What you know about epilepsy –

**Epilepsy** is a group of [neurological diseases](https://en.wikipedia.org/wiki/Neurological_disorder) characterized by [epileptic seizures](https://en.wikipedia.org/wiki/Epileptic_seizure).[1][2] Epileptic seizures are episodes that can vary from brief and nearly undetectable to long periods of vigorous shaking.[3]

What you don’t know about epilepsy-

Epileptic are the same people like you and me.They go to school, they have families and jobs, they become successful artists, entrepreneurs, athletes, politicians. Epileptic can run marathons, raw indian ocean, become Olympic champions and presidents

Why epileptic are special – because they have an affliction they can overcome and become stronger.

Spartan race is a series of obstacles you need to overcome, that is the reason our ub-cool team decided to take part.

My personal story – My name is Medina Ilyassova and ub-cool ([www.ub-cool.com)](http://www.ub-cool.com)) founder. I used to suffer from uncontrollable epilepsy for 14+ years, but 2 years ago I did brain surgery and now im epilepsy free. Since that time my life goal is to bring awareness to epilepsy and educate society (especially in such countries as Middle East, Asia and Africa where it’s considered to be a mental disorder and people experience social stigma).

We want to bring a message that epileptic are normal people, who live normal life overcoming all challenges and sometimes achieve much more than others. We want to make a real difference.