

Living with Epilepsy in Zimbabwe

By Sally Nyakanyanga

Living with epilepsy for the past 16 years has been the most difficult experience of my life. The condition attracts a lot of shame, a feeling of inadequacy, inferiority complex, and sometimes hatred. One needs a lot of courage, understanding, acceptance, anticipation for a better tomorrow and zeal to keep you going.

Before my 11th birthday, everything was possible and nothing could hinder me from achieving my goals. My parents were proud of me. My father used to say I would grow up to become a lawyer. But all these dreams were watered down by the most bizarre event in my life.

I was at school, in grade 6 when this happened. All I can remember is that I woke up to see funny faces around me and could not have a clue of what had happened. That was the beginning of my experiences with epilepsy. According to my family and those close to me something demonic was happening to me. They strongly believed someone had bewitched me so that I could not become successful in life.

The second seizure came two years later at school, in class

again. I also believed that it was the work of witches and their demons that enjoyed humiliating me in front of my teachers and other school pupils.

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attack. The tests established that I had epilepsy and I was put on medication.

The first ten years of living with epilepsy were the worst and very experimental. I did not like the protective attitude of my family and isolation by my peers. I wanted, oh how I wish the world to see how able I was to lead my own life and being in charge of my own self and to convince them that I was very normal.

I have now grown up to accept my condition and work for the rights of those like me. My

I lost all confidence. My academic performance deteriorated. Specialist medical support was sought after the fourth

My mission is coming up with a centre for women living with epilepsy in Zimbabwe.



mission is coming up with a centre for women living with epilepsy in Zimbabwe. My vision is a perfect world where people live together and respect each other inspite of their differences.

I am therefore calling upon all those who support our cause as the epilepsy community to help us stand up and establish this centre in Zimbabwe.

We therefore ask for assistance in the establishment of the centre. Assistance can be in form of funds to establish the centre, access to medication and medical expertise, moral support, educational and training materials and opportunities, information and appropriate technological equipment, among

other poverty alleviation tools. Any help that will help in empowering women with epilepsy is welcome.

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