



# RESOURCE CENTRAL

## Seizure Types (CONTINUED FROM PAGE 17)

Seizures are divided into two major groups: primary generalized seizures and partial seizures. Each group contains several seizure types, often defined by whether the individual remains conscious or not (as well as the degree).

**PRIMARY GENERALIZED SEIZURES** usually begin with a widespread electrical discharge that involves both sides of the brain at the same time. Types of primary generalized seizures include:

- ▶ **Absence seizures**, which are brief episodes of staring during which awareness and responsiveness are impaired.
- ▶ **Atypical absence seizures**, which are periods of staring during which the individual is somewhat responsive.
- ▶ **Myoclonic seizures**, which are brief, shock-like jerks of a muscle or a group of muscles.
- ▶ **Atonic seizures**, during which muscles suddenly lose strength. For example, eyelids may droop, the head may nod, and the person may drop things and fall to the ground.
- ▶ **Tonic seizures**, during which muscle tone is greatly increased and the body, arms, or legs make sudden stiffening movements. People usually remain conscious during tonic seizures.
- ▶ **Clonic seizures**, which involve rhythmic jerking movements of the arms and legs, sometimes on both sides of the body. Tiredness or confusion does not usually follow these seizures.
- ▶ **Tonic-clonic seizures**, also known as grand mal seizures, involve the entire body and are what most people think of when they hear the word “seizure.” People often lose consciousness during tonic-clonic seizures.

**PARTIAL SEIZURES** begin with an electrical discharge in one limited area of the brain. They can have many different causes, including traumatic brain injury (TBI), brain infection, stroke, tumor, or changes in the way an area of the brain was formed before birth. Types of partial seizure include:

- ▶ **Simple partial seizures** are localized to one area on one side of the brain, but may spread from there; consciousness remains intact.
- ▶ **Complex partial seizures** can begin in any lobe of the brain, but cause altered awareness due to spreading of seizure activity.
- ▶ **Secondarily generalized seizures** begin in one part of the brain, and then spread to involve both sides of the brain with associated loss of consciousness.

## Assistance Directory

For a full listing of patient organizations, go to [neurologynow.com](http://neurologynow.com)

### HELP FOR ALL NEUROLOGIC DISORDERS

American Academy of  
Neurology Web site  
[aan.com/patients](http://aan.com/patients)  
1-800-879-1960

American Brain Foundation  
[CureBrainDisease.org](http://CureBrainDisease.org)  
1-800-879-1960

CaringBridge®  
(Free, personalized Web sites to  
support your health journey)  
[Caringbridge.org](http://Caringbridge.org)  
651-452-7940

National Institute of Neurological  
Disorders and Stroke  
[ninds.nih.gov](http://ninds.nih.gov)  
1-800-352-9424

Well Spouse Association  
[wellspouse.org](http://wellspouse.org)  
1-800-838-0879

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## ALZHEIMER'S DISEASE

Alzheimer's Association  
[alz.org](http://alz.org)  
1-800-272-3900

Alzheimer's Disease Education  
and Referral Center  
[nia.nih.gov/alzheimers](http://nia.nih.gov/alzheimers)  
1-800-438-4380

Alzheimer's Foundation of America  
[alzfdn.org](http://alzfdn.org)  
1-866-232-8484

Association for Frontotemporal Degeneration  
[theaftd.org](http://theaftd.org)  
1-866-507-7222

Cognitive Dynamics  
[cognitivedynamics.org](http://cognitivedynamics.org)  
[info@cognitivedynamics.org](mailto:info@cognitivedynamics.org)

## ATAXIA

National Ataxia Foundation  
[ataxia.org](http://ataxia.org)  
763-553-0020

## AUTISM

Autism Society of America  
[autism-society.org](http://autism-society.org)  
1-800-3AUTISM (1-800-328-8476)

Autism Speaks, Inc.  
[autismspeaks.org](http://autismspeaks.org)  
1-888-288-4762

Global and Regional Asperger Syndrome  
Partnership  
[grasp.org](http://grasp.org)  
1-888-474-7277

## BRAIN TUMOR

American Brain Tumor Association  
[abta.org](http://abta.org)  
773-577-8750

Brain Tumor Foundation  
[braintumorfoundation.org](http://braintumorfoundation.org)  
212-265-2401

Children's Brain Tumor Foundation  
[cbtf.org](http://cbtf.org)  
1-866-228-4673

National Brain Tumor Society  
[braintumor.org](http://braintumor.org)  
617-924-9997

## CEREBRAL PALSY

United Cerebral Palsy  
[ucp.org](http://ucp.org)  
1-800-872-5827

## EPILEPSY AND SEIZURES

Citizens United for Research  
in Epilepsy (CURE)  
[CUREepilepsy.org](http://CUREepilepsy.org); 312-255-1801

Epilepsy Foundation  
[epilepsyfoundation.org](http://epilepsyfoundation.org)  
1-800-332-1000

