NEUROLOGY GROUP of BERGEN COUNTY

PREVENTIVE MEASURES IN PHOTOSENSITIVE EPILEPSY PATIENTS

Below are some suggestions that may help reduce the risk of a seizure, especially if you are sensitive to light:

- Avoid video games with high contrast flashing
- Avoid clubs with high contrast flashing lights
- Cover one eye in case of a potentially provocative situation
- Wear eyeglasses that diminish the amount of light as much as possible
- Wear blue colored lenses, if that has been proven to be effective
- Use 100 Hz, LCD, or TFT screens
- Use small TVs and computer screens
- Diminish the contrast of TV and computer screens
- Use remote control
- Keep distance to any screen of ideally at least three times its width

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