



Alternative Therapies in Epilepsy Care

Orrin Devinsky MD, Steven C. Schachter, Steven V. Pacia MD

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"Written by three distinguished epileptologists with a long-standing interest in alternative therapies, this book provides an evidence-based consideration of the use of complementary and alternative (CAM) therapies in epilepsy care. Organized by problem, the authors review alternative approaches to epilepsy-related conditions to help physicians, healthcare professionals, CAM providers, and patients understand the options and safely integrate treatments that work into their regimens.

The book begins with an overview of the therapies themselves, including herbal remedies, nutrition, alternative pharmacological therapies, physical treatments, and neurobehavioral approaches, and also discusses medication-related considerations and caveats. The next group of chapters covers CAM and preventive approaches to mitigating the effects of epilepsy and epilepsy therapies, such as drug toxicity and side effects of anti-epileptic drugs (AEDs), seizures, enhancing cognitive function, issues for women (pregnancy, breast feeding, menopause), and managing anxiety and depression. The final part of the book focuses on quality of life and lifestyle modifications to reduce seizure risk, including techniques for stress reduction, sleep disturbances and aids to normalize, alcohol and recreational drugs, and environmental factors.

Features of *Alternative Therapies for Epilepsy* Include:

- Evidence-based review of CAM therapies for epilepsy
- Problem-oriented, practical approach to integrating alternative treatments into traditional regimens for healthcare providers
- Written by distinguished epileptologists with broad clinical experience
- Addresses all aspects of health for persons with epilepsy (not just seizures) and offers practical suggestions for improving patient care and patient health

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