Proceedings of the "International Congress on Structural Epilepsy & Symptomatic Seizures" (STESS, Gothenburg, Sweden, 29-31 March, 2023) and Preface to the Special Issue on "Structural Epilepsy and Symptomatic Seizures"

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#### Introduction

In 2019, over 130 people from more than ten nations traveled to Gothenburg, Sweden for the Seizures and Stroke Congress, the first international conference entirely devoted to poststroke epilepsy. A follow-up meeting was held virtually in 2021 owing to the COVID-19 pandemics. Ultimately, the congress was held again in Gothenburg (29-31 March 2023), with a widened focus that included all symptomatic and structural epilepsies. The choice of such a broader topic was reflected in the new name of the congress, the "International Congress on Structural Epilepsy & Symptomatic Seizures" (abbreviated as STESS), which was attended by more than 150 participants from all over the world. It provided a teaching course for novice scientists and clinicians combined with a three-day program of cutting-edge research and clinical presentations, along with poster and platform presentations.

This special issue of Epilepsy & Behavior covers the most relevant topics in the field of structural epilepsy and symptomatic seizures. It includes reviews and original studies presented during the STESS, as well as some excellent spontaneous contributions from international researchers active in this field.

The present article is meant to serve both as a general introduction to the topics discussed in the special issue and as conference proceedings of the STESS, as it includes a series of summaries of the key presentations that were given in Gothenburg. They convey a flavor of the depth and breadth of discussion that animated the congress, and offer up-to-date information on prediction and risk factors, management, prognosis, and prevention of seizures in the context of a structural brain lesion. The appendix includes the abstracts of studies discussed as posters or oral presentations during the congress.

We express our sincere gratitude to everyone who helped make this congress a reality, including participants, sponsors, speakers, and supporting organizations. We also thank all those who contributed their high-quality research articles to this special issue, and to the Editor-in-Chief of Epilepsy & Behavior, Dr. Marco Mula, for his generous hospitality and continuous support.

We sincerely hope that this special issue may spark some useful insights and debate among scientists and physicians who dedicate their lives to better understanding and treating structural epilepsy and acute symptomatic seizures. This special issue is dedicated to them and to all people affected by structural epilepsy around the world.

Francesco Brigo and Johan Zelano

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### Mechanisms of epileptogenesis in preclinical studies (Emilio Russo)

Epileptogenesis refers to the development as well as structural and functional extension of brain tissue capable of generating spontaneous seizures, resulting in the development of a chronic epileptic condition and/or progression of epilepsy after the condition is established [1]. This definition encompasses several aspects and possibilities also including the definition of secondary epileptogenesis; namely, the observation that more than one epileptic focus may emerge in some patients as the disease progresses [2]. In this latter, similar mechanisms to the one currently known may be involved but they may be different from the one originally put in place for the initial epileptogenesis process in the same single patient. Indeed, several mechanisms have been proposed and summarized in several reviews [3]; accordingly, being intrinsic in the definition, the most relevant aspect is the generation of a brain network able to cause seizures which is both created from a not previously present phenomenon (e.g., traumatic brain injury) but also through an alteration of homeostatic plasticity contributing to this phenomenon [4]. We should consider as the first animal model of epileptogenesis the kindling protocol proposed by Goddard in the 1967 [5], in which a sub-threshold electrical stimulus repeated over time is leading to the development of spontaneous epileptic seizures in rats. The protocol has been then modified and studied in order to understand the epileptogenesis mechanisms and test the potential efficacy of interventions in preventing and modifying the epileptogenic process ([6, 7].

Most of the information we have on the epileptogenic process derive from studies in post insult models (e.g., post SE, traumatic brain injury) and several processes are involved and distinguished. Primary injuries (at the time of the insult) can be identified as meningeal and vascular damage, acute neuronal death and axonal injury; secondary injuries (up to months after the insult) may be represented by oedema, excitotoxicity and neuronal/glial cells delayed death, inflammation, hypoxia/ischemia accompanied by circuitry reorganization including neurogenesis, gliogenesis, angiogenesis and altered brain plasticity ([3, 6-8]. All these processes may be present both in the latency period (the time-window between the identified insult and the appearance of the first seizure) and after the occurrence of the first spontaneous seizure not linked to the initial insult (e.g., symptomatic acute seizures).

It is now clearer that some of these mechanisms and processes may be independent from the initial cause and therefore may be shared among different aetiologies [9]; therefore, they represent common therapeutic targets also in terms of the searched effects. We may consider targets to reverse/prevent epileptogenesis or reduce brain injury such as cells' death, cytokines, immune system, the mTOR or Jak/STAT pathways. On the other hand, there are mechanisms which may be specific to epileptogenesis aetiology; for example, in the case of brain tumour related epilepsy in which some genetic mutations are linked to seizures (e.g., BRAF, Isocitrate dehydrogenase, PIK3CA) or there are specific astrocytic and haemodynamic features [10]. Similarly, these can be applied also to other causing agents (e.g., viral infections), insults (e.g., stroke) or factors including genetics [11-13]. Some of the most important and emerging molecular targets (e.g., neurogenesis, astrogliosis, neuroinflammation) have been recently reviewed [14].

Along with this increasing understanding of the mechanisms and targets, several treatment approaches have been studied in animal models indicating the potential antiepileptogenic effects of several treatments both in post-insult and genetic models [6]. However, none of them is usually considered as a clinically proven treatment and therefore a suitable clinical approach. Some exceptions must be frankly considered, it is common practice to prescribe

levetiracetam after a potential epileptogenic insult (e.g. traumatic brain injury) for a not defined period and in variable dosages without any meaningful demonstration of a clinical impact on the prevention of spontaneous seizure development. Vigabatrin has been proven to modify the natural history of epilepsy in patients with tuberous sclerosis according to the earliest time of intervention [15]; its antiepileptogenic effects in preclinical models were already earlier demonstrated [16]. Similarly, everolimus and mTOR inhibitors may somehow be considered disease modifying [17]. Finally, the preclinical antiepileptogenic effects of ethosuximide against absence epilepsy/seizures development were demonstrated in two different animal models and by different research groups; although with some biases, this effect was also supported by a retrospective clinical study [18-21].

