



Glossary of terms often used

Epilepsy is a complex condition. It is not surprising that the jargon used in the field of epilepsy can be complex as well. Terminology is sometimes replaced - for example "grand mal" and "petit mal" are used infrequently these days. We have put together a list of words that we are commonly asked about, and what they mean. For more specific and detailed definitions and descriptions, we suggest that you speak with your doctor, do some reading (we have lots of brochures, booklets, and books), or give us a call.

Absence seizure

A type of generalised seizure, previously known as "petit mal". These seizures typically are a very brief lapse of consciousness, so brief that they may go unnoticed, and are characterised by staring.

Atonic seizure

Also a type of generalised seizure, sometimes referred to as a "drop attack". There is a sudden loss of muscle tone that may cause falling.

Aura

You may experience this just prior to having a seizure - for some it is their warning. In fact it is a simple partial seizure and may occur just on its own or before a tonic clonic or complex partial seizure.

Automatism

Is a repetitive, automatic movement during or after seizures - for example fiddling with clothes, or repeated swallowing.

Cognitive

To do with the thinking processes. Includes memory, problem solving etc.

Complex partial seizure

Occurs in part of the brain and impairs consciousness. Commonly arises in the temporal lobe (previously known as temporal lobe seizures), but can arise in other areas of the brain (for example, frontal, occipital or parietal lobes). It may be preceded by a simple partial seizure. The symptoms of complex partial seizures are varied - for example, strange sensations, automatisms, déjà vu and speech distortions.

CT Scan

CT stands for computed tomography. X-rays and computers create pictures of the brain. CT Scans are often used when epilepsy is being considered and investigated for the first time.

Convulsion

Older term for seizure (especially of the tonic-clonic variety).

EEG

Abbreviated term for electroencephalogram. It involves being "wired" up with electrodes (we've heard kids call it the funny hat test), and measures the brain's electrical activity. It is a very important diagnostic tool for epilepsy.

Fit

Another older term for seizure.

Focal epilepsy

Another term for partial seizure.

Generalised seizure

Where the seizure activity affects the whole brain. Common generalised seizures include tonic-clonic seizures and absence seizures.

Grand mal

Older term for tonic-clonic seizure.

Ictal

The period during a seizure. (Interictal - the time between seizures, Postictal - the time immediately after a seizure).

Ketogenic diet

A high fat diet sometimes used to control seizures.

MRI (Magnetic Resonance Imaging)

A scanning technique which uses a strong magnet rather than x-rays. It gives a picture with clearer definition than a CT Scan, but is more difficult to get than a CT Scan in some areas of Queensland.

Myoclonic seizure

Involves a brief, sudden jerk - usually symmetric, of the muscles in the upper limbs and body.

Photosensitive epilepsy

A type of reflex epilepsy where light, particularly flashing lights (eg strobes) may cause seizures. Only a small percentage of people with epilepsy have photosensitive epilepsy.

Pseudoseizures (or psychogenic seizures)

Seizures which are psychological in their origin, but this is not to say that they are brought on consciously. Video EEG monitoring is of assistance in identifying seizures of this kind.

Reflex epilepsy

When seizures are triggered by sensory stimuli (as is the case with photosensitive epilepsy).

Seizure

A temporary, sudden change in the electrical and chemical activity in the brain which causes a change in behaviour, thought or sensation.

Simple partial seizures

These seizures occur when the seizure activity only occurs in part of the brain and does not impair consciousness.

Status epilepticus

A very long seizure (more than 30 minutes) or a continuous state of seizures where one seizure follows another. Can occur in almost any seizure type, however convulsive status epilepticus where the person is experiencing ongoing tonic clonic seizures is considered a medical emergency and an ambulance must be called.

SUDEP

(Sudden unexpected death in epilepsy)

If a person with epilepsy dies suddenly and no obvious cause can be found after a post mortem examination, it is called SUDEP. The actual cause of SUDEP is not known.

Temporal lobe epilepsy

Term for epilepsy arising in the temporal lobe of the brain.

Tonic-clonic seizure

A generalised seizure in which the person falls, loses consciousness, stiffens and the body jerks.

References:

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Mittan, R. J. (1986). Living Well with Epilepsy. New Zealand Epilepsy Association, Hamilton.

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