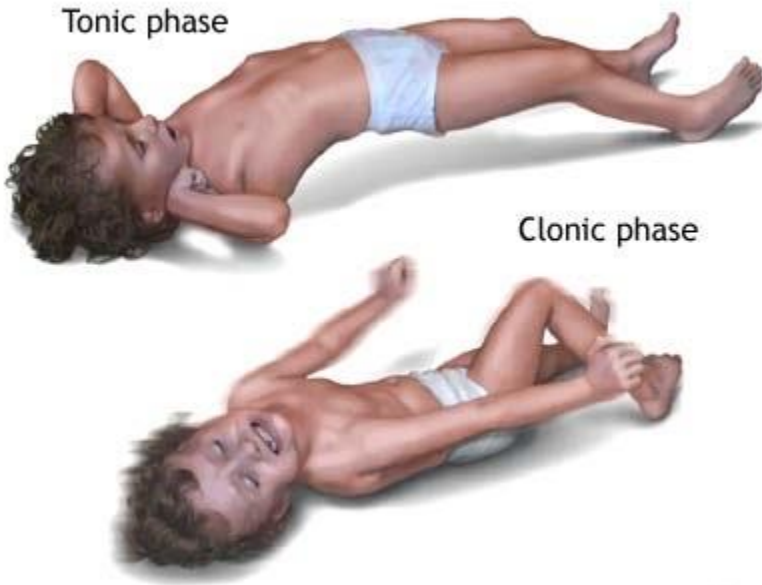


# What You Need To Know About Epilepsy

Ɖε ò bédé bédé ò ké dyí dyuò bá sii-wè jè dyíε



Translator (in Bassa):

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1. You can't swallow your tongue during a seizure. It's physically impossible.

**1. M̀ se nì miò mana béin ɔ jũ ké s̀i-wè̀ d̀yì dé sí ní, sepóedé, ɔ se xwa f̀iin bé ǹyɔ d̀ò ké ɔ miò ǹiin miò nià dé ɔ w̃ú́n w̃éε mana..**

2. You should NEVER force something into the mouth of someone having a seizure.

**2. M̀ùn dá bé m̀ ké s̀i-ǹyò̀ d̀ε d̀ò w̃ú́n pò, ɔ jũ ké ɔ s̀iò d̀yì dé sí ní.**

3. DON'T restrain someone having a seizure.

**3. B́ s̀i-ǹyò̀ d̀ò d̀yì kp̃ò̀.**

4. The correct seizure first aid is simple: Stay. Safe. Side. STAY with the person and start timing the seizure. Keep the person SAFE. Turn the person onto their SIDE if they are not awake and aware. Do NOT put anything in their mouth. Do NOT restrain. Stay with them until they are awake and alert after the seizure. Call 911 if the seizure lasts longer than 5 minutes; repeated seizures; difficulty breathing; seizure occurs in water; person is injured is injured, pregnant or sick; person does not return to their usual state, first time seizure; or the person asks for medical help.

**4. ɔ jũ ké Ǹyɔ d̀ò̀ s̀i-wè̀ d̀yì dé sí ní, d̀ε m̀ ké ǹyɔ bé ɔ ké ɔ gbo kpá kε se mú kàmà. Ǹ bó ǹyò̀ gbo, bé m̀ ké ti j̃̀ kà ɔ mu d̀yì d̀úùn hwè bé ɔ ké ɔ miò gbo d̀yie d̀yì d̀yùò. Gm̀ ǹyò̀ d̀yì bé ɔ ké se puà. C̀è ǹyò̀ xwa, ɔ jũ ké ɔ sèè ɔ miò gbo d̀yì ke ní. B́ ǹyò̀ d̀ε d̀ò w̃ú́n pòε. Ké bó ɔ d̀yì kp̃ò̀. Ǹ bó ǹyò̀ gbo tee, bé ɔ ké ɔ miò gbo d̀yì. M̀ mε dá Píđéin-kàà, ɔ jũ ké d̀ε b̃é nià kεε d̀ò d̀yì s̀i-ǹyò̀̀ gbo kpááún ǹiin: Wa hwòin kà: ɔ jũ ké ɔ se ɔ miò gbo d̀yì ké m̀nítì h̀m̃ d̀yì zi ní, m̀w ɔ jũ ké ɔ kúún kpá-kpáò d̀yì k̃in d̀èin ni, m̀w ɔ jũ ké ɔ se f̀ò̀ béin ǹm̀ò d̀ỹin ní, m̀w ɔ jũ ké ɔ d̀yì kúún kpá dé ní gbo ní, m̀w ɔ jũ ké ɔ d̀yì puà ní, m̀w ɔ jũ ké ǹyò̀ d̀yì z̀ù k̃ ǹ, ké ɔ d̀yì w̃ééñ ǹiin, m̀w ɔ jũ ké ɔ sèè ɔ miò gbo d̀yì ní, m̀w ɔ jũ ké ɔ d̀yì ǹyò̀̀ ti kíin-kíin jũ, ké ɔ s̀iò d̀yìà dé sí ní, m̀w ɔ jũ ké ǹyò̀ d̀yì gbo kpá-kpá mó ní, ǹí, m̀ mε dá píđéin-kàà wàdà.**

