

year-old daughter and works as a Nurscare provider. She also works with the epilepsy association "Ljubicasti prijatelji," which means "purple friends," after seeing how many people need support.

Marijana is the mother of a seven-

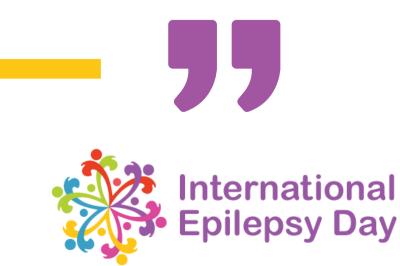
Marijana Hani Perica Germany





As a child, I was born during wartime on the Balkans and before antiepileptic drugs were available. I had my first seizure at 3 years old, and my last at 23, after surgery in Zagreb.

Since I had my first seizure after hitting my head on the bed and watching a cartoon, Flying Bears have always been in my head until 2013. Thank God, ten years have passed without any seizures after surgery.





Of course, I've experienced stigma but it didn't affect my work or my environment since I didn't show any fear or shame because I knew that some mistake existed, some wrong medic or not enough medic. And sadly, I was right.







Stigma is mainly caused by the lack of distinction between the "atmosphere in society" and own personal health, although both parties benefit from a knowledge of diagnosis, which is essential for first aid and medical diagnosis. My opinion is - learn and help, help yourself and others.







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

