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"treating the cause of your problem, not just the symptoms"

What is a Seizure?

Would you know what to do if someone you know suddenly fell to floor suffering from a seizure? Most people in the general public have no idea what causes seizures or what they should do if they witness someone experiencing one.

In most cases, seizures are started by a small region of improperly functioning tissue in the brain. This small region of tissue can sometimes temporarily cause a widespread dysfunction of the rest of the brain. This results in the actual seizure that you see. When the temporary dysfunction involves both sides of the brain, the person will have a "grand mal" seizure. The person will first of all fall unconscious. Then, there are continuous muscle contractions all over the body. Their legs and arms will straighten out firmly and their back will arch. This lasts for 10-30 seconds. At this point, you may hear the air rush out of their lungs as their respiratory muscles contract. Next, the person relaxes and you will only see contraction and relaxation of individual muscles in their arms and legs. This appears as twitching of the limbs and will last up to 60 seconds. Finally, the person begins to recover. They regain consciousness and are in a state of confusion. They may have a bad headache and not be aware of what just happened.

If you witness someone having a seizure like the one explained above, there are some things that you should do providing that no professional help is immediately available.

1. Maintain the airway by removing all tight clothing such as neckties.
2. Clear the area of any objects that the person may hit themselves on.
3. DO NOT stick your fingers or other objects in their mouth (unless you are skilled in the insertion of a padded tongue blade).
4. Clear the area of people so the person has some privacy, don't attempt to move the person.

5. Following the seizure, keep the person warm and reassure them.
6. Stay with the person until he/she is fully out of the confused state.
7. If this is the person's first seizure, ensure that they are taken to a hospital.

For additional information on seizures, contact your chiropractor or medical doctor.