

# EPILEPSY AWARENESS MONTH & LGS AWARENESS SOCIAL TOOLKIT

Thank you for being an advocate for Lennox-Gastaut Syndrome (LGS). In this toolkit, we have included information, sample messaging, social media content, and additional ways to get involved that will be helpful when raising LGS Awareness and including others to join in on Epilepsy Awareness Month this November.

Interested in sharing awareness about Lennox-Gastaut Syndrome but not sure where to start?

The LGS Foundation is here to help! Feel free to download these graphics to share on your social media - Facebook, Instagram, LinkedIn, Snapchat, Twitter, etc. Select and open the graphic you'd like to use, then right-click and save the image to your computer. Be sure to tag us in your posts so we can see how you use the images! Here are some hashtags you might use with your post:

*#LennoxGastautSyndrome*  
*#LGSawareness*  
*#EpilepsyAwarenessMonth*  
*#SolveTheMysteryofLGS*

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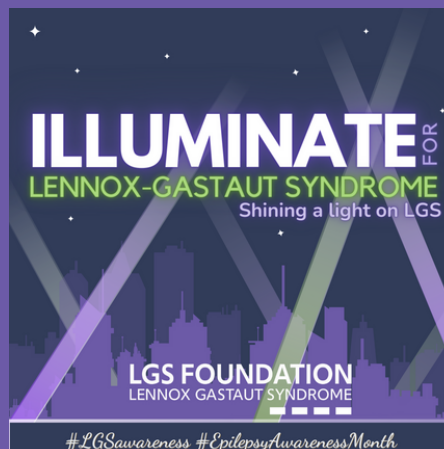
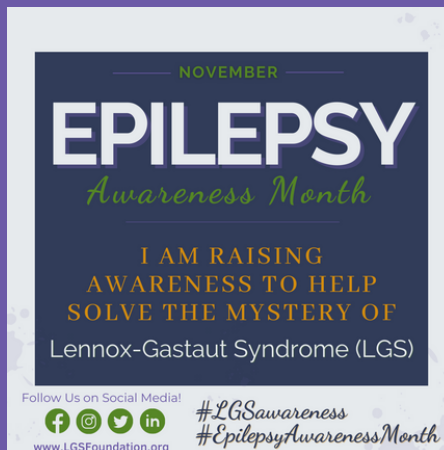
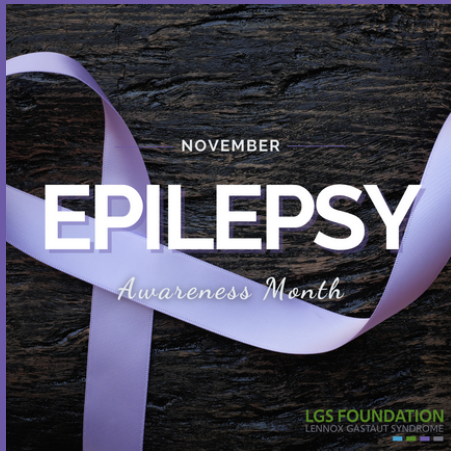


[www.LGSFoundation.org](http://www.LGSFoundation.org)

*#LGSawareness*  
*#EpilepsyAwarenessMonth*

## November is Epilepsy Awareness Month

Here are some general posts about raising LGS Awareness during Epilepsy Awareness Month! We encourage you to include something personal about your LGS journey in your post. You can also add facts, resources, connect people to the LGS Foundation, or a local news story/event!



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#LGSawareness  
#EpilepsyAwarenessMonth

## November is Epilepsy Awareness Month (continued)

### Text Examples:

- November is Epilepsy Awareness Month. Join me in raising awareness for Lennox-Gastaut Syndrome (LGS), a developmental brain disorder that frequently evolves from early-life-onset epilepsy. [#LennoxGastautSyndrome](#) [#LGSawareness](#) [#EpilepsyAwarenessMonth](#) [#SolvethemysteryofLGS](#)
- This November I will be Raising Awareness for Lennox-Gastaut Syndrome (LGS), a developmental brain disorder that frequently evolves from early-life-onset epilepsy. [#LennoxGastautSyndrome](#) [#LGSawareness](#) [#EpilepsyAwarenessMonth](#) [#SolvethemysteryofLGS](#)
- *This November I will be Shining a Light for [#LGSawareness](#). Join me as I [#Illuminate4LGS](#) by changing your porch light to purple for [#EpilepsyAwarenessMonth](#) [#LennoxGastautSyndrome](#) [#SolvethemysteryofLGS](#)*

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[#LGSawareness](#)  
[#EpilepsyAwarenessMonth](#)

## LGS - Did You Know

Help share awareness of LGS throughout #EpilepsyAwarenessMonth with our #DidYouKnowLGS graphics. Feel free to include a personal touch or to use our text examples below.