Epilepsy Therapy Project  
[epilepsy.com/epilepsy\\_therapy\\_project](http://epilepsy.com/epilepsy_therapy_project)  
540-687-8077

Living Well With Epilepsy  
[LivingWellWithEpilepsy.com](http://LivingWellWithEpilepsy.com)  
[info@livingwellwiththeepilepsy.com](mailto:info@livingwellwiththeepilepsy.com)

SeizureTracker  
[SeizureTracker.com](http://SeizureTracker.com)  
[info@seizuretracker.com](mailto:info@seizuretracker.com)

## HEADACHE / MIGRAINE

American Headache Society Committee  
for Headache Education (ACHE)  
[achenet.org](http://achenet.org); 856-423-0043

Migraine Research Foundation  
[migraineresearchfoundation.org](http://migraineresearchfoundation.org)  
212-249-5402

National Headache Foundation  
[headaches.org](http://headaches.org)  
1-888-NHF-5552 (888-643-5552)

## MULTIPLE SCLEROSIS

MSWorld  
[msworld.org](http://msworld.org)

Multiple Sclerosis Association of America  
[msassociation.org](http://msassociation.org)  
1-800-532-7667

Multiple Sclerosis Foundation  
[msfocus.org](http://msfocus.org);  
1-800-225-6495

Myelin Repair Foundation  
[myelinrepair.org](http://myelinrepair.org)  
408-871-2410

National Multiple Sclerosis Society  
[nationalmssociety.org](http://nationalmssociety.org)  
1-800-FIGHT-MS (1-800-344-4867)

## MYASTHENIA GRAVIS

Myasthenia Gravis Foundation of America  
[myasthenia.org](http://myasthenia.org)  
1-800-541-5454

Myasthenia Gravis Foundation  
of Greater NY Inc.  
Myasthenia Gravis Alliance  
[MGdirect.org](http://MGdirect.org)  
1-800-643-0808

Myasthenia Gravis Foundation of Illinois  
[myastheniagravis.org](http://myastheniagravis.org)  
1-800-888-6208

## Find a Neurologist

- ▶ You can find an American Academy of Neurology member neurologist in your area with the “Find a Neurologist” online tool. Go to [patients.aan.com/findaneurologist](http://patients.aan.com/findaneurologist) and fill in your city, state/province, and/or country. If you are looking for contact information for a specific neurologist, you can enter the last name along with the location.

### NEUROMUSCULAR DISEASES

ALS Association  
[alsa.org](http://alsa.org)  
1-800-782-4747

Charcot-Marie-Tooth Association  
[charcot-marie-tooth.org](http://charcot-marie-tooth.org)  
610-499-9264  
1-800-606-CMTA (2682)

Hereditary Neuropathy Foundation  
[hnf-cure.org](http://hnf-cure.org)  
212-722-8396; 855-HELPCMT (435-7268)

Kennedy's Disease Association  
[kennedysdisease.org](http://kennedysdisease.org)  
559-658-5950

Moebius Syndrome Foundation  
[moebiusdisease.com](http://moebiusdisease.com)  
660-834-3406

Muscular Dystrophy Association  
[mda.org](http://mda.org)  
1-800-572-1717

Neuropathy Association  
[neuropathy.org](http://neuropathy.org)  
212-692-0662

Spastic Paraplegia Foundation, Inc.  
[sp-foundation.org](http://sp-foundation.org)  
1-877-773-4483

### PARKINSON'S DISEASE & MOVEMENT DISORDERS

American Parkinson Disease Association  
[apdaparkinson.org](http://apdaparkinson.org)  
1-800-223-2732

Foundation for PSP, CBD and Related Brain Diseases  
[curepsp.org](http://curepsp.org); 1-800-457-4777

International Essential Tremor Foundation  
[essentialtremor.org](http://essentialtremor.org)  
1-888-387-3667

The Michael J. Fox Foundation for Parkinson's Research  
[michaeljfox.org](http://michaeljfox.org)  
1-800-708-7644

Lewy Body Dementia Association  
[lbda.org](http://lbda.org)  
404-935-6444

National Parkinson Foundation  
[parkinson.org](http://parkinson.org)  
1-800-327-4545

Parkinson's Disease Foundation  
[pdf.org](http://pdf.org); 1-800-457-6676

The Parkinson's Institute and Clinical Center  
[theipi.org](http://theipi.org)  
1-800-655-2273

Tremor Action Network  
[tremoraction.org](http://tremoraction.org)  
510-681-6565

### STROKE

American Stroke Association  
[strokeassociation.org](http://strokeassociation.org)  
1-888-4STROKE (478-7653)

National Stroke Association  
[stroke.org](http://stroke.org)  
1-800-STROKES (787-6537)

### STURGE WEBER SYNDROME

Sturge-Weber Foundation  
[sturge-weber.org](http://sturge-weber.org)  
1-800-627-5482