



Coping With Epilepsy

Christine Craggs-Hinton



Coping With Epilepsy:

Coping with Epilepsy Fiona Marshall, Pam Crawford, 2000 Epilepsy can be frightening whether you're a child or adult. But if you or your child is diagnosed as epileptic, there is a wealth of useful advice you can draw on. *Coping with Epilepsy* contains all the information on what epilepsy is, the different types of epilepsy that there are, and how they are diagnosed and treatment options, including information on drugs and surgery. There is practical advice on living with epilepsy, particular issues for women, and how to feel more in control. An essential book for all sufferers and their families. *Coping with Epilepsy* Pamela Crawford, 2013-06-20 Epilepsy, traditionally the Cinderella of medicine, now has a higher profile thanks to the efforts of the World Health Organisation, who have led a campaign called 'Out of the Shadows' to make the public more aware of the condition. In particular, there has been much more awareness of the plight of women with epilepsy and their reproductive health, especially the problem of certain anti-convulsant medications and their effects on the unborn child. This new edition strengthens the focus on women and gives a strong update on drugs and surgery, a sometimes neglected but modern approach which may actually cure epilepsy. *Living and Coping with Epilepsy, My Way* Cara Coles, 2015-02-27 You really can have anything you want out of life, no matter what. *Living and Coping with Epilepsy, My Way* is about the author's journey living and dealing with epilepsy, finding the law of attraction, and how her life has changed since then. **Coping with Chronic Illness and Disability** Erin Martz, Hanoch Livneh, 2007-09-23 This book synthesizes the expanding literature on coping styles and strategies by analyzing how individuals with CID face challenges, find and use their strengths, and alter their environment to fit their life-changing realities. The book includes up-to-date information on coping with high-profile conditions such as cancer, heart disease, diabetes, arthritis, spinal cord injuries, and traumatic brain injury, in-depth coverage of HIV/AIDS, chronic pain, and severe mental illness, and more. **Epilepsy You Are Not Alone: A Personal View on How to Cope with the Disorder** Stacey Chillemi, 2024-07-25 Living with epilepsy can be a lonely and arduous journey filled with constant challenges. But amidst the struggles, know that you are not alone. In the heartfelt book *Epilepsy You're Not Alone*, Stacey Chillemi extends a compassionate hand to guide you through this debilitating disorder. This isn't just a book on epilepsy; it's a beacon of light illuminating the way to overcoming the hurdles that epilepsy brings. Chillemi delves deep into the complexities of managing the condition, offering practical advice rooted in both scientific knowledge and her personal experiences. From reshaping your thoughts to adopting new perspectives, this book presents tangible strategies for finding joy and productivity in your daily life. What truly sets this book apart is the inclusion of over 30 poignant stories from individuals worldwide who have triumphed over epilepsy. Their narratives of resilience offer hope, inspiration, and a sense of belonging to those navigating similar challenges. Through these stories, Chillemi proves that a fulfilling life is within reach despite the adversities faced. *Epilepsy You're Not Alone* is more than just a book; it is a lifeline for those impacted by epilepsy. Whether you are newly diagnosed or have been living with the disorder for years, this book equips you with the knowledge, tools, and

community support needed to conquer epilepsy and lead a purposeful life Don't allow epilepsy to hinder your journey Be part of the community that has found comfort and empowerment through Epilepsy You're Not Alone Grab your copy today and take that crucial first step towards reclaiming your life **Coping with Epilepsy in Children and Young People** Susan Elliot-Wright, 2009 Looks at what parents and family can do to minimize the impact of epilepsy and to reduce the risk of seizures from early childhood through to young adulthood *Cambridge Handbook of Psychology, Health and Medicine* Susan Ayers, Andrew Baum, Chris McManus, Stanton Newman, Kenneth Wallston, John Weinman, Robert West, 2007-08-23 Health psychology is a rapidly expanding discipline at the interface of psychology and clinical medicine This new edition is fully reworked and revised offering an entirely up to date comprehensive accessible one stop resource for clinical psychologists mental health professionals and specialists in health related matters There are two new editors Susan Ayers from the University of Sussex and Kenneth Wallston from Vanderbilt University Medical Center The prestigious editorial team and their international interdisciplinary cast of authors have reconceptualised their much acclaimed handbook The book is now in two parts part I covers psychological aspects of health and illness assessments interventions and healthcare practice Part II covers medical matters listed in alphabetical order Among the many new topics added are diet and health ethnicity and health clinical interviewing mood assessment communicating risk medical interviewing diagnostic procedures organ donation IVF MMR HRT sleep disorders skin disorders depression and anxiety disorders *Seizure Solutions: A Practical Guide to Managing Epilepsy* N.B. Singh, *Seizure Solutions A Practical Guide to Managing Epilepsy* is a comprehensive handbook offering valuable insights and practical strategies for individuals navigating the challenges of epilepsy The book covers various aspects from understanding the condition and its triggers to providing actionable advice on seizure management Whether you are someone living with epilepsy or a caregiver seeking guidance this resourceful guide aims to empower and enhance the quality of life for those affected by epilepsy Epilepsy Ennapadam S. Krishnamoorthy, Simon D. Shorvon, Steven C. Schachter, 2017-04-06 This comprehensive multidisciplinary approach to epilepsy compares and contrasts scientific knowledge clinical experience and social consciousness between Western and non Western cultures enhancing transcultural understanding and providing a paradigm for an integrative truly global health policy for this disorder Topics covered include pharmacological and non pharmacological management of epilepsy care models and traditional medical systems service organization in resource limited countries cultural perspectives on consequences of epilepsy social anthropological economic political and spiritual issues related to living with epilepsy infectious and non infectious causes and risk factors region specific syndromes Uniquely drawing attention to both a medical perspective and the burden of living with epilepsy this is a must have reference work for epileptologists neurologists epidemiologists medical policymakers and health administrators in both the developed and developing world Coping with Life Stress, volume II Alexander V. Libin, Elena V. Libin, Walter Erich Penk, Nawar Shara, 2024-02-09 This Research Topic is

