



Nina Mago is the founder of Purple Bench Initiative, an NGO seeking to raise awareness about epilepsy and create support for people living with the condition.

**Nina Mago**

Uganda



Nina was three when she started experiencing epilepsy symptoms.

With the help of a neurologist in Russia she was diagnosed with epilepsy at age 6.

Even though she kept having seizures, she was able to enjoy school and make many friends both inside and outside the classroom.

**Returning to Uganda, the story was very different....**



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At the age of 12, I lived a nightmare as an individual with epilepsy.

Epilepsy, known as *ensimbu* in my local language, sends shockwaves through communities at the mere mention of the word.

The myths and misconceptions only fuelled what was an already difficult, fragile situation. I battled with exclusion and betrayal by my society. I would wake up on a dusty floor, wounded and disorientated, while children made a spectacle of me through the window.

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I was constantly bullied and always made fun of. The terror of exposure keeps one burdened by secrecy. It brings you face to face with loneliness, discrimination, and stigmatization, and drowns you in depression.

Consequently, people with epilepsy battle with feelings of shame, embarrassment and disgrace. The emotional impact results in social exclusion and limited social participation.



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Reducing the burden of epilepsy is a mammoth but justified and worthwhile undertaking if we are to achieve Improvement in the lives of people living with epilepsy. A population some have labeled useless and poor investment amounting to nothing.

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**Nina Mago**

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Health is a Human Right for  
people living  
with epilepsy.

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**International  
Epilepsy Day**



Discover more stories like Nina's and  
learn about epilepsy stigma at  
<https://internationalepilepsyday.org>