Did you know that No One is Born with LGS? Lennox-Gastaut syndrome (LGS) is a developmental brain disorder that frequently evolves from early-life-onset epilepsy. LGS may develop in children without a history of epilepsy, although this is rare. The majority of the time, LGS evolves from another type of epilepsy. Learn more @ LGSFoundation.org [#LennoxGastautSyndrome](#) [#LGSawareness](#) [#EpilepsyAwarenessMonth](#) [#SolveTheMysteryofLGS](#) [#didiyouknowLGS](#)

Did you know that LGS constitutes between 3-4% of all children with epilepsy and 1-2% of all people with epilepsy? Approximately 1 million people worldwide have Lennox-Gastaut Syndrome (LGS). Learn more @ LGSFoundation.org [#LennoxGastautSyndrome](#) [#LGSawareness](#) [#EpilepsyAwarenessMonth](#) [#SolveTheMysteryofLGS](#) [#didiyouknowLGS](#)



Did you know that those with LGS experience several seizure types? LGS is a lifelong neurodevelopmental disorder and seizures are the main feature, are frequent, and are debilitating. Seizure types may include:

- Tonic seizure
- Atypical absence seizure
- Atonic seizure
- Myoclonic seizure
- Focal impaired awareness seizure
- Generalized tonic-clonic seizure

Learn more @ LGSFoundation.org [#LennoxGastautSyndrome](#) [#LGSawareness](#) [#EpilepsyAwarenessMonth](#) [#SolveTheMysteryofLGS](#) [#didiyouknowLGS](#)



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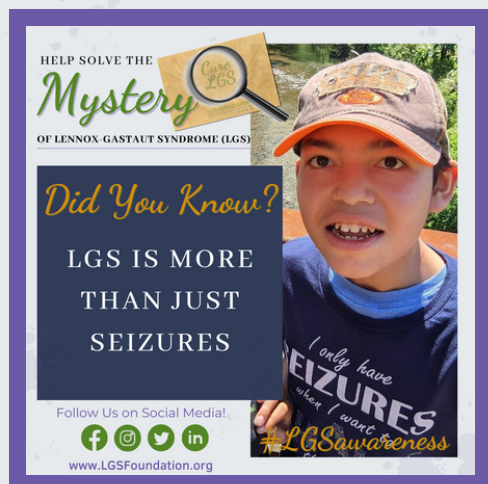


[www.LGSFoundation.org](http://www.LGSFoundation.org)

[#LGSawareness](#)  
[#EpilepsyAwarenessMonth](#)



## LGS - Did You Know (continued)



Did you know that LGS is more than just seizures? More than 50% of those with LGS suffer from LGS Associated Disorders (LAD) including communication issues, balance issues, behavioral issues, sleep disturbances, rage attacks, aggression, autistic features, and other issues. Learn more @ LGSFoundation.org

[#LennoxGastautSyndrome](#) [#LGSawareness](#)  
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[#didiyouknowLGS](#)

Did you know that there are many causes of LGS? LGS is not anyone's fault. It is highly unlikely anyone can prevent the condition. In some cases, the exact cause of seizures that lead to LGS is unknown. Why some children develop the abnormal brain waves associated with LGS and some don't is not well understood. In most but not all cases, a cause can be found. Finding it can take extensive testing. In some cases, more than one cause is found. Learn more @ LGSFoundation.org

[#LennoxGastautSyndrome](#) [#LGSawareness](#)  
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Did you know that EEG readings and seizure types evolve and change over time in LGS? The slow spike-wave pattern, which is a criteria to diagnose LGS in children, may no longer appear on an EEG when that person becomes an adult. Despite the best treatments, more than 85% of children with Lennox-Gastaut Syndrome (LGS) will continue to have seizures into adulthood. Learn more @ LGSFoundation.org

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## Join the Conversation

Your voice is crucial to the awareness of LGS. No one understands LGS better than the caregiver community. It is important that we share our journey with others to help gain a better understanding of the mystery of LGS. Fill in the blank and share the graphics below.



## Other Ways to Get Involved

Looking for additional ways to get involved and make an impact? Check out the list below.

- ⑧ Sign Up for Our Newsletter
- ⑧ Fundraise & Raise Awareness
- ⑧ Follow Us on Social Media
- ⑧ Share the Latest LGS Research News
- ⑧ Share Your Story
- ⑧ Volunteer

[Learn More](#)



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