



Marijana Hani Perica
Germany

Marijana is the mother of a seven-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.



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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.

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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.

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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.

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<https://internationalepilepsyday.org>