More recently, an already known but forgotten point of view arose from gut microbiota research. The microbiota gut brain axis has recently been a hot topic of research also for the brain and its involvement in epilepsy has just been identified a few years ago [17, 22, 23]. A recent article indicated that the development of spontaneous seizures after traumatic brain injury is dependent on the initial composition of the gut microbiota [24]; this result indicates that the gut microbiota may play a protective as much as predisposing factor in epileptogenesis. All and all, we have correctly investigated the causes and mechanisms of epileptogenesis looking for responsibilities and defining targets as well as testing therapeutic approaches. This is all meaningful, but we should also wonder why some of our patients do not develop epilepsy similarly to others which will instead have seizures under similar conditions. As much as in the case of this gut microbiota study just mentioned above, there may be protecting factors (e.g., genetic, epigenetic etc) in some subgroups of patients which should be studied and these may also be biomarkers, therapeutic targets and opportunities to improve our understanding and new clinical tools.

### The immune system in epileptogenesis (Alberto Vogrig)

Seizures are a well-recognized manifestation of a wide range of immune-mediated disorders, including systemic conditions (e.g. lupus erythematosus), as well as many inflammatory brain disorders [25, 26]. Among the latter entities, autoimmune encephalitides (AE) and paraneoplastic neurologic syndromes (PNS) represent an interesting paradigm due to their association with a diverse spectrum of antineuronal antibodies (Abs), which are specific to different subtypes and serve as relevant biomarkers [25, 27]. Also, this allows to classify patients into groups with distinct clinical presentations, potentially underlying specific pathophysiological processes [28].

In particular, PNS are rare disorders (the incidence of which approximates 1/100,000 personyears [26] triggered by a systemic malignancy (especially lung, breast, or ovary cancer) that can affect any part of the nervous system, often presenting with a stereotyped clinical manifestation (e.g. limbic encephalitis) [29]. The reason why only a minority of patients with cancer (1 in every 334 [26]) develop a PNS is due to specific genetic signatures of their associated tumors, which can entail alterations (somatic mutation, gene amplification, protein overexpression) in the genes coding for onconeural proteins (i.e. proteins normally expressed by neurons, and ectopically by certain cancer cells) [30] or in genes coding for other relevant subunits functionally connected to the implicated antigen (such as KCTD16 in the case of anti-GABABR PNS [31]). The net result is a robust immune attack mostly mediated by T cells against both the tumor and the nervous system [27]. In this case, the associated neuronal Abs (so called onconeural or "high-risk" Abs [29]) are good biomarkers of the underlying immune response, but they are not pathogenic as they cannot interact with their intracellular antigenic targets. Instead, the neuronal damage is mediated by cytotoxic T cells, which in turn explains the unsatisfactory response to immunotherapy and irreversible neuronal loss [3,4]. Notable examples in which seizures are a core symptom include anti-Hu, Ma2, and CV2/CRMP5 (mostly paraneoplastic) and anti-GAD65 (synaptic intracellular but usually not associated with cancer) [25, 32]. Intriguingly, syndromes clinically and immunologically similar to PNS can be triggered by cancer immunotherapy, in particular immune checkpoint inhibitors (ICIs), and more than 30% of them develop seizures [33].

At the other side of the spectrum, patients with AE typically harbor Abs targeting neuronal surface or synaptic proteins, in which the trigger is less frequently cancer (hence called "low" and "intermediate-risk" Abs) and more commonly represented by either preceding infections (e.g. herpes simplex encephalitis) or specific host-related factors (e.g. human leukocyte antigen, HLA) [28, 34, 35]. In this case, the Abs have access to the epitopes causing a functional damage which is therefore more amenable to treatment [27, 28]. The most frequent Abs in this group associated with seizures include anti-GABAAR and GABABR (both commonly associated with status epilepticus) as well as anti-NMDAR, LGI1, CASPR2, among others [25, 32]. Like PNS, AE are also rare disorders (approximately 2 per million person-years [26]) but they should not be missed as they often respond favorably to immunotherapy.

These different pathological mechanisms offer a clear explanation of the divergent evolution of the seizure disorder in patients with PNS and AE, which was nicely framed by the conceptual definitions proposed by The International League Against Epilepsy (ILAE) Autoimmunity and Inflammation Taskforce [36]. In particular, it was proposed that seizures resulting from brain autoimmunity are either acutely symptomatic in the context of AE with neural surface Abs, or they are indicative of an enduring predisposition to seizures (i.e. autoimmune encephalitis-associated epilepsy, AEAE) for patients harboring Abs targeting intracellular antigens, suggesting that the specific autoantigen location can predict long-term outcome [37]. Obviously, this distinction has also practical consequences: long-term treatment with anti-seizure medications (ASMs) is probably unnecessary in the majority of patients with anti-NMDAR, GABABR, and LGI after resolution of the encephalitis stage, while most patients with anti-GAD65 or high-risk Abs require prolonged treatment with ASMs [25, 32, 36-38]. Sodium channel blockers seem to be more effective [32] and some combination of ASMs appear to be of particular interest as a form of personalized medicine (e.g. cenobamate-clobazam in anti-GAD65-associated seizures [39]). However, in both scenarios it should be highlighted that the most effective ASM during the acute (active) encephalitic stage is probably represented by immunotherapy, which includes first-line (such as corticosteroids, intravenous immunoglobulin, and plasma exchange) or second-line medications (such as rituximab and cyclophosphamide, with the former usually adopted in AE with neuronal surface Abs, and the latter in PNS with Abs against intracellular antigens, after having completed oncological treatments, if needed) [32]. Conversely, AEAE is probably the result of tissue damage related to the encephalitic process and thereby mainly structurally mediated, accounting for the poor efficacy of immunotherapy [37].

