



Flying circus

A life with epilepsy and humor

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What is humor?

- According to Hippocrates:
 - blood
 - phlegm
 - yellow bile
 - and black bile
 - Epilepsy due to an excess of phlegm blocking the air ways
- To clarify..
 - Danish (humør)
 - French (humour)
 - Greek (χάιμα)
 - Russian (кров)



Definition of humor

- **Humour** - a message whose ingenuity or verbal skill or incongruity has the power to evoke laughter



Humor as a defence mechanism?



- Epilepsy at 17
- Coping-skills learned from others
- Living with epilepsy
- Afraid of losing people close to me
- Stubborn, usually do whatever I want
- How to deal???



Epilepsy and humor

- Might be a traitorous road...
- Mixed feelings about the topic
- Humour a defence mechanism
- Sometimes just better to laugh?
- There are positive sides to most things...



Houmor saves lives

- increased their odds for survival by on average 31 per-cent in critically ill kidney patients
 - NTNU, Trondheim, Norway
- Studies (96-98) indicated that chronically depressed individuals were 70% more likely to have a heart attack when compared with their non-depressed counterparts
 - Mind, body and health 1996



The story of my/our life...

- Epilepsy, is that a big deal??
 - Not everything is due to the epilepsy..
- Correct and general knowledge
- Understanding from others
- Learning from my mistakes
- And remember... most things works out in the end....