the second volume of the Research Topic Coping With Life Stress Please see the first volume here Existing studies on coping with stress and life difficulties are very contradictory Traditional approaches while identifying cognitive emotional and behavioral aspects of coping often confuse the modality of the strategy with its functionality and outcome This conceptual drawback presents quite a few challenges to the study of efficient and inefficient strategies Perception of the incongruence between modalities cognitive emotional or behavioral of a particular strategy and its functionality or organizational efforts efficient vs inefficient hinders the development of an integrated methodology for a generalized coping with life stress process The absence of general principles for classification of efficient and inefficient coping poses methodological as well as practical difficulties in their diagnostics and differentiation thereby causing additional obstacles in the systematic study of this important phenomenon The Coping with Life Stress approach is focused on research based on the translation of scientific knowledge regarding problem solving processes into practical applications geared toward improvement of individual life learning or coping skills

The Fibromyalgia Healing Diet Christine Craggs-Hinton,2021-06-24 Fibromyalgia is a painful chronic condition which can result in symptoms such as fatigue pain insomnia IBS or depression However debilitating your symptoms eating the right foods can stimulate healing at a fundamental level The Fibromyalgia Healing Diet gives nutritional advice based on sound research on how to address dietary imbalances including information about osteoporosis the importance of vitamin D and the correct balance of carbohydrates protein and fat for people with fibromyalgia The author writes as someone with fibromyalgia and this book explains exactly what it means to have the condition as well as why diet is such an important aspect of treatment There is advice on essential nutrients and on substances to avoid as well as supplements to help There is a simple achievable detox programme and a wealth of delicious easy to cook recipes to help you treat the cause of the condition not just the symptoms and to reclaim your life **Dr**

Dawn's Guide to Brain Health Dawn Harper,2015-08-20 Many conditions affect our brain and nervous system and this book provides an in depth guide to the anatomy of our nervous system Dr Dawn unravels the mysteries of this complex system looking at what the different parts of our brain do and what happens when they go wrong Topics include headaches and migraine epilepsy stroke multiple sclerosis dementia motor neurone disease and benign and cancerous brain tumours The relevant scans and tests what they involve and what they can show She also covers warning signs and symptoms what you need to know from your doctor and what to expect from your treatment

The Clinical Psychologist's Handbook of Epilepsy Christine Cull,Laura H. Goldstein,2002-01-31 Psychological techniques have a major role to play in the treatment and management of epilepsy The Clinical Psychologist's Handbook of Epilepsy is the first comprehensive reference text written specifically from a psychological angle A team of experts review the latest research and give practical advice for the clinician in areas including neuropsychological assessment the impact of anti epileptic medication behaviour problems in children with epilepsy and the impact of epilepsy in people with learning disabilities A practical handbook for all

psychologists working in the area whether new to the field or more experienced The Clinical Psychologist's Handbook of Epilepsy will also provide a useful resource for research **Living with Fibromyalgia NE** Christine

Craggs-Hinton, 2014-11-20 Fibromyalgia is a long term condition characterized by pain in the muscles tendons ligaments and nerves Other symptoms include fatigue sleep problems allergies irritable bowel syndrome migraines stiffness anxiety depression and problems with short term memory and concentration Living with Fibromyalgia offers tried and tested advice on how to reduce pain boost energy levels and live more comfortably In line with the latest thinking of fibromyalgia as a disorder of the CNS central nervous system this third edition looks at how an over sensitised system may amplify pain messages and trigger the symptoms of fibromyalgia It also looks at research into the link between poor sleep and the disorder Other topics include a physical cause the evidence for fine nerve damage in fibromyalgia sleep problems and management the benefits of yoga and music therapy updated recommendations on diet and supplements the importance of posture and exercise pain and stress management complementary therapies **Epilepsy** Ley Sander, Pam Thompson, 1989