### The immune reaction as a potential biomarker in epilepsy (Christine T Ekdahl)

A PubMed search for the words "immune response" and "brain" generates 27 000 articles published over the last 20 years. About 20 000 of them were published during the last 10 years. In comparison, changing the word "immune response" to "neuronal response" generates more than 76 000 articles, but with a consistent publication rate during 20 years. The current exponential increase in articles about the immune response is acknowledged by the scientific community, even if we still publish several times more articles about neuronal responses. Most, if not all, neurological disorders show an immune response in the brain and the desire to use this finding as a biomarker for possibly diagnosis/progression/predictions of outcome is strong. However, the seemingly low specificity of the immune response in the brain is a struggle if the concept is not further dissected into its many components, as we do for neuronal responses.

During the last 20 years my research group has studied the immune response in the brain of rodents with epileptic seizures and lately we have started to translate the findings into explorative and hypothesis-driven clinical studies. We started out by describing the immune response in the electrically-induced rodent model of epileptic seizures. In this model, rats and mice are subjected to a stereotaxic implantation of stainless steel electrodes into the brain, in our case into the hippocampus, and one week later electrical stimulation to induce an initial seizure, followed by spontaneous seizures confirmed by videoEEG recordings. These rodents not only show neuronal responses in the brain but also microglial activation in terms of increased numbers and expression of phagocytic proteins for at least 6 months after the initial seizure [40-42] and even stronger reaction in animals that exhibited subsequent spontaneous seizures [43].

We have reduced microglial activation in the brain by administering a chemokine receptor antibody (CX3CR1 Ab) close to the hippocampus, which altered the neuronal response (Ali et al 2015, 2017). In mice lacking immune related factors such as tumor necrosis factor receptor 1 and 2 or interleukin 1 receptor 1 we have found altered microglial activation and seizure-induced neuronal damage [44, 45]. Since both epileptic seizures and a lipopolysaccharide (LPS)-induced immune response in the brain alter the electrophysiological properties of newborn neurons within the hippocampus [46, 47], we set out to describe where and for how long microglial processes may interact with neurons in ex vivo hippocampal tissue by using 2photon microscopy. We have shown how these live interactions differ in tissue from animals with epileptic seizures [48]. Furthermore, we have described seizure-induced changes in the expression of synaptic proteins within excitatory and inhibitory synapses in the electrically-induced model of epilepsy as well as in a genetic model of handling-induced seizures i.e. synapsin 2 knockout mice [49, 50]. We have found that the same synaptic proteins also react to administration of LPS into the brain [51] and that intraperitoneal treatment with antibodies against the synaptic protein N-cadherin together with levetiracetam decrease microglial activation [52]. Together these findings suggest a close interaction between neurons and immune-related cells and their signaling pathways [53].

The immune reaction is not only located within the epileptic focus from which the epileptic seizures originate, but involves cortical and subcortical brain structures, bilaterally, as well as being present in the blood [43, 54, 55]. Microglial activation is even present within the retina of epileptic rats and mice, though it may take several weeks after seizures before its clearly visible with histology [56] and partly detected with 7T MRI and 9.4T DTI [57].

Altering the immune reaction may interfer with the development of epilepsy. Intraperitonial administration of interleukin-6 receptor antibodies in synapsin 2 kockout mice promptly delays seizure onset and frequency. However, the effect was only evident when the treatment started one month before predicted seizure onset. No seizure reduction was observed when the treatment was initiated after seizure onset, suggesting a role for interleukin-6 signaling primarily during early epileptogenesis [58]. Knowing these experimental data we have pursued a clinical study on adult patients with videoEEG-verified temporal lobe epilepsy, frontal lobe epilepsy and psychogenic non-epileptic seizures. We have shown increased levels of interleukin-6 in blood from epilepsy patients compared to psychogenic non-epileptic seizures and age/gender-matched controls. In addition, a group of immune-related factors increased transiently directly after temporal lobe seizures, suggesting a possible fingerprint for acute diagnostic purposes when differentiating epileptic and non-epileptic seizures [59]. We are currently examining the immune profile in children with epilepsy and autism (Taylor et al, manuscript in preparation).

The quality of clinical epilepsy research is deeply depending on the verification of a large variety of epileptic seizures, their origins, and several comorbidities. This high variation may very well be the main reason for the sometimes contradicting results in current publications about the immune response in epilepsy. However, we believe that a defined immune profile in epilepsy may not be far away from diagnostic use in clinical practice and it is time for evaluating its prognostic value.

# The value of EEG as a biomarker of epileptogenesis and seizure recurrence in different acquired epilepsies (Carla Bentes)

The electroencephalogram (EEG) is a neurophysiological technique with high temporal resolution and sensitivity in the evaluation of brain function in real-time. EEG does not have relevant contraindications and is a painless exam done at the patient's bedside, repeatedly or continuously, without increased risks. It is also a low-cost exam, available in most hospitals used in patients with seizures, *status epilepticus* and/or epilepsy, both for diagnosis and classification, as well as for treatment planning. Despite being considered the *gold standard* for identifying different epileptogenesis and ictogenesis biomarkers [60, 61], the clinical usefulness of the EEG in epilepsy prediction remains uncertain for most etiologies and in different types of clinical settings. Nevertheless, a great deal of new evidence has emerged in the last decade.

Epileptogenesis is the development and extension of tissue capable of generating spontaneous seizures, resulting in the development of an epileptic condition and/or progression of epilepsy after it is established [1]. Several studies have demonstrated specific changes in the EEG as potential biomarkers for the early development of epileptogenesis [62]. However, few of those refer to human epileptogenesis, and most of these were taken from Tuberous Sclerosis Complex and Acute Brain Injury (ABI) including post-traumatic and post-stroke clinical models [63-68]. Although scarce, this evidence has already changed our clinical practice [65, 69] and has a huge potential for the design of new anti-epileptogenesis drugs clinical trials [65, 70, 71].

Frequently, in acquired epilepsies, it is possible to identify a latent period after an ABI and before clinical epilepsy onset. During this period, epileptogenesis takes place at the

molecular, cellular level and brain networks. An early identification of this process is of utmost importance having clinical and research implications.

