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Wear purple to show awareness

MARYBOROUGH residents are being encouraged to wear purple on Friday to help spread awareness about epilepsy.

Friday is Purple Day, an annual event dedicated to increasing epilepsy awareness.

It was founded in 2008 by a nine-year-old girl in an attempt to inform those who live with seizures that they are not alone.

Epilepsy is the world's most common serious brain disorder. More than 180,000 Australians have epilepsy and more than 2% of the population will experience the condition in their lifetime.

For many the stigma and misconceptions associated with epilepsy are worse than the condition itself.

Epilepsy Action Australia provides education and support services to children and adults with epilepsy or other seizure disorders across Australia. Their vision is that all Australians affected by seizures will have the opportunity to live confident lives.

For more information on epilepsy or on Epilepsy Action Australia's services call 1300 37 45 37 or visit our website at www.epilepsy.org.au