

# Febrile seizures causes of febrile seizures and avoidance.

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## Abstract

**Febrile seizures are a type of convulsions that occur in children aged between 6 months and 5 years, often associated with a rapid rise in body temperature. They are one of the most common neurological disorders in children, affecting approximately 2-5% of children worldwide. Febrile seizures are generally harmless and tend to resolve on their own within a few minutes, but they can be frightening for parents and caregivers. There are two main types of febrile seizures: simple and complex.**

**Keywords:** Febrile seizures.

## Introduction

Febrile seizures are a common childhood medical condition, which are caused by a fever. These seizures usually occur in children between the ages of six months and five years. Febrile seizures can be a frightening experience for both the child and the parents, but they are usually not harmful and do not cause any long-term effects. In this article, we will discuss febrile seizures, their causes, symptoms, and treatments. Febrile seizures are convulsions that are caused by a high fever. These seizures usually occur in children who are between the ages of six months and five years, and they can occur as a result of any type of infection, including ear infections, respiratory infections, or gastroenteritis. Febrile seizures are not uncommon, and they occur in approximately 2% to 5% of all children. They are more common in boys than girls, and they tend to run in families [1].

Febrile seizures can be classified into two categories: simple and complex. Simple febrile seizures are the most common type, and they typically last less than 15 minutes. The child may experience twitching or jerking of the arms and legs, and their eyes may roll back into their head. They may also become unconscious for a short period of time. After the seizure, the child may feel tired or sleepy. Complex febrile seizures are less common than simple febrile seizures, but they last longer and are more severe. The child may experience convulsions on both sides of their body, and the seizure may last longer than 15 minutes. The child may also have difficulty breathing or lose consciousness. These seizures can be more frightening for parents, but they usually do not cause any long-term effects. Simple febrile seizures are brief, lasting less than 15 minutes, and do not recur within 24 hours. Complex febrile seizures are longer and recur within 24 hours. Although febrile seizures do not usually require treatment, children with a history of febrile seizures may need to be monitored more closely during febrile illnesses. In rare cases, febrile seizures can be a sign

of a more serious underlying condition, such as meningitis or encephalitis, and prompt medical attention is necessary [2].

## Causes of Febrile Seizures

Febrile seizures are caused by a fever, which can be the result of any type of infection. When the body temperature rises rapidly, the brain can become overexcited, which can lead to a seizure. The exact mechanism by which a fever causes a seizure is not fully understood, but it is believed to be related to the release of cytokines, which are chemical messengers that are produced by the immune system. Febrile seizures are more common in children who have a family history of febrile seizures, and they are more likely to occur in children who have a lower threshold for seizures. Children who have a history of developmental delays or other neurological conditions may also be more likely to experience febrile seizures [3].

## Symptoms of Febrile Seizures

The symptoms of febrile seizures can vary depending on the type of seizure. Simple febrile seizures typically last less than 15 minutes, and the child may experience twitching or jerking of the arms and legs. They may also become unconscious for a short period of time. After the seizure, the child may feel tired or sleepy. Complex febrile seizures are less common than simple febrile seizures, but they last longer and are more severe. The child may experience convulsions on both sides of their body, and the seizure may last longer than 15 minutes. The child may also have difficulty breathing or lose consciousness [4].

If your child experiences a febrile seizure, it is important to stay calm and ensure that they are safe during the seizure. Do not try to restrain the child or put anything in their mouth. Move any sharp objects away from the child and place them in a safe location. After the seizure, place the child on their side and monitor their breathing. If the seizure lasts longer than five minutes or if the child has difficulty breathing or turns blue, seek medical attention immediately [5].

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## Conclusion

Febrile seizures are the most common type of seizures in children, occurring in about 2-5% of children between the ages of 6 months to 5 years. Although they can be a frightening experience for parents, they are generally harmless and don't cause any long-term neurological damage. However, it is important for parents to seek medical attention for their child after a febrile seizure to determine the underlying cause of the fever and to manage it appropriately. Parents can also take steps to prevent febrile seizures by managing their child's fever, ensuring they get enough rest, and taking appropriate steps to prevent infections. With proper care and attention, most children with febrile seizures will recover fully and go on to lead healthy and normal lives.

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