In 2008, Kim and collaborators showed that sporadic epileptiform discharges and focal polymorphic slowing were associated with post-traumatic epilepsy (PTE) development [67]. Their results also show that epileptiform activity occurs early (<5 days) after traumatic brain injury, suggesting early EEG a useful diagnostic tool for assessing PTE.

In a prospective cohort of anterior circulation ischemic stroke patients (16), 18% had interictal or ictal epileptiform activity in a short-duration EEG during hospitalization, and 25% had at least one seizure in the first year after stroke. In this cohort, an early post-stroke EEG helped to identify patients with a higher risk of post-stroke epilepsy (PSE) and an unfavourable stroke outcome, independently from clinical (NIHSS) and imaging (ASPECTS) severity of the infarct [68]. Interictal epileptiform activity and background activity asymmetry were the stronger predictors of PSE. In line with these results, using a case– control design study, Punia and collaborators [66] also found that acute epileptiform abnormalities on the EEG are associated with almost twelve times increased odds of PSE after adjusting for potential risk factors. When acute EEG findings are analysed alongside established clinical and neuroimaging predictors, only the former remained significantly associated with PSE.

Furthermore, in the first 7 days after stroke, Bentes and al. study (16) showed that more than 20% of acute symptomatic seizures were exclusively electrographic and more than 40% of patients with electrographic seizures had non-convulsive status epilepticus criteria or unprovoked seizures. In fact, more than one-fourth of acute symptomatic seizure patients having a vascular epilepsy diagnosis in 1-year time period would not have been identified without the EEG protocol that was used [68]. It is important to note that this study was performed in a Stroke Unit. Therefore, even with the best clinical care available, outside an intensive care unit, an important percentage of post-stroke seizures patients are not diagnosed, further increasing the value of the EEG in this context. In fact, early seizures are a strong predictor of PSE and are included in the available PSE prediction tools [72-74]. Additionally, the value of EEG is reinforced in the follow-up of Bentes and collaborators cohort [75], as one year after the cerebrovascular event, 1.7% of patients had clinical and neurophysiological criteria for *epilepsia partialis continua*.

In patients with different ABI (such as stroke, Intraparenchymal hemorrhage, subarachnoid hemorrhage, posterior reversible encephalopathy syndrome, infections and others) admitted to an intensive care unit and submitted to continuous EEG (cEEG), Punia and collaborators matched parallel control study [66] found, after adjusting for cEEG indication and follow-up duration, that the odd of cases developing epilepsy was almost fifteen times higher compared to the controls. This elevated risk was despite a ten times higher likelihood of cases to be taking AEDs at the last follow-up.

Evidence about the importance of neurophysiological biomarkers of epilepsy in acquired epilepsies is growing up, as shown in the study of Chen et al [76]. These authors found that 25.7% of patients with different types of ABI such as acute ischemic stroke, intracerebral hemorrhage, subarachnoid hemorrhage and traumatic brain injury, developed new-onset epilepsy during a median follow-up of 19.1 (16.2–24.3) months. In this study, EEG epileptiform abnormalities on an early cEEG were associated with a greater than three-fold increased risk of new-onset epilepsy.

In conclusion, EEG is a useful risk stratification tool for assessing the long-term risk of seizures and a biomarker for new-onset epilepsy in different acquired epilepsies. Although a short time window between ABI and EEG looks more effective for this purpose, the best technical modality, timing and duration of the EEG record is not yet established. Interictal epileptiform activity is a good biomarker candidate among others, but the best neurophysiological biomarker is yet to be established. Prospective, multicentric and validation studies of the EEG as a biomarker of epileptogenesis and seizure recurrence are needed. Furthermore, quantitative EEG and artificial intelligence algorithms are promising strategies on the search for epileptogenesis and seizure recurrence biomarkers.

### Serum biomarkers for the diagnosis of structural acquired epilepsy (Laura Abraira)

Serum biomarkers for the diagnosis or prediction of epilepsy are becoming an interesting field of research in recent years. About 60% of epilepsies are secondary to structural causes, which means that a process of epileptogenesis may starts after the brain injury [77].

Epileptogenesis refers to the process whereby central nervous system tissue acquires the capability to generate the abnormal and spontaneous electrical activity that results in development of epilepsy or progression of this condition [1].

Immediately after the primary injury, there is a neuroinflammatory response necessary to repair the brain damage. However, when there is an excessive response or this process persist in time it may contribute to epileptogenesis and the development of epilepsy [78].

So far, we cannot identify which patients will develop epilepsy in the long term. The studies are heterogeneous, as they include different types of patients, which makes it difficult to interpret the results. Only 20% of patients will develop epilepsy after brain injury, which means that we need long time periods and high costs to design prospective studies [70].

Biomarkers provide additional information to the clinical risk factors already described and may be useful in designing clinical trials for new-targeted drugs. The optimal biomarker should be epilepsy-specific, with high sensitivity and specificity. Furthermore, it should be translatable into clinical trials against epileptogenesis, non-invasive and have a long expression time window [6].

A biomarker is an objectively measurable characteristic of a biological process that reliably identifies the presence of development, severity, progression or location of an epileptogenic abnormality. They can be classified into different categories according to their function (susceptibility, diagnostic, monitoring, prognostic, predictive, response and safety) and different types, such as neurophysiological, neuroimaging or blood biomarkers [1].

Diagnostic or predictive categories include biomarkers related to epileptogenesis5. Molecular biomarkers include not only plasma and serum proteins, but also miRNAs. They have the advantage of being non-invasive, are related to the stage of the disease and can be linked to EEG and imaging biomarkers. However, we do not know the optimal time window for blood sampling, they are physically far from the site of pathology and the half-life can vary greatly. Thus, we are still far from their use in routine clinical practice [79].

