

# My Epilepsy

Your brain is very important for everything you do. Inside your brain there are lots of tiny brain cells called neurons. These neurons talk to each other and send messages to every part of your body.

When you want to throw a ball, the neurons in your brain send messages to your arms to tell them to throw the ball. When you want to jump, the neurons in your brain send messages to your legs to tell them to jump.



If you have epilepsy, the neurons in your brain get over-excited and mix up the messages they send to your body. This means that the different parts of your body get a little confused for a while and you have a seizure.

It doesn't take long for your neurons to settle down. Once they have, the messages go back to normal and the seizure stops.

All sorts of people have epilepsy. Special medication can make sure the neurons in your brain don't get too excited.