5. Epilepsy is NOT contagious. You simply can't catch epilepsy from another person.

**5. Nyo d̀ò ní bèin Sii-ẁè d̀yi. Sepóedé ẁè̀ò ní nyu s̀ò nyo d̀ò mú kpá nyo d̀ò m̀ùn mú.**

6. Anyone can develop epilepsy. Seizures start for the first time in people over age almost as often as it does in children.

**6. Sii-ẁè bèin nyoũn séin kp̃̀ɔ̀, keb̀i ɔ̀ k̀è s̀ii-nyò d̀ò se b̀ũin xẁéin nyu. Ké ɔ̀ bèin nyo-v̀ènè kp̃̀ɔ̀ kà dyúád̀ò ɔ̀ nyuà dyú-ménéé b̀ě kp̃̀ɔ̀ ke.**

7. Most people with epilepsy CAN DO the same things that people without epilepsy can do. However, some people with frequent seizures may not be able to work, drive, or may have problems in other parts of their life.

**7. Nyo pàd̀à bé wa bédé s̀ii-ẁè kee bèin d̀e b̀ě bé nyo b̀ě se s̀ii-ẁè bédéé nyu, d̀ò nyu d̀ekè. Ke ẁéé kee, s̀ii-nyò b̀ě bé wa kpá kúún kpé-kpe kee me se dyè kũà nyu bèin, m̀ɔ̀ ɔ̀ me se dyè hwò-tiin-bo nàin bèin, ké ɔ̀ bèin dyè f̀ùà-fúá d̀íé b̀ě bédéé d̀é ɔ̀ f̀èè mú.**

8. People with epilepsy CAN handle jobs with responsibility and stress. People with seizure disorders are found in all walks of life. They may work in business, government, the arts, and all sorts of professions.

**8. Nyo b̀ě bé wa bédé s̀ii-ẁè kee bèin kũà bé wa k̃̀ wuɔ̀ui k̀è hwid̃̀ii pòin-d̀e séin ǹè d̀eié gboi kp̃̀ɔ̀. Ké m̀ bèin nyo b̀ě bédé s̀ii-ẁè ké wa ǹ f̀ùà-fúá múe dyéé dà séin. Wa bèin dà d̀íé b̀ě kũà nyu, ké wa bèin g̀õm̀ànà mú kũà nyu, ɔ̀ k̀è dà t̀òò b̀ě d̀ekè.**

9. Epilepsy is a chronic medical problem that for many people can be successfully treated. Epilepsy can occur as a single condition or may be seen with other conditions affecting the brain, such as cerebral palsy, intellectual disability, autism, Alzheimer's disease, and traumatic brain injury.