Regarding protein biomarkers, Walker et al's group reported that increased levels of HMGB1 (high-mobility group box 1) protein identified animals that developed epilepsy after status epilepticus induced by unilateral electrical stimulation of the hippocampus [80]. Zelano's

group reviewed the most important blood biomarkers related to epilepsy and classified them into two groups according to their specificity (brain-derived biomarkers and biomarkers involved in the neuroinflammatory response). Brain biomarkers include proteins such as S100B and GFAP, which are released after brain damage and expressed by astrocytes; elevated levels of these proteins have been associated with the development of epilepsy. Other biomarkers such as NSE, NFL and UCHL-1 are neuronal proteins, so far the results are not specific for epilepsy. The second group of biomarkers includes a wide variety of cytokines (IL-1B, IL-6, IL-8, IL-10, IFNy, TNFa) that are involved in multiple inflammatory responses and can provide both proinflammatory and anti-inflammatory responses [80].

Most studies focus on post-traumatic and post-stroke epilepsy due to the high prevalence of both etiologies [74, 81, 82].

Pitkanen's group hypothesised a likely overlap between biomarkers present in traumatic brain injury and epilepsy, with the same biomarker being present in both processes. They proposed S100B, GFAP, IL-6, HMGB1, UCH-L1 as well as some proteins related to blood-brain barrier damage (vWF, VEGF, cFN)10. In addition, an international research group (EpiBioS4Rx) composed of a multidisciplinary team aims to develop the first validated multimodal biomarker panel (EEG, neuroimaging, molecular and anatomopathology) for the design of anti-epileptogenesis clinical trials in post-traumatic epilepsy [83].

Regarding post-stroke epilepsy, Zelano's group evaluated acute symptomatic seizures and epilepsy in a group of 90 stroke patients undergoing thrombectomy [84]. They observed increased levels of TAU, NFL, GFAP, S100B and NSE. Abraira et al observed higher levels of endostatin and lower levels of S100B and Hsc70 in those patients at increased risk of developing epilepsy after stroke. In addition, lower levels of TNFR-1 and higher levels of NCAM were associated with the presence of acute symptomatic seizures [85, 86]. Finally, Tim von Orzten's group highlight the importance of the different role of each one depending on the phase of the process of epileptogenesis [87].

Based on the evidence so far, predictive power is likely to require a combination of electrophysiological, neuroimaging and molecular biomarkers measured at different time points after injury. So far, incomplete statistical validation, lack of human studies, limited knowledge and high costs are some of the limitations to be improved [79].

### "Is it structural epilepsy?" Critical appraisal of the ILAE definition of epilepsy (Francesco Brigo)

In 2014, the International League Against Epilepsy (ILAE) proposed a practical definition of epilepsy that could be applied in several contexts, including the setting of a first unprovoked seizure following an acquired static brain lesion [88]. Accordingly, it is possible to diagnose epilepsy with "one unprovoked (or reflex) seizure and a probability of further seizures similar to the general recurrence risk (at least 60%) after two unprovoked seizures, occurring over the next 10 years" [88]. The ILAE official report provided a series of case examples to provide clinical guidance. The case example n.2 describes "A 65-year-old man had a left middle cerebral artery stroke 6 weeks ago and now presented with an unprovoked seizure" [88]. According to the authors of the ILAE report, epilepsy can be diagnosed after a first unprovoked seizure following a stroke, a brain injury or a cerebral infection due to the "high (>70%) risk of another unprovoked seizure" [88]. This assertion was supported by the

findings of a single study published by Hesdorffer and colleagues in 2009 [Hesdorffer et al., 2009]. According to this study, the risk of long-term recurrence 10 years after a first unprovoked seizure was 71.5% (95% confidence intervals, CI: 59.7%-81.9%) after a stroke, 46.6% (95% CI: 30.4-66.3%) after traumatic brain injury, and 63.5% (95% CI: 21.2-98.6%) after central nervous system (CNS) infection [Hesdorffer et al., 2009].

In contrast to what is stated in the ILAE official report [88], the point estimate of the risk of seizure recurrence after a first unprovoked seizure is higher than 70% only for seizures following a stroke. Point estimates are values that have been directly observed in the study, whereas the CI represent the amount of uncertainty and imprecision associated with the sample taken, and depend on the sample size and the sampling variability. Of note, all values included within the range of CI are plausible. Hence, to conclude that a first unprovoked seizure has a risk of recurrence of  $\geq$ 60%, all values in the CI should be above that threshold. This applies only to unprovoked seizures that occur after a stroke.

The application of the current practical definition of acquired structural epilepsy as reported in the ILAE official report is based on an incorrect interpretation of the findings of a single study, which makes it imprecise and potentially misleading. In some clinical scenarios, it carries the risk of overdiagnosing epilepsy, with possible negative psychosocial consequences and unnecessary use of antiseizure medications. The estimates for the risk of seizure recurrence after a first unprovoked seizure due to brain trauma, or cerebral infection are imprecise [89, 90], not invariably associated with a high risk (≥60%) of seizure recurrence, and do not automatically support a diagnosis of epilepsy. This most likely also applies to stroke, since different studies have found varying degrees of long-term recurrence following a first unprovoked post-stroke seizure [90]. This is not surprising, as stroke, brain trauma or brain infection (just as epilepsy!) are heterogeneous conditions that could result in wide, heterogeneous, and variable risks of seizure recurrence.

Further studies are needed to clarify the risk of seizure recurrence in various clinical situations and identify which factors (clinical characteristics, etiology, mechanism and severity of insult, and others) can modify the risk of seizure recurrence in various clinical situations.

# Acute Symptomatic Seizures and subsequent Epilepsy after CNS Infections (Josemir W. Sander)

Epilepsy is just a tendency to have unprovoked seizures, resulting of an underlying problem of the brain or a system problem [91]. It is a symptom-complex, not a disease; a fair analogy would be anaemia. Indeed, anaemias are the seizures of blood and seizures are the anaemias of the brain.

Over 50 million people worldwide are affected by epilepsy, most of whom are in Low-and-Middle Income Countries (LMICs) with poor healthcare ecosystems. Most people with epilepsy in LMICs lack adequate treatment, and such settings have a vast diagnostic and treatment gap [92].

Epilepsy is mainly a condition of people with low incomes, and social determinants of health play a significant role in the risk of developing epilepsy. The incidence of epilepsy in LMICs is almost double that in high-income countries (HICs) [93]. There are several possible reasons why more people develop epilepsy in LMICs, and some of them may be methodological such

as case ascertainment methods, particularly the erroneous inclusion of people with acute symptomatic seizures (ASS) into epilepsy samples [94]. There is also evidence that people in the lower socioeconomic strata in HICs are more prone to develop epilepsy than people in wealthier settings in such countries5.

