



Purple Day 2025: Coming Together for Epilepsy Awareness

Description

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On 26th March, the world is observing Purple Day of Epilepsy, a world campaign meant to raise awareness, break illusions, and fight for better treatment and care for people affected.

The Purple Day was started in 2008 by Cassidy Meghan, a young Canadian girl living with epilepsy. On this day, people are motivated to wear purple, the color symbolizing the hue of sympathy and support for epileptics

According to the WHO, around half a million people suffer from epilepsy. It is a chronic neurological condition marked mostly by seizures. It results from the abrupt changes in the nervous system of the brain. Symptoms could be intermittent bewilderment, staring spells, tight muscles, loss of consciousness, shivering, and uncontrollable jerking motions of arms and legs. Few will have frothing from the mouth and psychological issues like fear, anxiety.

Unfortunately, there is no lasting cure for epilepsy. Doctors say that with the right medication, care, and surgical treatment, 70% of cases can be well controlled, hence enabling many people to live full, healthy lives.

However, many with epilepsy suffer from great stigma and discrimination in schools, workplaces, and public areas usually results in social isolation and reduced quality of life. The activism of epilepsy underlines the need for inclusion, awareness, and encouraging surroundings for those living with the disease. Actor and epilepsy awareness campaigner Danny Glover stated, "I want people with epilepsy to know that there are methods in which they can have a role in their rehabilitation."

Purple Day reminds us that little, informed actions like teaching others, demonstrating compassion, and fighting stigma can empower people living with epilepsy and produce enduring change.

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