

# EPILEPSY is easier to live with when you **UNDERSTAND IT**

## DID YOU KNOW



Epilepsy is the world's most common brain disorder



10% of New Zealanders will have a seizure during their lifetime, while 1-2% will be diagnosed with epilepsy



Anyone at any age can be diagnosed with epilepsy.



Epilepsy New Zealand has been providing vital support and training for over 60 years



**EPILEPSY NEW ZEALAND®**  
THE NATIONAL EPILEPSY ASSOCIATION OF NEW ZEALAND  
*Kia titiro ki te tangata - see the person*

Helpline: **0800 EPILEPSY (374 537)**  
**[www.epilepsy.org.nz](http://www.epilepsy.org.nz)**

**Be Seizure Smart and Contact Epilepsy New Zealand**