


PRESS CLIPPING SHEET

PUBLICATION:	Daily News
DATE:	24-December-2015
COUNTRY:	Egypt
CIRCULATION:	60,000
TITLE :	Advice and figures - Epilepsy
PAGE:	08
ARTICLE TYPE:	General Health News
REPORTER:	Staff Report

Advice and figures

Advice



Professor of Neurology at Cairo University Tarek Tawfik said preventive factors can be taken into consideration for people with epilepsy to protect themselves from severe seizures. He told Daily News Egypt that patients should avoid head injuries and traumas, since this is the most effective way to prevent post-traumatic epilepsy.

Patients should not be over-ex-

posed to the sun since it also has a negative effect, and they must take their medications regularly without missing a dose.

Pregnant woman can deliver healthy babies but they must follow

up with doctors and undergo specific a treatment programme. Patients should not overuse new technologies, since they affect brain functions. They should have a healthy lifestyle that includes sleeping well, eating healthily, and regularly exercising, as this helps prevent epileptic seizures.