

Damani T.

It was January 24, 2024 — the day the question turned into fact.

But epilepsy introduced itself long before that. December 5, 2018. A grand mal seizure — violent, sudden. I remember the morning, vaguely. My fiancée remembers the rest.

She saw the fear. The collapse. She still tells me the story — and I listen like I wasn't even there.

My last grand mal was August 5, 2022. That one stole more. I woke up in a hospital bed with no memory of the day. Just confusion — and silence.

Epilepsy has taken pieces of me. Especially my memory. What was once sharp and quick now feels fogged. I forget names. I lose time. I misplace moments I used to hold onto. I feel it.

She sees it. Every day.

Reminding me to take my meds. To follow up. To finish things I forget mid-thought. She's more than my partner — she's the one who keeps me tethered. And I know it weighs on her. I see the worry tucked behind her patience.

I struggle. Quietly. Trying to explain what I can't even explain to myself. Some days I wonder if I'm losing a fight I thought I was built to win. Maybe it's heavier than I admitted.

The scan made it real.

I was diagnosed with mesial temporal sclerosis — scarring in my left hippocampus, the part of the brain that holds memory, emotion, and language. Mine is smaller, damaged, misfiring.

That's where my epilepsy lives.

People think epilepsy is just seizures. They don't see the in-between: the memory loss, the confusion, the feeling of being a step behind yourself.

They don't see the stigma — how epilepsy is often ignored, downplayed, or buried under silence.

Even in a world that talks about mental health, epilepsy rarely makes the conversation.

But I refuse to shrink.

I created the Facebook page "[Recognize Epilepsy: Beyond the Seizures](#)" and website [recognizeepilepsy.life](#) because the world needed a space for this truth. For the silence. For the survival.

This journey made me an advocate. A protector.

I speak for the ones still finding their voice — and for those who were never given the chance to use it.