

Management of Photosensitive Epilepsy and things to Avoid

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Perspective

Light-sensitive epilepsy are nothing but when seizures are caused by flashing light or contrasting light-dark patterns. Photosensitive epilepsy is uncommon but can be diagnosed with an EEG test. Blinking or patterned effects can be confusing, unpleasant, or unpleasant, with or without epilepsy. This does not necessarily mean that they have photosensitive epilepsy. One in 100 people has epilepsy, of which about 3% have photosensitive epilepsy. This is when the seizures are caused by a specific frequency of flashing lights or a contrasting chiaroscuro pattern. Photosensitive epilepsy is more common in children and adolescents (up to 5%) and is less likely to be diagnosed after age 20. This is when the seizures caused by the flashlight or flash pattern occur immediately. EEG EEG is useful for diagnosis and may include testing for Photosensitive Epilepsy. This includes seeing lights flashing at different speeds. If this causes a change in brain activity, the technician can turn off the flashing lights before the seizure occurs. 330 hertz (lightning bolts per second) is the normal rate at which seizures occur, but this varies from person to person. Some people are sensitive to frequencies up to 60 hertz, but sensitivities below 3 hertz are not common. Some people are sensitive to geometric patterns with contrasts of light and dark, such as stripes and bars. Patterns are more of a trigger when you change direction or blink than when you are stationary or slowly moving in one direction. Blinking, flickering, or patterned effects can cause people to be confused, uncomfortable, or uncomfortable with or without epilepsy. This does not necessarily mean that they have photosensitive epilepsy. Photosensitive epilepsy usually responds well to antiepileptic drugs (AEDs) that treat systemic seizures (seizures that affect both sides of the brain at the same time).

Virtual reality is a computer-created experience that stimulates different senses. The image flashes very quickly, which is generally too fast to cause seizures in people with photosensitive epilepsy. However, because of the wide field of vision, there are many things that are irritating to the eyes. This means that most of the brain can be affected, which can cause seizures.

TV and computer screens that flicker

- CRT TVs (old box style) that "update" the image when a flickering rate of 3-60 Hz (blinks per second) occurs.
- Broken TV or other screen flickers.
- There are two systems of 3D TV known as "active" and "passive". With "active" 3D glasses, sudden switching between 3D and non-3D screens or channels can cause strong flickering for a few seconds if the 3D signal to the glasses is not yet turned off. If there is a window next to the 3D TV, the flickering of sunlight can also be reflected from the window.

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- Flashing images on your computer screen or in games.

Patterns in the natural environment

- Sunlight passing through trees.
- Sunlight passing through blinds.
- Sunlight reflecting in water.
- Railings, escalators, and other structures creating repetitive patterns as you move past them.
- Rotating wind turbine blades

Flashing or flickering lights or images

- Cameras with multiple flashes or multiple cameras that flash at the same time. Single or double flash is unlikely to pose a risk.
- The light flashes at a performance or nightclub.
- Flickering lights, such as defective fluorescent lights and dimmers.
- Firework. If there is a sufficiently high lightning rate.
- Flash a bicycle light or other LED light if a sufficiently high flash frequency is generated against a dark background and the effect fills the field of view.
- When several circles of festive light flash together, the frequency of flashes may increase.

Reducing the risk of a photosensitive trigger

- Use a flat panel TV or computer monitor.
- Take regular breaks from the screen.
- Sit far away from the screen.
- Use the remote control to change channels.
- Watch TV or use the screen in a bright room.
- Watch 3D TV without watching other TVs or screens. Remove your 3D glasses before changing channels or looking at another screen.
- Use Internet Options settings to control video in your browser.
- Special eyeglasses cannot stop a person's sensitivity to light, but they can help reduce their effects.
- Opticians may prescribe colored or photochromic glass (dark glass) to reduce their sensitivity to light and visual distortions.
- Polarized sunglasses reduce glare like water reflections and sunlight.

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