Social determinants, nonmedical factors influencing health outcomes, are known to be a significant player in the risk of ill health, and poverty is a major social determinant of health6. These determinants are the circumstances in which people are born, grow, work, live, and age and the broader forces and systems shaping daily life. Factors such as healthcare access and quality, social context, access to quality education, economic stability and the surrounding environment are essential in this consideration6.

Social-determined or poverty-related diseases are more prevalent in deprived populations, including infectious diseases, malnutrition-related diseases, respiratory diseases, cardiovascular diseases, cancers, poor oral health and traumatic brain injury. It is also common knowledge that inadequate health behaviour is more widespread among more impoverished members of society, particularly in epilepsy, CNS infections and parasitic infestations; genetic factors such as assertive mating and traumatic brain injury before, during or after birth play a significant role [92].

Disorders involving the cerebral cortex may trigger seizures, and brain infections or infestations are no exception and should be considered significant risk factors for epilepsy. Infections triggering seizures and epilepsy are probably more common than currently accepted [95]. Infections are the most common cause of "de novo" Status Epilepticus in children globally. Neurocysticercosis is the most common risk factor of newly diagnosed epilepsy in large areas of LMICs, and malaria is a common fever trigger in febrile convulsions in endemic regions [96]. In some series, over 3/4th of survivors of large temporal abscesses develop epilepsy in the aftermath, often after having had acute symptomatic seizures.

ASS often happens at the acute phase of a CNS infection and may occur in up to a third of all "known" cases of severe CNS infections. It is impossible to ascertain whether ASS are provoked or first spontaneous seizures, as there are still many unknowns, but these ASS likely differ mechanistically from subsequent consequential chronic epilepsy. Still, they are a significant risk factor for the subsequent development of epilepsy. However, not all people with ASS will develop subsequent epilepsy and not all those with subsequent epilepsy have ASS, and predictions are impossible as the exact mechanical risk factors for subsequent epilepsy after ASS are unknown7. The type of infection and presence of ASS influence the risks of subsequent epilepsy. For instance, the 20-year risk of developing epilepsy in survivors of viral encephalitis is around a quarter in those with ASS but only ten % without early seizures. In bacterial meningitis, the 20-year risk is 13% with ASS and 2.4% without. The attributable risk is not known in both cases, as it is the case in most cases of CNS infection,

All aetiological categories of CNS infections are associated with subsequent epilepsy in survivors. Bacterial infections resulting in acute bacterial meningitis, intracranial abscess or empyema, and CNS tuberculosis or neurosyphilis are linked with subsequent epilepsy. Coxsackie B, Arboviruses, SSPE, Herpes simplex, cytomegalovirus, Japanese encephalitis and HIV are particular culprits regarding viral infections associated with seizures and epilepsy. Protozoal diseases, particularly cerebral falciparum malaria, Toxoplasmosis and Trypanosomiasis, are associated with epilepsy. Seizures associated with fungal infections usually affect immunocompromised individuals. Helminthic infestations of the brain, particularly with Taenia solium, Onchocercus volvulus, Echinococcus granulosus and

Paragonimus westermani, are risk factors for epilepsy, with Taenia solium a significant contender for the biggest risk factor for seizures and epilepsy in the form of Neurocysticercosis.

The route of entry in the CNS for infective agents varies according to the nature of the agent. Bacterial and viral infections usually gain access from arteries through the blood-brain barrier or choroid plexus via passive venous transport through the spinal plexus, neuronal through olfactory routes or direct invasion through trauma or from cranial sinuses. The risk of invasion is often related to the immunological status of the individual.

Regarding pathophysiology, infective invasion may use different mechanisms, resulting in seizures, provoked or unprovoked [95, 96].

Bacterial and viral agents may lead to arteritis, followed by ischaemia and infarctions. Granulomas and abscess formation may also complicate such infection. Seizures due to direct neuronal damage may also result from HIV and the measle virus in Subacute sclerosing panencephalitis (SSPE) cases.

Protozoa excursions into the CNS may trigger seizures through various pathophysiological mechanisms, including arteritis leading to ischaemia and infarctions, abscess formation, and the development of granulomas [96]. Capillary thrombosis and astroglial reactions may also happen, often resulting in the formation of granulomas.

Helminthic brain infestation may lead to seizures via vasculitis, resulting in infarctions and granulomas. "Abscess" formation with mass effect is also noted. Helminths entering the brain may also serve as vectors for other infectious agents [95].

The burden of epilepsy could be substantially decreased if primary prevention strategies were available to decrease the risk of epilepsy following a brain infection or infestation. Primary prevention is currently the only viable approach to reduce the resulting epilepsy burden. Two parasitoses in which this would be possible are Neurocysticercosis and cerebral malaria. For instance, improving basic sanitation in Taenia solium endemic areas could substantially decrease the risk of Neurocysticercosis.

Despite infection-related epilepsy being an important disability factor and having a significant impact on the burden of the condition, there are still many unknowns, particularly in terms of the precise mechanism behind the risk and the attributable risk for each agent to trigger seizures and epilepsy. CNS infections and infestation are the most common preventable risk factors for epilepsy and should be targeted for primary prevention. Effective treatments for infection are parasites available, but the long-term impact on epilepsy risk is also not assessed.

Further research is needed to establish the attributable risk of CNS infection, ascertain the risk spectrum, and fine-tune the understanding of the mechanistic aspects of seizures and epilepsy triggered by CNS infections and infestation.

