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## **Understanding Epilepsy and Brain Disorders: Impact on Mental Health**

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Epilepsy and other brain disorders present complex challenges that extend beyond physical manifestations to impact mental health significantly. This presentation explores the intricate relationship between epilepsy and mental health, shedding light on the prevalence of anxiety, depression, and cognitive impairment among individuals with epilepsy. Through an understanding of the pathophysiology of epilepsy, including abnormal electrical activity in the brain, genetic predisposition, and environmental triggers, we uncover the multifaceted nature of this condition. Treatment approaches encompass a multidisciplinary strategy, integrating seizure management with psychological interventions such as cognitive-behavioral therapy, psychoeducation, and support groups. By addressing both the physiological and psychological aspects of epilepsy, we strive to enhance the quality of life for individuals living with this condition and foster a more inclusive and supportive environment.

### **Biography**

Rayya Almarwani, a distinguished pediatric neurologist, epitomizes a blend of expertise and passion in advancing healthcare. Specializing in epilepsy and neuromuscular, Rayya's contributions extend beyond traditional medical practice. Her dedication to research, evaluation, and education has forged new pathways for pediatric neurological care. Rayya's commitment to excellence is evident in her active engagement in conferences and symposiums worldwide, where she shares her insights and fosters collaboration. Through her holistic approach to pediatric neurology, Rayya Almarwani is reshaping the landscape of healthcare, one innovative strategy at a time.