

Make childhood EPILEPSY stigma-free

Epilepsy is a condition in which disturbances to the brain's normal electrical activity cause recurrent seizures or brief episodes of altered consciousness. Epilepsy comes in many forms and each person's experience is different. It is not possible to prevent epilepsy from developing, but for those with the condition, the chance of attacks can be reduced. Antiepileptic medication can prevent seizures from recurring. Once epilepsy has been diagnosed and the doctor has discussed it with you, an antiepileptic drug (AED) will be prescribed to prevent further seizures.

When a teenager or child develops seizures, the impact on the family can be enormous. The effects of epilepsy on a child's behavioral, intellectual, and social development are extremely variable. Most children with epilepsy live normal lives and have few or no restrictions on social or physical activities. Regardless of the severity of the condition, children with epilepsy need special attention to ensure that their outlook and self-esteem are positive.

Children with epilepsy see the disorder through the window of their parents' eyes. If the parents take a positive outlook, the child's outlook will be positive. The situation for children with epilepsy in the



developing world remains problematic. The misinterpretation of epilepsy often results in children with the condition being socially ostracized. These children express a feeling of stigma and are more likely to report other impairments like low self-esteem, anxiety and depression which would additionally contribute to poor quality of life.

As responsible members of the society, we should understand the stigma and work towards developing measures to overcome it. Efforts to educate people with epilepsy and their families need to focus on the relation between knowledge, stigma, and adjustment. Public education initiatives need to be further developed to promote increased awareness of epilepsy as both a social and medical disorder.

Better awareness of the disease can very well reduce the misconceptions and misinformation about epilepsy that pose threats to the identity, self-esteem, security and opportunities of children with epilepsy.



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WELCOME Aboard!



Dr. Deepika Parihar, Specialist Psychiatrist

Dr. Deepika Parihar has 12 years of clinical experience.

Her experience was gained working in many prestigious hospitals in London including Royal London, King George and Goodmayes hospital. She completed her training in psychiatry whilst in London, and obtained her MRCPsych degree from Royal College of Psychiatrists, UK. Dr. Parihar obtained her diploma (DCP) from Royal College of Ireland. Dr. Deepika joined American Center for Psychiatry and Neurology and now seeing patients in Abu Dhabi. [Read more...](#)



Dr. Najwan Al-Roubaiy Clinical Psychologist

Dr. Najwan Al-Roubaiy is a licensed clinical psychologist with the UK Health and Care Professions Council (HCPC), Swedish National Board of Health and Welfare (Socialstyrelsen), and the Health Authority of Abu Dhabi (HAAD). He came to ACPN from the Swedish Red Cross Treatment Center in Sweden, where he had worked as a clinical psychologist with war and torture survivors suffering from PTSD as well as other trauma-related mental health issues. Dr. Najwan joined American Center for Psychiatry and Neurology and now seeing patients in Abu Dhabi Branch. [Read more...](#)

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