



Epilepsy Toronto Backgrounder

What is Epilepsy Toronto?

Over the past 50 years, Epilepsy Toronto has been the place where Torontonians living with epilepsy can learn more about their condition, get the help they need and be a part of a family of caring and supporting people.

We envision a world in which epilepsy is widely understood, and where those who live with it feel fully supported. We build a caring community for people affected by epilepsy, through support, education and awareness. We are solely dedicated to supporting people living with epilepsy to live well.

We provide counselling for adults, children, youth and families, employment support for job seekers and those dealing with seizures in the workplace, social events to build a strong community, and advocacy and community education to create better public awareness and support for those living with epilepsy.

What is Epilepsy?

Epilepsy is a neurological condition involving recurrent seizures. A seizure is a change in sensation, awareness, or behavior brought about by a brief electrical disturbance in the brain. A person is diagnosed with epilepsy after they have had two or more seizures.

Seizures vary can look different, depending on the type. Seizures may cause involuntary changes in body movement or function, sensation, awareness, or behavior, and are often associated with a sudden and involuntary contraction of a group of muscles and loss of consciousness. Seizure can also be as subtle as a fleeting numbness of a part of the body, a brief or long-term loss of memory, or even the appearance of staring blankly into space.

Epilepsy is one of the most common neurological disorders, affecting 40,000 people in Toronto and 50 million people worldwide (more than multiple sclerosis, cerebral palsy, muscular dystrophy and Parkinson's disease combined). Despite its prevalence, epilepsy is often misunderstood and people with epilepsy can face social stigma and discrimination.

For more information or for media availabilities, contact:

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