



Lorrie Forseth
Vancouver, Canada

Lorrie advocates as a caregiver of a loved one with epilepsy. Her daughter was diagnosed with epilepsy at age 8 and was later diagnosed as photosensitive. Lorrie campaigns for more awareness and education about photosensitivity.



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My daughter was diagnosed with epilepsy at age 8 after having a seizure while sitting and watching TV.

I had never heard about epilepsy previously. It's very scary watching someone you love go through something you have no knowledge of.

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Over the years there were many trips to the hospital, EEGs, bloodwork & many other tests, going up and down on seizure meds, off one med & onto another to find the right med & dose to treat her type of seizures.

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In her early teen years, she attended a school dance, we were unaware that strobe, laser, or flashing lights would possibly be a trigger, my daughter had a seizure while there, and her friend brought her home. The neurologist ordered an EEG test where my daughter was rediagnosed with photosensitivity on top of already being diagnosed with Genetic Generalized Epilepsy. Everything changed, more education was needed.

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

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Keep talking about it
and educate others.

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Her fight is my fight. I don't want anyone to feel as alone as we did when she was first diagnosed. I will advocate for my family and yours.

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

