



**Federica Cortesi**

Italy

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Federica Cortesi is a 24-year old student from Italy.

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International  
Epilepsy Day

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The physical manifestation of epilepsy is scary and this leads to unpleasant comments.

This has happened to me at university and with friends. Sometimes people want to know more about epilepsy, but they do so by using the wrong words that can hurt.

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

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By teaching that the  
person is not epilepsy,  
but has epilepsy.

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