

STARS

Syncope Trust And Reflex anoxic Seizures®

www.stars.org.uk

Jack has RAS



Working together with individuals, families and medical professionals to offer support and information on syncope and reflex anoxic seizures

What is RAS?

Reflex anoxic seizures (RAS) are a kind of faint that some children experience when they hurt themselves or have a surprise (which can be nasty or nice). RAS can happen when you fall over, have a nasty bump or even when you are not feeling very well. Sometimes you might faint when you have an injection or run and jump into a cold swimming pool. A big brother or sister saying 'boo' can make you feel faint as well.



Can you help Harry the Hedgehog find the right path to his RAS badge? Also, see how many times you can spot Harry in this book!

My name is Jack
and I have RAS!





Last week my sister Alice was chasing me around the garden. I was running so fast that I tripped over and hurt myself.

Alice called daddy. She was frightened because I looked as if I was asleep on the ground. My body looked stiff but my legs and arms were moving. Alice said I was very pale. Then I woke up and felt very tired and upset.



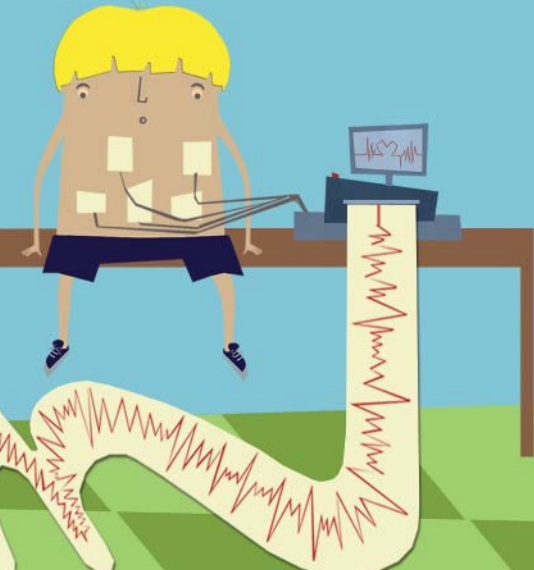
I went to the hospital and saw Dr. Baker.
She was very nice.

Dr. Baker did a test. I sat very still and had some sticky pads on my chest. They were attached to a machine with a long piece of paper coming out of it. It did not hurt one bit!

"I think you have Reflex Anoxic Seizures (Ree-fleks An-ox-sik See-jurs), also known as RAS,"
Said Dr. Baker with a big smile.

"Think of a hedgehog!

Whenever the hedgehog faces danger it curls into a ball shutting itself off from the world to protect itself and only uncurls when it is sure it is safe to do.



