
Seizure Recurrence After GLP-1 Receptor Agonist Initiation in Adults with Epilepsy

In a recent study, researchers investigated whether starting a glucagon-like peptide-1 receptor agonist (GLP-1 RA), like Ozempic or Wegovy, is associated with lower seizure recurrence and related outcomes in adults with both epilepsy and type 2 diabetes. New users of GLP-1Ras were compared with new users of other glucose-lowering drugs. The study found that GLP-1 RA initiation was associated with an 18% lower risk of recurrent seizures, as well as substantially lower inpatient hospitalization rates and mortality.

Read more at <https://onlinelibrary.wiley.com/doi/10.1111/epi.70022>

Website accessed on January 8, 2026.

New Epilepsy Tech Turns Routine EEGs into Epilepsy Predictors

Using a new tool that turns routine electroencephalogram (EEG) tests that appear normal into highly accurate epilepsy predictors. Their tool, called Episcalp, uses algorithms to map brainwave patterns and identify hidden signs of epilepsy from a single routine EEG.

Read more at <https://onlinelibrary.wiley.com/doi/10.1002/ana.27168>

Website accessed on January 8, 2026.

Higher Epilepsy Mortality Rates Associated with Previous TBI in US Veterans

In a recent study, researchers discovered evidence that a traumatic brain injury (TBI) at least 5 years before a diagnosis of epilepsy was associated with a higher rate of mortality in U.S. military veterans. “Post-traumatic epilepsy (PTE) is presumed to have worse outcomes than other forms of epilepsy, although it has never been definitively shown that mortality is higher,” Zulfi Haneef, MD, MBBS, FRCP, professor of neurology at Baylor College of Medicine said. The researchers collected and analyzed data from the Veterans Health Administration (VA). Mortality rates in PTE was higher compared with non-traumatic epilepsy and varied between different TBI classifications.

Read more at <https://www.healio.com/news/neurology/20251110/higher-epilepsy-mortality-rates-associated-with-previous-tbi-in-us-veterans>

Website accessed on January 8, 2026.

Self-Guided Behavioral App Helps Children with Epilepsy Fall Asleep Earlier

A new UK-wide clinical trial has evaluated a self-guided behavioral sleep program for the parents of children with epilepsy. The program is called COSI (CASTLE Online Sleep Intervention) and consists of online videos and written guides based on clinically informed sleep intervention behavioral techniques. The data from smart watches showed that, on average, the children with the web-app-based intervention slept 16.5 minutes earlier than at the beginning of the trial. “Parents who engaged with the program reported increased

knowledge about child sleep and overwhelmingly said they would recommend the tool to others,” commented Professor Pal.

Read more at <https://medicalxpress.com/news/2026-01-behavioral-app-children-epilepsy-earlier.html>

Website accessed on January 9, 2026.

Clearing the Brain of Aging Cells Could Aid Temporal Lobe Epilepsy and Reduce Seizures

A new study by researchers at Georgetown University Medical Center found that this form of epilepsy can be treated in mice by either genetically or pharmaceutically eradicating the aging cells, thereby improving memory and reducing seizures as well as protecting some animals from developing epilepsy.

Read more at <https://medicalxpress.com/news/2025-12-brain-aging-cells-aid-epilepsy.html>

Website accessed January 9, 2026.

Depression Increases Epilepsy Risk and Makes It Harder to Treat

People with depression have a more than doubled risk of developing epilepsy, a new study says. Worse, depression then makes epilepsy more difficult to treat, according to the results of a second study. For the first study, researchers found that depression led to a 2-4 times increased risk of developing epilepsy, based on data pooled from eight prior studies. “Our findings show a consistent association that suggests an increased risk of developing epilepsy after depression, but they do not show that depression causes epilepsy,” lead researcher Dr. Ali Rafati said.

For the second study, researchers analyzed data on more than 90,000 people recently diagnosed with epilepsy. Results showed that those with depression were 40% more likely to not be adequately helped by their first antiseizure medication.

Read more at <https://medicalxpress.com/news/2025-12-depression-epilepsy-harder.html>

Website accessed January 9, 2026.

TikTok Videos Mislead on Epilepsy Care

Read more at https://medicalxpress.com/news/2025-12-tiktok-videos-epilepsy-experts.html#google_vignette

Website accessed on January 9, 2026.