

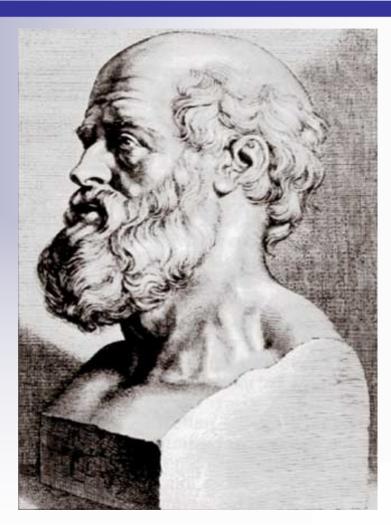
# Flying circus

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 (χαμρ)
  - Russian (comp)





#### **Definition of humor**

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





#### Humor as a defence mechanism?

Vår hverdag er som de fleste andres.

Vi er bare "borte" en gang i blant.



- 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 houmor

- 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 lifes

- 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....