Dr Dawn's Guide to Heart Health Dawn Harper, 2015-06-18 This book is a one stop shop for all things cardiac Starting with a lucid explanation of the anatomy of the cardiovascular system it covers everything from high blood pressure and raised cholesterol to angina and heart failure abnormal heart rhythms disease of the valves of the heart and diseases of the peripheral blood vessels Who is at risk and what you can do to reduce your risks are also covered along with advice on lifestyle factors and realistic tips on how to help yourself Dr Dawn also examines medical tests and examinations when they may be necessary and exactly what they're looking for *Understanding and Managing Neurodevelopmental Disorders in Children and Adolescents* Denise Maricle, Christopher Bedford, Julie Gettman, Daniel Miller, Wendi Johnson, 2025-05-12 Children are being identified with more neurodevelopmental disorders than in previous decades and understanding these medically complex disorders has become critical as more children are living with these disorders This pediatric treatment guide provides cutting edge research and intervention recommendations for professionals working with children and adolescents A team of contributors with diverse experience portray medically complex information and neurodevelopmental disorders in an accessible manner Chapters include information on a range of disorders such as cystic fibrosis diabetes epilepsy meningitis chronic fatigue and more Each disorder's physical and neurological manifestations are explored as well as how the disorder is diagnosed and treated and information regarding appropriate assessment and intervention A list of further resources is included at the end of most chapters This book is essential for practitioners working with children including clinical psychologists school psychologists child neuropsychologists clinical and school social workers school nurses pediatricians and graduate students in training within various pediatric specialties *Handbook on the Neuropsychology of Epilepsy* William B. Barr, Chris Morrison, 2014-12-02 Once feared and misunderstood even among the medical community epilepsy has since largely been demystified Besides the characteristic seizures various cognitive behavioral and emotional

difficulties are recognized as associated with the condition and patients are finding relief in medical management and or surgical intervention Not surprisingly neuropsychology has emerged as a major component in treatment planning program development and assessment of surgical candidates Geared toward beginning as well as veteran clinicians the Handbook on the Neuropsychology of Epilepsy offers readers a skills based framework for assessment and treatment using current evidence and standardized terminology Expert coverage reviews widely used methods for evaluating key aspects of patient functioning MRI MEG electrocortical mapping the Wada test and presents guidelines for psychotherapeutic and cognitive remediation strategies in treating comorbid psychiatric conditions Given the diversity of the patient population additional chapters spotlight issues specific to subgroups including high and low functioning as well as geriatric and pediatric patients This integrative hands on approach benefits a range of practitioners across medical and neurological settings Topics featured in the Handbook Neuropsychological assessment across the lifespan Evaluating the epilepsy surgical candidate methods and procedures The Wada test current perspectives and applications Assessing psychiatric and personality disorders in the epilepsy patient Evaluation and management of psychogenic non epileptic attacks Neuropsychological assessment with culturally diverse patients Practical and flexible in its coverage the Handbook on the Neuropsychology of Epilepsy serves not only neuropsychologists and neurologists but also primary care physicians such as internists family physicians and pediatricians

Art Therapy with Neurological Conditions Marian Liebmann, Sally Weston, 2015-05-21 By creating a therapeutic outlet for self expression and processing trauma art therapy can play a powerful role in assisting people with a brain injury or neurological condition to adjust to living with altered abilities and ways of thinking Bringing together a wealth of expertise from specialists working with a range of conditions including epilepsy dementia acquired brain injury motor neurone disease and multiple sclerosis this book describes both the effects of the conditions and the ways in which art therapy has helped in the rehabilitation process The book includes work with groups and individuals and with a wide range of settings and age groups from children to older adults and discusses the implications of research from neuroscience and neuropsychology This will be essential reading for art therapists and students working with neurological conditions Other professionals working with people with neurological conditions such as psychotherapists and counsellors doctors nurses and complementary therapists will also find it of interest

Epilepsy: A Comprehensive Guide to Pathophysiology, Diagnosis, and Treatment Dr. Spineanu Eugenia, 2025-03-12 Dive into the intricate world of epilepsy with our comprehensive guide From unraveling its pathophysiological underpinnings to exploring cutting edge diagnostic techniques our treatise leaves no stone unturned Delve into the complexities of seizure classification epidemiology and risk factors gaining invaluable insights into this neurological condition Navigate through chapters dedicated to neuroimaging genetic studies and emerging surgical techniques offering a holistic understanding of epilepsy management Uncover the role of antiepileptic drugs surgical interventions and lifestyle modifications in seizure control and quality of life enhancement With a

multidisciplinary approach we delve into the realms of stress management sleep hygiene and cognitive well being empowering individuals with epilepsy to lead fulfilling lives Whether you re a healthcare professional researcher or individual living with epilepsy our treatise serves as an indispensable resource shedding light on the latest advancements and guiding you towards optimal epilepsy management

Uncover the mysteries within is enigmatic creation, Discover the Intrigue in **Coping With Epilepsy** . This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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