#### Reperfusion therapies and risk of post-stroke epilepsy (Petra Redfors)

The utilization of reperfusion therapies in the management of acute ischemic stroke has steadily increased over the years, both due to enhanced access to treatments worldwide and expanded indications.[97] Intravenous thrombolysis (IVT) has been approved for more than

20 years. Endovascular treatment (EVT) has become the standard care for eligible patients within 24 hours of symptom onset.[97] Recent studies have also demonstrated the efficacy of this treatment approach in selected patients with large vessel occlusion (LVO) and substantial infarct core.[97, 98] While these treatments are not equally available in all countries, efforts are being made globally to improve their accessibility and utilization as both treatments are cost-effective even in low and middle income countries.[99] Given this increasing trend in stroke patients receiving reperfusion treatments, it's important to investigate whether these treatments influence the risk of acute symptomatic seizures (ASS) or post-stroke epilepsy (PSE).

The potential ways in which reperfusion therapies might lead to seizures involve several routes.[100] These includes direct toxicity linked to Recombinant Tissue Plasminogen Activator (rtPA) and the initiation of an inflammatory cascade known as reperfusion syndrome.[101, 102] Hemorragic transformation is also more frequent after reperfusion therapies and has been pointed out as a risk factor of seizures after stroke.[103] On the other hand, reperfusion therapies have been found to reduce the size of the infarction, which might lead to fewer seizures.

The relationship between acute symptomatic seizures (ASS), occurring within 7 days of stroke onset and reperfusion therapies have been explored. A German retrospective study found no difference in ASS frequency after IVT or EVT compared to historical cases.[104] A meta-analysis by Liu et al reported a 3.6% ASS incidence but did not reveal any significant association between ASS and EVT.[105]

Various clinical factors that contribute to post-stroke seizures have been identified.[106] These factors include stroke location, cortical involvement, the severity of pre-treatment symptoms, and acute symptomatic seizures.[106, 107] However, whether risk factors for seizures following reperfusion therapies exhibit differences or if any risk factor holds greater significance in comparison to those associated with seizures without treatment are not clear. Thevathasan found an strong association between hemorrhagic transformation and seizures after endovascular treatment (EVT).[103] This association has also been observed following intravenous thrombolysis.[108] In a large population-based study conducted in Sweden, risk factors associated with PSE following EVT were markers of extensive infarction size, such as high post-treatment stroke severity and the presence of cerebral media infarction in followup CT scans.[109] In contrast, IVT before EVT and the lack of infarction on follow-up CT scans appeared to be protective factors.

Studies on PSE after thrombectomy are small and lack procedure-related details. In a metaanalysis encompassing four studies and 1500 EVT patients, a PSE occurrence rate of 5.8% was reported.[105] Endovascular treatment was not associated with the PSE. However, one of the studies incorporated in this meta-analysis conversely showed that individuals treated with reperfusion had a higher risk of developing poststroke seizures compared to controls.[110]

There are now indications that EVT might even protect against PSE, likely achieved by diminishing the infarct size. In the nationwide case-control study conducted in Sweden, involving 1500 patients who underwent IVT and an equal number who received EVT, individuals subjected to EVT exhibited a reduced risk when contrasted with untreated patients.[109]

## NORSE and FIRES in adults and children- Do we need to think differently? (Ronny Wickström)

New-Onset Refractory Status Epilepticus (NORSE) with the subgroup of Febrile Infection Related Epilepsy Syndrome (FIRES) is a rare and acute condition with limited knowledge on pathophysiological mechanisms and a generally poor outcome with a significant mortality [111]. Early identification is therefore paramount to initiate appropriate investigations and management.

The etiology for NORSE varies as it is a clinical presentation and not a specific diagnosis. In around 50% of cases, the etiology remains unexplained in spite of extensive evaluation [112]. This so-called "cryptogenic NORSE" [113] may differ mechanistically from other etiologies and thus require other forms of treatment. Although the pathopsyiological mechanisms are unknown, several lines of evidence point to inflammatory mechanisms including activation of innate immunity as at least part of the mechanisms. These include polymorphisms in cytokine-related genes [114, 115], increased cytokine levels in CSF and serum [116-118] [119] and reports of effects of therapies targeting interleukin (IL)-1 or IL-6 receptor-mediated signaling (reviewed in [120]). Following a rapid and extensive diagnostic work-up, NORSE treatment should therefore include aggressive escalation of anti-seizure medications followed by early initiation of ketogenic diet and the use of immunomodulation.

An international consensus guideline for diagnostic work-up, treatment and future directions for research was recently published [120, 121]. Initial testing should include a comprehensive infectious evaluation including cultures, and viral and bacterial serology relevant in the geographical region and season, a comprehensive rheumatologic evaluation, autoimmune and paraneoplastic antibody panels and evaluation for inborn errors of metabolism at least in young children [120]. Subsequent to status epilepticus treatment as per local protocols, first-line immunotherapy (including corticosteroids, intravenous immunoglobulins and possibly plasma exchange) should be initiated within 72 hours of seizure onset. In noninfectious NORSE with inadequate response to first-line immunological treatment in the initial week, ketogenic diet and second-line immunological treatment should be started within 7 days of seizure onset. Immunological treatment should be based on suspected etiology so that if a pathogenic antibody is identified or highly suspected, rituximab treatment should be initiated. In contrast, in cryptogenic NORSE without clinical features of autoimmune encephalitis, IL-1 blockers or IL-6 antagonists should be initiated. Risk-benefit discussions of these two agents should be conducted by a clinician comfortable with their usage.

In the postacute and chronic phase of NORSE, dietary treatment and immunomodulation should be continued if effective in the acute phase. Importantly, cognitive impairment and behavioural problems are a large and likely underreported problem in survivors of NORSE (reviewed in [122]). All patients who are able to do so should therefore undergo neuropsychological evaluation, be screened for mood and psychiatric disorders including sleep disorders and undergo an intensive program of motor and cognitive rehabilitation.

Recent consensus definitions and Delphi-based recommendations are available for clinical decision support and open International biobanks and registries are available for patient inclusion.

### Tailored ASM selection based on big data (Johan Zelano)

A fundamental problem in epilepsy is predicting which ASMs will suit which patient. Observational studies suggest that only 50% become seizure-free on and tolerate their first ASM [123]. Age, concomitant drugs, and comorbidities are often stated as factors that need to be taken into account when clinicians select which ASM to use for initial monotherapy [124], but predicting which ASM will work for which patient is not yet possible. After a failed first attempt, the mode of action of the not-effective drug sometimes offers some insight into what ASMs to try or not to try next, but actual evidence is sparse.

