



# The natural history and prognosis of epilepsy

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# PROGNOSIS OF A FIRST SEIZURE, PROGNOSTIC PREDICTORS & EFFECTS OF TREATMENT

- Recurrence risk after a first seizure varies according to whether it is acute symptomatic (19% at 10 years) or unprovoked (65% at 10 years)
- The presence of a clear aetiology and an epileptiform EEG pattern are the most consistent predictors of recurrence after a first unprovoked seizure
- Treatment after a first seizure seems to reduce the short-term risk of recurrence but appears ineffective in terms of long-term seizure remission

# LONG-TERM PROGNOSIS OF EPILEPSY, PROGNOSTIC PATTERNS & PREDICTORS

- At least 50% of people will have 5-year remission and discontinue AED treatment regardless of age at onset
- Prognostic patterns are: early sustained remission, late sustained remission, remission-relapse episodes or no remission
- Negative prognostic predictors include structural or metabolic aetiology, high initial seizure frequency, abnormal interictal EEG and tonic-clonic seizures

# PROGNOSIS OF EPILEPSY AFTER TREATMENT DISCONTINUATION

- Around 25-30% of people coming off AED treatment after prolonged seizure freedom will relapse within two years
- Markers of relapse include: adolescent-onset epilepsy, focal seizures, presence of an underlying neurological condition and abnormal EEG in children