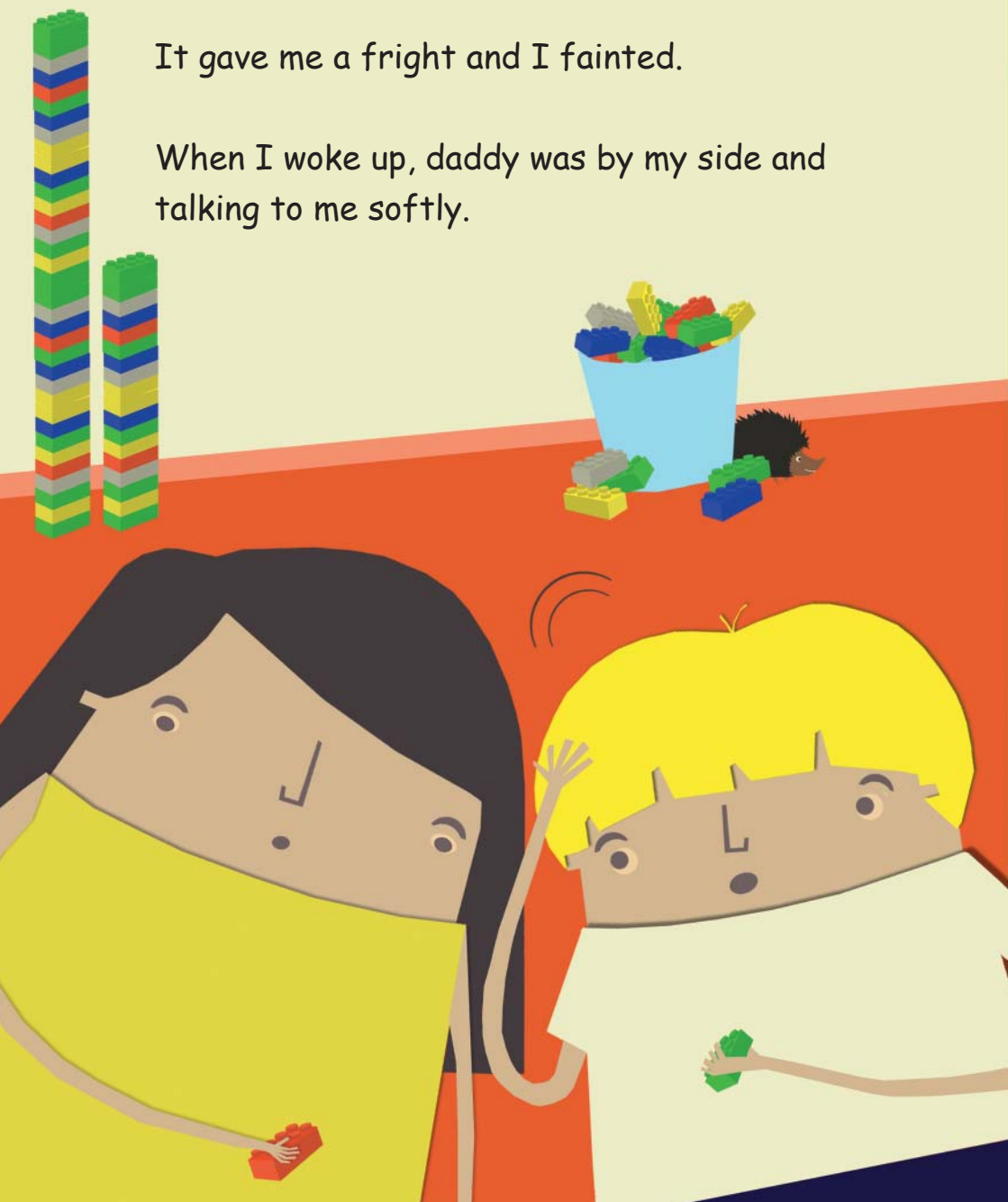
This is very like children with RAS; their body shuts down until the 'nasty thing' has gone away."



The other day, Alice and I were playing in the sitting room. She bumped into me by mistake and knocked me over.

It gave me a fright and I fainted.

When I woke up, daddy was by my side and talking to me softly.





I lay on the floor until I felt a bit better.

Then I got onto the sofa with my favourite teddy and had a little nap.

Alice was crying and thought that she was to blame for my fainting. Daddy gave her a hug and told her it wasn't her fault, which made her feel better too.

MONDAY MORNING

Whilst mummy was helping me get ready for school I had butterflies in my tummy.

"What would happen if I hurt myself and fainted at school?"

I didn't need to worry though because when daddy took me into school he spoke to my teacher, Mrs Edwards about RAS.

Daddy also told Mrs Edwards that if I fainted, I might wake up tired and upset. I would need lots of cuddles and somewhere to have a rest.



Mrs Edwards told us that the school had a place where children who need a rest can lie down, whilst they wait for someone to take them home.



In class I have lots of friends and still join in with all the activities. Mrs Edwards has promised that she will tell me if she thinks something will scare me or make me jump!

A FEW
WEEKS LATER



When Dr. Baker told me I had RAS I felt sad because I thought that I would not be able to play with my friends like I used to.

I can still play though! I go swimming with my friend Sam every week. Before I get in I like to sit on the side and get used to the cold water otherwise it might be a shock. After a few minutes, I swim and splash like everyone else.

I also still have to have my vaccinations!
When I go to the doctors, the nurse tells
me that it might hurt so I am not scared
or jump when I feel the scratch.



I have just started
Karate classes. It is
really cool!

So, you see, having RAS does not stop you
from having fun.



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The medical content of this booklet is accurate, however, please be aware that this publication includes a fictional story and it is always necessary to discuss individual cases with a doctor.

Acknowledgements: STARS would like to thank all those who helped in the development and review of this publication. In particular, thanks are given to Laura Dunn and Dr Charlotte D'Souza.

Unit 6B
Essex House
Cromwell Business Park
Chipping Norton
Oxfordshire
OX7 5SR

☎ +44 (0)1789 867 503
✉ info@stars.org.uk
➔ www.stars.org.uk

Registered Charity
No. 1084898

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Published May 2010,
Reviewed April 2017



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 Department
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