizure. A person who has repeated seizures may have a disease called epilepsy.

### Causes of Seizures

It is not always known why a person has seizures. Causes may include:

- Epilepsy
- Brain injury or tumors
- Infections
- Alcohol or drug use
- Low sodium or blood sugar levels
- Kidney or liver failure
- Alzheimer's disease
- Stroke
- Lack of oxygen during birth or a medical condition present at birth

### Signs of Seizures

Some people feel a warning sign before the seizure, called an aura. This may be a headache, changes in vision, hearing noises or smelling a scent such as smoke.

癫痫发作是大脑活动突然出现不受控制的变化。这是大脑出现问题的征兆。大多数癫痫发作会导致意识丧失和身体颤抖，有时会导致神志恍惚。

大多数癫痫发作持续不到 2 分钟，患者在发作后可能会出现失神的情况。这种症状反复发作可能意味着患有癫痫症。

### 癫痫发作的原因

癫痫发作的病因可能并不明确，可能包括：

- 癫痫
- 脑损伤或肿瘤
- 感染
- 酗酒或吸毒
- 低钠或低血糖水平
- 肾脏或肝脏衰竭
- 阿兹海默症
- 中风
- 出生时缺氧或出生时患病

### 癫痫发作的征兆

有些人在癫痫发作前会感受到警告性征兆（称为先兆），比如头痛、视力变化、听到噪音或闻到烟味等气味。

### During a seizure there may be:

- Body motions they cannot control, such as stiffening, jerking or facial muscle movements
- Staring spells
- Problems breathing
- Drooling
- Loss of bowel or bladder control
- Loss of consciousness, loss of memory or confusion

Call 911 right away if the person has never had a seizure before or if the seizure lasts longer than 5 minutes.

Try to write down what happens during the seizure. Include the date, time, how long it lasted and body motions.

The person may be very tired and confused after the seizure.

## Treatment

Treatment is based on the cause of the seizure:

- If this is the first time the person has had a seizure, the doctor will ask about signs and check to see if there is a medical condition that caused it. Blood tests and other tests may be done, such as computerized tomography (CT) scan, magnetic resonance imaging (MRI), electroencephalogram (EEG) or lumbar puncture may be done.
- A seizure caused by a high fever or a certain medicine is treated by removing the cause.
- For a person with epilepsy, a seizure may be a sign that his or her medicine may need changed.

Most seizures can be managed with medicine. If medicine does not decrease the person's seizures, surgery may be an option.

### 在癫痫发作期间，患者可能出现：

- 无法控制的身体动作，例如僵硬、抽搐或面部肌肉运动
- 神志恍惚
- 呼吸困难
- 流口水
- 丧失肠道或膀胱控制能力
- 失去意识、失去记忆或意识混乱

如果患者此前从未出现过癫痫发作或癫痫发作持续时间超过 5 分钟，应立即拨打 911。

请尽量记下癫痫发作时的具体情况，包括日期、时间、癫痫发作持续时间和身体动作。

癫痫发作后，患者可能感到非常疲惫和失神。

## 治疗

应针对癫痫发作的原因进行治疗。

- 如果这是患者第一次癫痫发作，医生会询问相关征兆，并检查患者是否患有导致癫痫发作的疾病。患者可能需要进行血液检查、计算机断层 (CT) 扫描、磁共振成像 (MRI)、脑电图 (EEG) 或腰椎穿刺等其他检查。
- 如果是因高烧或某种药物引起的癫痫发作，可通过消除病因进行治疗。
- 如果癫痫患者正在服用药物，癫痫发作可能代表需要改变用药。

大多数癫痫发作可通过药物控制。如果药物不能减少患者的癫痫发作，可选择手术治疗。

## Safety Concerns

- A person with epilepsy should always wear a medical alert necklace or bracelet.
- Some people need to wear helmets to prevent head injuries.
- If the person has uncontrolled seizures, he or she cannot drive.
- A person with controlled seizures may be able to get a restricted license to drive under certain conditions. Talk to the doctor for more information.
- A person with uncontrolled seizures should avoid activities where a seizure could cause serious injury. Examples include climbing, biking and swimming alone.

Talk to the doctor or nurse if you have any questions or concerns or for information about support groups.

## 安全问题

- 癫痫患者应始终佩戴医疗警报项链或手镯。
- 有些患者需要戴头盔以防止头部受伤。
- 癫痫发作未得到控制的患者不应开车。
- 在某些条件下，癫痫发作得到控制的患者可获得限制性驾驶执照。如需更多信息，请咨询医生。
- 癫痫发作未得到控制的患者，应避免从事癫痫发作可能造成重伤的活动，包括独自攀岩、骑自行车和游泳。

如果您有任何疑问或担心，或想了解相关互助小组的信息，请咨询医生或护士。