

Who would've thought that there would be another term for eggs that we all think of a delicious morning breakfast meal. EEG stands for electroencephalogram and it is a test that detects electrical activity in your brain using small, metal discs (electrodes) attached to your scalp. Not the usual breakfast that you wake up to....its just a little bit different.

Epilepsy along with many other brain disorders are tested using electroencephalograms to monitor the activity in the brain. Your brain cells communicate via electrical impulses and are active all the time, even when you're asleep. This test is also used for Alzheimer's, stroke, dementia, brain tumors, and many other disorders. An EEG can also play a role in diagnosing other brain disorders.

My first time I was diagnosed with epilepsy at age 13 I was told I needed an EEG. I was like I do love eggs, so you can see where the confusion of a brain test and delicious meal could be confused. But I did not know what to expect but I was advised by my doctor to stay up the night before to help see my brain activity during the test. To see the lack of sleep you get, putting stress on the brain, and making you uncomfortable is how they try and see what your brain waves will do during this time.

So as every 13 year old girl told who is told to pull an all nighter, you best believe I was ready with movies and junk snacks to keep me up. Don't get me wrong I was definitely scared not knowing what I was going into, and what the electrical activity would happen during this EEG. The thought of them purposely trying to irritate my brain to see if I have a seizure was not ok with me. Although my parents were so supportive, they made me so comfortable and didn't want me to worry..hence endless movies, popcorn & chocolate did the trick.

I got to sleep for 2 hours, and then it was off to the EEG. I met my wonderful nurse who made me feel so calm. Not too long after she explained what will be happening during the test, I then started freaking out when you see someone glueing a million wires to your scalp, forehead, and chest. Im 13 and I'm thinking, dear god I hope no one ever sees what I look like right now. The test began and there are different EEGS tests but mine included closing my eyes and having a strobe light go off for 5 minutes straight. Second was deep breathing for 10 minutes. I fully remember the nurse would say "now it's time to blow out the birthday candles, big breath in & big breath out". Lastly I got to sleep. Finally sleep. After sleeping for about 20 minutes I woke up and I was in a daze and instantly asked what my results were and she wasn't allowed to give them to me. She gave me a nice scalp massage after taking off the wires (which made my hair grow 3 times the size of its normal volume) which felt pretty darn good.

So that was my usually routine for years until my seizures were more controlled on the right medication. I am very thankful for eggs, excuse me EGGs to help determine what goes on up in my brain. So for anyone with any head injury or disorder that needs to get an EGG, don't be scared or worried. It will give you the answers you look for and definitely get some actual eggs after the test!