

Navigating the Storm: Tip Sheet

Introduction to Lennox-Gastaut Syndrome

Lennox-Gastaut syndrome (LGS) is a rare and severe form of epilepsy that accounts for up to 4% of all childhood epilepsies. Two of the most common seizure types associated with LGS are drop attacks and atypical absences. While there is no cure for LGS, there are medical treatments available to help reduce seizures.

The following are a few practical suggestions that can help families cope with LGS and the challenges associated with this condition:

Safety Helmets

Because LGS patients may have drop seizures – sometimes several a day – it’s wise to have your child wear a helmet to prevent head injury.

Home Modifications

Simple changes to a home, such as putting an intercom in your child’s bedroom or installing tub rails can help ensure safety and provide peace of mind.

Diet

The ketogenic diet is a special high-fat, low-carbohydrate diet that has been found to help children who suffer from seizures.

Seizure Diary

Keeping a seizure diary is an important part of caring for someone who has seizures associated with LGS, and will serve as a helpful reference during doctor visits.

In addition to considering these practical suggestions, be sure to talk with your healthcare provider about the treatment options available for LGS. Together, you can arrive at the best plan for your child.

Questions to ask your healthcare provider:

- What medications are available to help reduce the frequency and/or severity of seizures?
- Are there risks or side effects associated with antiepileptic drugs (AEDs)?
- Are there issues related to taking multiple AEDs to control seizures?
- If my child is taking vitamins or other medications, could this impact how a seizure medication may work?
- Is there a special diet that could help my child?
- Could surgery help my child and, if so, what are the risks?

Living with LGS

For more information, please visit www.LivingWithLGS.com