



Talking with your doctor about SUDEP can help!

It's important to talk to your doctor about SUDEP, how to prevent it, and what treatment options are available to you.

These questions can help you jumpstart your conversation:



What is my risk for SUDEP?



What can I do to decrease my risk?



If I have nocturnal seizures, how can I make sure I'm staying safe at night and getting the care I need during and after a seizure?



What do I do if I forget to take my anti-seizure medication?



Can my family and friends help? How?



What resources do you know of for SUDEP prevention?



How often should we review my SUDEP risk?

Additional Resources



Support

- [Danny Did](#) (technology suggestions and financial support)
- [Chelsea Hutchison Foundation](#) (financial support)
- [Service Dogs](#)



Prevention

- [Bed Monitor](#)
- [Home Video Monitoring](#)
- [Pulse-Ox Monitors](#)
- [Pulse-Ox Monitor Ring](#)
- [Pillow & Mattress Topper](#)
- [Service Dogs](#)



Info/Webinars

- [Partners Against Mortality in Epilepsy \(PAME\)](#)
- [SUDEP Aware](#)



Bereavement

- [Epilepsy Foundation](#)
- [SUDEP Action](#)



Research/Registries

- [Citizens United for Research in Epilepsy \(CURE\)](#)
- [North American SUDEP Registry](#)
- [Sudden Death in the Young Registry](#)
- [Canadian Paediatric Surveillance Program](#)



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