

Puberty



Puberty brings a new set of challenges but it doesn't need to be stressful

Going through puberty is an important process for any young person. During this time, your body is going through a lot of changes. In most cases, these changes will not have much of an impact on your epilepsy, although this isn't always the case.

While puberty does not cause epilepsy, some young people develop epilepsy during their teenage years, while others might notice some changes in their seizures. Talk to your doctor and parent/guardian if you have any questions about your situation.

In some women and girls, having periods can have an effect on their epilepsy. This is because of changes in the hormone levels in the body. The [Health Navigator website](#) has more information about puberty.

You might notice an increase or change in your seizures at certain times of the month, or your seizures might stay the same – it depends on the person. If you notice anything unusual, talk to your doctor and parent/guardian about it. It's sometimes a good idea to keep a [seizure diary](#), which can help your doctor understand your situation and give you the best advice.



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