



Ciara is a 26-year-old girl from Cork who has epilepsy. She does regular volunteer work and is seeking to raise awareness for this illness.

**Ciara**  
Ireland



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Ciara was diagnosed with epilepsy at age 9.

She has experienced the effect of misunderstanding of the condition within her own family.

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A family member thought you put a spoon in a person's mouth during a seizure. I didn't care but made sure they knew this isn't what you do.

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Discover more stories like Ciara's and  
learn about epilepsy stigma at  
[internationalepilepsyday.org](http://internationalepilepsyday.org)

