

About Hesperian Health Guides

For more than 50 years, Hesperian has provided information and educational tools to equip individuals and community organizations to take greater control over their health and lives and mobilize to eliminate the underlying causes of poor health. Our over 300 resources present easy-to-understand, accurate, culturally respectful, and highly illustrated information on common health concerns including disease prevention and treatment, environmental health, worker health and safety, child disability, women’s health, midwifery, health worker training, and community dentistry. Hesperian publications have been translated and adapted into 85 languages and are used in 221 countries and territories. According to the World Health Organization (WHO), our best-known publication, *Where There is No Doctor*, is the most widely used health manual in the world.

How this book was developed

The development of *Epilepsy and Seizures: Building Care in the Community* is the result of a collaborative editorial model that solicits extensive input and review of draft material from grassroots organizations, partners, and experts. A diverse network of partner organizations and individuals provided feedback to help us test and improve this book. Help us continue this approach—email epilepsy@hesperian.org with your ideas, feedback, and suggestions toward keeping the book relevant and up-to-date.

Support our work

Hesperian resources are published in English, Spanish, and many other languages; they are available in print and digital formats, including mobile apps, PDFs, and our free online HealthWiki.

As a not-for-profit organization, Hesperian’s work is made possible through your book purchases and donations. To support further development and translations of *Epilepsy and Seizures: Building Care in the Community*, please visit hesperian.org/donate for ways to give. See some of our resources on the following pages and visit our website: www.hesperian.org



Other Books from Hesperian

Hesperian resources are available in English, Spanish, and a variety of other languages. See the Language Hub on our website (hesperian.org) to find materials in your language, or visit the Hesperian bookstore online: store.hesperian.org

Disabilities and Early Assistance



Disabled Village Children is a comprehensive resource covering common disabilities of children. It suggests community-based rehabilitation activities and explains how to make a variety of low-cost aids with local resources in mind. Emphasis is placed on how to help disabled children

find a role and be accepted in the community. 654 pages, paperback.



A Health Handbook for Women with Disabilities provides individuals and caregivers suggestions on caring for daily needs, healthy and safe sexual relationships, family planning, pregnancy and childbirth, and defense against violence, abuse, and stigma. This groundbreaking

guide helps women with disabilities overcome barriers to poor health and advocate for better care. 384 pages, paperback.



Helping Children Who Are Deaf focuses on care for young children who do not hear well and explores ways that communities can work to help children with hearing difficulties. Chapters include information to aid parents and caregivers to assess hearing loss, explore

causes of deafness, and learn basic communication using both signed and spoken methods of communication. 250 pages, paperback.



Helping Children Who Are Blind is an important aid for parents and other caregivers helping children with vision problems, starting from birth through age 5, to develop all their capabilities. Topics include assessing how well a child can see, preventing blindness,

moving around safely, teaching common activities, and more. 192 pages, paperback.

Community Health Organizing and Training



A Community Guide to Environmental Health provides tools, knowledge, and inspiration to help health promoters, activists, and community leaders take charge of their environmental health. This comprehensive guide was

developed for both urban and rural communities and covers topics from toilets to toxics, watershed management to waste management, and agriculture to air pollution. Informative case studies and impactful activities address environmental health hazards where people live and work. 617 pages, paperback.



Workers' Guide to Health and Safety makes occupational safety and health accessible to those most affected by physical, social, and economic hazards—the workers themselves. Actionable tools and strategies support workers, supervisors, safety committees,

and labor relations courses to improve workplace experiences and overall wellbeing for workers. The insights and techniques are useful in any factory, and especially in the garment, shoe, and electronics industries. 576 pages, paperback.



Helping Children Live with HIV is an innovative community health guide designed to ensure children with HIV can grow to adulthood and live full lives. Richly illustrated, the practical advice in this book

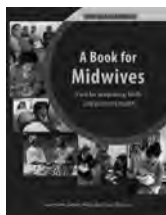
addresses both the physical and emotional health needs of children living with HIV, and helps parents, caregivers, and health workers provide them with the love and support they deserve. 315 pages, paperback.



Promoting Community Mental Health offers innovative strategies and practical tools that people from all walks of life can implement in their efforts to improve the emotional and physical health of their

communities. Developed with input from 26 community-led groups across the US, this concise resource helps community organizers, health workers, faith groups, and individuals integrate mental health promotion into their work and lives. 200 pages, paperback.

Reproductive and Women's Health



A Book for Midwives covers the essentials of care before, during, and after birth. This vital resource for practitioners, training programs, and anyone interested in safer birthing was developed with the participation of community-based birth workers. Clearly written and

illustrated, this book discusses preventing, managing, and treating obstetric complications, covers HIV in pregnancy, birth, and breastfeeding, and includes reproductive health care. 527 pages, paperback.



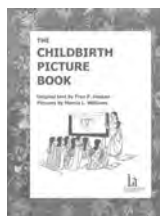
Where Women Have No Doctor combines self-help medical information with an understanding of the ways poverty, discrimination, and cultural beliefs limit women's health and access to care. Clearly written and with over 1,000 drawings, this essential resource

addresses health issues across the lifespan and considers issues specific to girls, older women, women with disabilities, and refugees. 583 pages, paperback.



Health Actions for Women addresses social factors that prevent women and girls from enjoying healthy lives. A wealth of clearly explained and engagingly illustrated activities, stories, and strategies help women and men facilitate community discussions and

action. User-tested by 41 groups in 23 countries, this resource offers proven strategies to help improve women's social status and health outcomes, even in challenging settings where organizing for women's health is difficult or dangerous. 330 pages, paperback.



The Childbirth Picture Book provides a simple and complete guide to the basics of conception, pregnancy, childbirth, and breastfeeding. This short resource contains detailed line drawings depicting every step of the reproductive process. 68 pages, staple-bound booklet.