



## How You Can Help The Doctor

### *Observing and Recording Seizures*

There are *many* different kinds of seizures. Dr. Dean *must* know what kind you have before the proper treatment can be prescribed. She relies on you, along with test results, to help formulate the best treatment plan for you. The better you are in describing the seizure the more you help Dr. Dean.

Please send a written paragraph describing, in detail, your seizure. Begin by recording the date and time of the seizure. Use the following questions as a guide for writing your paragraph (do not answer individually).

1. What were you doing at the time of the seizure?
2. What took place before the seizure?
3. How did the seizure develop (suddenly, gradually, one part of the body, etc.)?
4. Did your body become stiff or was it relaxed?
5. Was there jerking of any part of the body?
6. What part of the body moved first?
7. What color was your skin?
8. Were your eyes open or closed?
9. What was your breathing like?
10. Were you aware of your movements during the seizure?
11. Did you lose control of your bladder or bowels?
12. Could you talk to anyone during the seizure?
13. How long did the seizure last?

Any other descriptive statements will help Dr. Dean determine what kind of seizure you are having. Please ask family members and/or friends to help with this information. You may also need to ask them to write a description of your seizure.

Send these paragraphs to our office along with your demographic and medical history information. We will review this information and contact you regarding your appointment.

***Thank you for allowing us to participate in your care!***

*Sincerely,*  
Cindy Allen, RN