

Epilepsy in children: Cause and treatment

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ABSTRACT

Epilepsy is a neurological disorder characterised by recurrent seizures. About 470,000 children and 3 million adults are affected. In the United States, there is a reliable source.

Changes in your brain's electrical activity create seizures, which are episodes of neurological symptoms. Tonic-clonic seizures, often known as grand mal seizures, are characterised by a shift in

awareness as well as full-body convulsions. Other forms of seizures produce symptoms that are less obvious.

Children with specific forms of epilepsy, according to the Epilepsy Foundation, are at a higher risk of developing learning issues and underachieving academically. Helping your kid manage the possible obstacles created by epilepsy requires a good diagnosis and treatment plan.

Key Words: *Epilepsy; Neurological disorder; Seizures; Children neurological disorder*

INTRODUCTION

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Children with specific forms of epilepsy, according to the Epilepsy Foundation, are at a higher risk of developing learning issues and underachieving academically. Helping your kid manage the possible obstacles created by epilepsy requires a good diagnosis and treatment plan.

Seizures, which are abrupt spikes of electrical activity in the brain, can be caused by epilepsy. By the time they reach adolescence, around two-thirds of all children with epilepsy have outgrown their seizures. Epilepsy, on the other hand, may be a lifelong condition for some people. It's critical for parents to work together with their children's doctors to better understand their condition and treatment options.

Seizures

Seizures come in a variety of distinct forms. Some are extremely brief, lasting only a few seconds, while others might endure for many minutes. Some can induce uncontrolled jerking motions, while others might confuse them or make them stare blankly. The type of seizure a person gets is determined by the location of the seizure in the brain and the extent to which the brain is affected.

Epilepsy medication has improved in recent years, making the illness easier to manage. There are a plethora of new anti-seizure drugs on the market, and more are under development. Alternative treatments such as surgical procedures, medical devices, and nutritional therapy, in addition to newer drugs, are available for children and teenagers who continue to suffer seizures while on medication.

Seizures in children may not always be recognised when they occur, depending on the type of seizure. People commonly associate seizures with convulsions, but other seizures are mild and fleeting, such as a 'absence seizure,' in which the kid loses consciousness and response for small periods of time. Furthermore, numerous 'non-epileptic' events can mimic seizures, and epileptic seizures don't always appear how people anticipate them to. This might make diagnosis more difficult in some cases.

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Bates

The following are some examples of childhood occurrences that might be mistaken for seizures:

- Episodes of fainting
- Spells involving retaining one's breath
- Sleep jerks are a common occurrence
- Night terrors daydreaming
- Migraine
- Difficulties with the heart and stomach
- Difficulties with mental health

Causes of epilepsy in children

Unknown causes account for around 40% of epilepsies, which are related to hereditary factors. Epilepsy is likely to be more frequent in persons who have close relatives who have the condition. Epilepsy heritability is estimated to range between 25 and 70 percent in twin studies Trusted Source.

The remaining 60% of epilepsies are frequently linked to brain injury produced by one or more of the following factors:

Head trauma

A catastrophic head injury has the potential to cause brain damage and epilepsy. Some possible reasons include car accidents, sports injuries, and physical abuse.

Stroke

A stroke happens when blood flow in a blood artery becomes obstructed, causing brain damage.

Brain condition

Epilepsy can be caused by brain tumours, meningitis, and other disorders that cause brain damage.

Prenatal injury

Brain injury can be caused by things like developing brain abnormalities or a lack of oxygen before birth.

What should you do if your child has a seizure?

Seeing your child experience a seizure might be frightening. However, in many cases, the best thing you can do is wait it out.

The dos and don'ts of assisting a kid who is suffering a generalised seizure, according to the Epilepsy Foundation.

DOs

- Place something soft beneath their chin
- To avoid choking on their tongue, gently turn them to the side
- Keep track of the length of the seizure
- Remove anything that is clinging to their neck
- Once the seizure is finished, console your Child
- Remove anything that may endanger your Child

DON'Ts

- Hold your child
- Try to stop their movement or biting the tongue
- Put something in their mouth or open it

Treatment of seizures

Medication is the most frequent epilepsy therapy, although there are a variety of additional options.

Medication

Antiepileptic medications are routinely used to treat epilepsy and assist manage symptoms. Antiepileptic medications come in a variety of forms, and your child's doctor can help you choose the right one for them.

If your kid has been seizure-free for a long time, the doctor may suggest lowering the dose of medicine they're taking.

Ketogenic diet

A ketogenic diet is one in which carbohydrates are severely limited. This diet allows your body to manufacture a chemical called decanoic acid, which in some people can help to lessen convulsive activity.

Surgery

A doctor may propose surgery to cut or remove part of the brain for children who have frequent and severe seizures. Although brain surgery can help with certain forms of epilepsy, it's normally reserved for when noninvasive therapies have failed.

If your kid does not react to drugs, neurostimulation may be a possibility. An implanted device sends a modest quantity of electricity to your child's nervous system during neurostimulation.

The three forms of neurostimulation now available are:

- Activation of the vagal nerve
- Neurostimulation that responds
- Brain stimulation at a deep level