

KNOW THE PATH FROM Strokes to Seizures

Did you know Black Americans have a higher prevalence of stroke than any other racial group? Did you also know strokes account for nearly 45% of epilepsy cases in adults over age 60?

Strokes are the most common causes of seizures in older adults. Around 43% of people who experience post-stroke seizures have done so within 24 hours of their stroke.

That's why the Epilepsy Foundation and the American Stroke Association, a division of the American Heart Association, have teamed up to help you learn the signs of a stroke and Seizure First Aid—and the reason Joycelyn Martin and Thometta Cozart are sharing their parents' stories.



Wulini Huggins's Story

While Joycelyn Martin was home with her mother, Wulini Huggins, who is a stroke survivor, she noticed a funny look on her mom's face—an absent, distant look, non-responsive to conversation or touch. She realized her mom was having a seizure, not a body-convulsing seizure, but a focal impaired awareness seizure she'd learned about during the Epilepsy Foundation's Seizure First Aid Certification Training. She administered Seizure First Aid to her mother. Joycelyn said if she hadn't taken the training, "I would have walked away thinking that my mother was alright. But she was not alright. My mother needed to see an epilepsy specialist." She wants people to know that, "it is vitally important for people to know the different types of seizures. Caregivers of post-stroke survivors should know that seizures may follow a stroke."

Thomas Cozart's Story

Thomas Cozart had a hemorrhagic (bleeding) stroke, so he was more likely to experience seizures afterwards. "He had no history of seizures or epilepsy before his stroke, but had a seizure more than a year later," his daughter Thometta says. Her dad wasn't counseled on the connection between strokes and seizures, but because she advocated for him, he was placed on anti-epileptic medication and has not had another seizure since. She says, "African Americans who have a history of strokes and stroke survivors should be advised about seizures immediately after their stroke and should be offered Seizure First Aid training, along with their families and caregivers."



American Stroke Association.
A division of the
American Heart Association.

Know the common Warning Signs for strokes and learn Seizure First Aid. Cut out the poster on the next page, if you have a loved one who has had a stroke or has epilepsy, hang it in a visible location in their home. Visit stroke.org/warningsigns to learn more about strokes, and get free Seizure First Aid training at epilepsy.com/firstaid.



The #StrokesToSeizures campaign is supported by the CDC/US Dept. of HHS as part of a financial assistance award totaling \$30,000 with 100% funded by the CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, CDC/HHS, or the US Government.