**9. Sii-wè m̀ fũ̀à-fú́á-wè kuwĩ d̀ò, kee ɔ jũ ké ɔ d̩yi n̩yo d̀ò kp̩ĩ ní, wa b̩èin ɔ hwòě b̩é ɔ ké d̩yi káná. Sii-wè b̩èin n̩yo d̀ò kp̩ĩ d̩é hwìè d̩yúád̀ò mú, ké ɔ b̩èin n̩yo d̀ò kp̩ĩ b̩é w̩éò ké ɔ p̀ǹǹǹ d̩yèin, b̩é p̀ǹǹǹ- wè b̩ě b̩èin n̩yo d̀ò p̀ǹǹǹ d̩yíin nyìin n̩yìn̩n̩ nyee ké ɔ kp̩ĩ.**

10. You CAN die from epilepsy. While death in epilepsy doesn't happen frequently, epilepsy is a very serious condition and individuals do die from seizures. The most common cause of death is sudden unexpected death in epilepsy (SUDEP).. People can also die from prolonged seizures (status epilepticus). 1.9% of deaths in people with epilepsy is due to this type of seizure emergency.

**10. Sii-wèò b̩èin n̩yo d̀ò d̩ábáa. ɔ ní d̩ábá n̩yo kp̩é-kp̩é d̩y̩eo, kee ɔ m̀ w̩é nyìin̩n̩ d̩yíin ké n̩yo d̀ò b̩èin d̩yí m̩é. Mé-mé n̩ d̩é sii-wèò múe, m̀ ɔ d̩ábá n̩yũn se-hwìd̩ĩ-d̩è-kà. N̩yo d̀ò b̩èin sii-wèò d̩yí m̩é d̩ekè, ɔ jũ ké w̩éò d̩à ɔ mú hwèd̩èin ní. N̩yo gb̩ě-gb̩ě wè b̩èin sii-wèò d̩yí m̩é d̩ekè ɔ jũ ɔ see hwìd̩ĩ d̩è, ké w̩éò d̩yí ɔ kp̩ĩ w̩àd̩à ní.**

11. What happens in a seizure may look different from one person to another. However, seizures are usually stereotypic, which means the same things or behaviors tend to occur in a person each time they have a seizure.

**11. Sii-wèò kpa k̀òè d̀ò-d̀ò d̩é n̩yo k̀ò-k̀ò b̩ě f̩èè mú. Kee ẃ̩é kee, w̩éò n̩yo kp̩ĩ-kp̩ĩ n̩ d̩yúád̀ò. ɔ xwíin̩n̩ m̀ n̩yo séin b̩é sii-wèò kp̩̩ee, xwai-nyuu-d̩è hw̩in̩n̩ ní ɔ jũ ké s̩iò d̩yí d̩é sí ní.**

12. People with epilepsy are usually not physically limited in what they can do. During and after a seizure, a person may have trouble moving or doing their usual activity.

**12. Sii-wè̀ se nyo d̀ò b́í poe b́ìn b̀e ɔ́ ḱe se d̀e d̀ò nyue b́ìn nyɛ. Kɛɛ ɔ́ jũ ḱe ɔ́ s̀ìd̀ d̀yí d́e sí, ḱe ɔ́ d̀à kúún s̀ò ní, ǹi, k̀pé b́ìn ɔ́ d̀yí hwè̀ b́e ɔ́ ḱe ti wè̀ d̀yí d̀ú hwè̀ b́e ɔ́ ḱe d̀e d̀ò nyue b́ìn.**

13. Epilepsy is not because of witchcraft, a swear, evil eye or “African sign” superstition.

**13. Nyo d̀ò se b́edé ɔ́ ḱe ɔ́ mùè d̀ò hwe taba hwè̀ b́e s̀ì- wè̀ ḱe kp̃, m̀ɔ̀ɔ̀ nyo d̀ò se b́edé ɔ́ ḱe ɔ́ mùè d̀ò gboò hwè̀ b́e s̀ì- wè̀ ḱe ɔ́ kp̃. ɔ́ xwíníín m̀ò, d̀e b́ě nà kɛɛ m̀ò nyo d́íe b́ě̀ jàă-po-d̀è b́ě p̃.**

14. You do not get epilepsy as a consequence of what you, your parents or forefathers did to someone else in the past.

**14. Nyo d̀ò se s̀ì- wè̀ b̀edé b́ìn, b́ó d̀e ɔ́ nyue, m̀ɔ̀ɔ̀ d̀e ɔ́ ẃódóìn-nyò b́ě nyu nyo d̀ò b́iè jè.**