



Veronica Crowe
Dallas, TX
Born 1980
Diagnosed 1994

"I got where I am today by focusing on my personal dreams and goals, and working with my doctor to find a treatment plan that allows me to achieve those goals."

When she was 28 years old, Veronica Crowe achieved something many young adults take for granted: she was finally able to live on her own. Up to that point, Veronica experienced uncontrolled seizures which meant that she had to live with her family.

It all started at age 13, when Veronica experienced a seizure during summer vacation. She was taken to the hospital for observation, and the emergency room doctor referred her to a neurologist. After a long series of tests and doctor's appointments, Veronica was diagnosed with epilepsy when she was 14 years old. While the diagnosis was a surprise to Veronica and her family, they remembered she would sometimes have "blackouts" when she could not see or hear anything for a few seconds. They learned that these "blackouts" were actually partial-onset seizures. As it turned out, Veronica experienced many different types of seizures—including absence and tonic-clonic. For more information about seizure types and epilepsy, please see [About Epilepsy](#).

Over the years, Veronica's neurologist prescribed numerous antiepileptic drugs (AEDs), but none consistently controlled the seizures, and some caused side effects that she was not willing to tolerate. Embarrassed by her medical condition, Veronica kept it a secret from everyone but her two best friends throughout high school, avoiding sleepovers and other activities most girls take for granted.

When she turned 18, Veronica decided to take matters into her own hands. She found an *epileptologist*—a neurologist who specializes in the treatment of epilepsy—and began working with him to find medications to control the seizures. At the same time, Veronica enrolled in college. She chose to live in a dorm, which forced her to be open with people about her condition and rely on her new friends to help her. Surprised by how understanding and supportive they were, Veronica realized there was no reason to hide epilepsy.

Veronica graduated with a Bachelor of Arts degree in Political Science and began working as a law librarian at a prestigious Dallas law firm. When she wasn't working, she spent time with family and friends and dreamed of traveling to far-away places. Still, Veronica felt something was missing. She wanted to rent her own apartment, buy her own furniture and live independently.



Finally, it happened—after years of collaborating with her epileptologist, Veronica found the right combination of medications to control the seizures. She was able to move into an apartment on her own, and is now going to achieve her life-long goal of traveling overseas—Veronica is currently planning a trip to Italy.

Today, Veronica helps others navigate life with epilepsy. As an Epilepsy Advocate, she speaks out about living well with epilepsy and hopes that others can learn from her experiences. In addition, she started an epilepsy support group to help those living with epilepsy in her community. Veronica says, “finding resources, a good doctor and the right medication has enabled me to live successfully with epilepsy. I hope what I’ve learned can benefit others who have just begun their epilepsy journey.”