



THE CITY OF WINDSOR

OFFICE OF THE MAYOR

DREW DILKENS, DBA
MAYOR

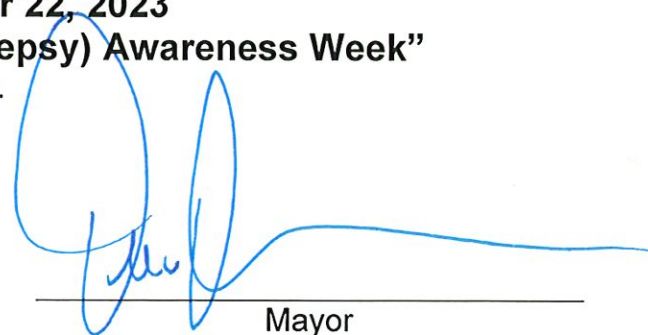
PROCLAMATION

“SUDEP (Sudden Unexpected Death Epilepsy) Awareness Week” October 16, 2023 – October 22, 2023

- WHEREAS:** Sudden Unexpected Death in Epilepsy (SUDEP) refers to the death of a person with epilepsy, without warning and where no cause of death could be found affecting 1 out of every 1000 persons living with Epilepsy; and,
- WHEREAS:** Most people with epilepsy live long and healthy lives, their increased risk of death compared to the general population is a serious concern. Being aware of SUDEP, learning more about it and discussing the risks are vital to lowering these risks; and,
- WHEREAS:** The cause of SUDEP is unknown. It usually occurs at night or during sleep and this makes it hard to find out exactly what happened during the last moments of life. There is often, but not always, evidence of a seizure before death; and,
- WHEREAS:** The strongest risk factor for SUDEP is having frequent generalized tonic-clonic (grand mal) seizures. The more frequent these seizures are, the higher the risk of SUDEP; and,
- WHEREAS:** The best way to reduce the risk of SUDEP is to have as few seizures as possible by controlling seizures with medication, talking to a healthcare provider, taking medication and avoid seizure triggers; and,
- WHEREAS:** SUDEP needs to be discussed as a community so we understand that it can happen and how to try and prevent it.

THEREFORE: I, Drew Dilkens, Mayor of the City of Windsor, do hereby proclaim

October 16, 2023 – October 22, 2023
“SUDEP (Sudden Unexpected Death Epilepsy) Awareness Week”
in the City of Windsor.



Mayor