



Fanny was diagnosed with focal epilepsy of the right temporal lobe in 2013.

**Fanny**

Santiago de Chile



“

I was angry with epilepsy for a long time because of what I feel before falling and having an attack I do not like and it makes me desperate. I feel the aura also the discomfort in my ear and the voices until I collapse. My system shuts down and I fall to the ground having seizures.

”



“

Over the years I learned to cope, to take care of myself, to show that this is not an impediment to anything you want to do. I learned to talk about this and what happens, and how they can react if they see someone having an attack.

”



International  
Epilepsy Day

“

I suffered a lot from symptoms of anxiety and depression. I was never diagnosed with depression but I was one whole year suffering and not eating healthily. The second to last attack was in 2017 and the last one was in 2022. A lot of time has passed, and now I am fine, and calm, also taking my meds and taking care of my diet.

”



International  
Epilepsy Day

“

Despite the fact that people don't understand what you go through, you have to remain calm. There are situations that some people do not want to understand and be empathetic, and we must all change the stigma.

”



International  
Epilepsy Day

“

Even though we are in a crisis living and feeling as if we're riding a roller coaster, everything will work out in the end.

”



International  
Epilepsy Day



**What can we do to  
reduce stigma?**

“

It is ideal if the information given in meetings or talks, or if it is communicated through social media, is done at a national or global level so that many of us can make a difference.

”