Personalized medicine refers to a concept of treatment based on evidence from highly representative patient groups. Such evidence is unlikely to arise from traditional randomized trials in epilepsy, which aim to demonstrate an anti-seizure effect of a drug, but not to determine which drug is best for which patient. Trial populations are typically very heterogenous, including patients with epilepsies of all etiologies, ages, and sex. Many, including the ILAE task force on Epilepsy in the elderly, have wished for trials on more homogenous populations [125], but trials aimed at specific patient groups struggle to recruit, even if they target very prevalent etiologies like stroke. Small randomized trials have found lamotrigine and levetiracetam to be better tolerated than carbamazepine in poststroke epilepsy [126, 127]. Comparative trials in neurocysticercosis have failed to identify differences between treatment, but seem underpowered [128, 129]. With an increasing number of ASMs, multi-treatment RCTs that establish which drug works best for specific patient groups (for instance 40–50-year-old women with posttraumatic epilepsy) seem even less likely. Nonetheless, observational studies suggest that all epilepsies are not the same. In focal epilepsy, the etiology seems important for treatment responsiveness [130]. Sodium-channel blocking drugs have been suggested to be more effective in immunemedicated epilepsies [131].

It is against this background that big data becomes interesting. By using claims or prescription databases, several research groups have tried to use big data to identify which ASMs are most likely to be retained (an integrated measure of effect and tolerability) in specific patient groups. In contrast to typical clinical trials of up to a thousand patients, big data studies with population-wide inclusion can include tens of thousands of patients – allowing stratification of patients sufficiently to study for instance posttraumatic epilepsy in 40-50-year-old women. According to Swedish registers age-, sex-, and brain comorbidities influence which ASMs are retained; retention of the first ASM could potentially increase by 14-21% if patients with focal acquired epilepsies had given the most optimal ASM for them [132]. Interestingly, there is a high congruence of big data and expert opinion-based tools like Epipick [133] – the ASMs suggested by experts have a high retention rate [134]. Several groups have also tried to use machine-learning to derive the most optimal ASM for different patient groups in very large data sets.

The field is in its infancy, but big data studies seem able to provide information on which ASMs have been used and retained by specific patient groups. This is a step towards personalized medicine. Establishing which ASM is actually the best for each patient group will be more difficult, because of the intrinsically observational nature of register data. It is not known why a clinician decided on a particular ASM for a particular patient. Statistical matching procedures may overcome some of these barriers, but in the longer run randomized evidence would be preferable. A multistep approach could be to use big data for distilling top ASM candidates for specific patient groups, which could then be evaluated in traditional multi-center trials.

Another important area of use for big data is safety – monitoring of adverse effects or poor outcomes linked to particular ASMs. Swedish patients with lamotrigine monotherapy and epilepsy after stroke had a lower hazard of death than patients on carbamazepine [135]. Claims data have been studied to detect negative effects of ASMs on child bone health [136]. Recently, Danish researchers found that lamotrigine was not linked to excess mortality in patients with heart conditions [137], providing important information in the discussion about the FDA warning regarding arrhythmogenicity. The detrimental effects of prenatal exposure of valproic acid could have been detected at least a decade earlier, had full advantage been taken of available registers [138]. Big data allows long-term follow-up and study of rare side effects. In the future, clinicians will hopefully be able to personalize ASM selection for retention as well as long-term safety.

### Predicting treatment resistance in acquired epilepsies (Simona Lattanzi)

A variety of biological mechanisms underlies drug resistant epilepsy (DRE). A systematic review and meta-analysis identified symptomatic aetiology as a strong predictor of DRE, with little heterogeneity between studies [139]. Noteworthy, symptomatic epilepsies encompass a great variety of causes, and the question is whether the individual underlying aetiology may influence the risk of DRE. In a hospital-based observational survey in people with focal seizures, some lesions (e.g., post-stroke, vascular malformations, and tumours) were associated with a relatively high rate of seizure control and some others (e.g., hippocampal sclerosis, cerebral dysgenesis) with highly DRE [140]. The outcome was highly variable in adolescents and adults with localisation-related epilepsy who were followed up prospectively: people with mesial temporal sclerosis were less likely to be controlled than those with arteriovenous malformation, cerebral infarction, primary tumour, cortical gliosis, cerebral atrophy, and cortical dysplasia [141]. In a cohort of 591 subjects with focal epilepsy, ischemic stroke was the aetiology with the highest rate of 12-month terminal seizure freedom, and the better prognosis was achieved with the lowest antiseizure medication (ASM) load. People with hippocampal sclerosis and malformation of cortical development had the lowest rates of seizure freedom [130].

A splitting approach by individual aetiology looks reasonable to investigate the risk factors of drug-resistance. Nonetheless, aetiology-specific data about treatment response are surprisingly sparse. Limited evidence exists for stroke, traumatic brain injury, and immune-mediated disorders.

The occurrence of early seizures was an independent factor for the development of DRE after non-traumatic intra-cerebral hemorrhage [142]. A population-based, retrospective cohort study identified younger age and female sex as predictors of DRE in adults aged 67 and older who were hospitalized for stroke and were previously free from epilepsy [143]. In a retrospective analysis of a cohort of people with post-stroke epilepsy admitted at one epilepsy center in Italy, younger age at stroke onset, hemorrhagic stroke subtype, stroke severity, status epilepticus at epilepsy onset, and the latency from stroke to epilepsy onset were statistically significant predictors of DRE [144-146].

In a retrospective analysis of people with post-traumatic epilepsy, age at time of posttraumatic epilepsy, seizure type (generalized, focal, mixed onset), status epilepticus, and EEG findings (normal, abnormal background, epileptiform discharges) were independent predictors of DRE and were used to build a clinical nomogram [147].

Many subjects with encephalitis associated with autoantibodies against surface antigens (e.g., NMDAR, AMPAR, LGI1, GABAAR, GABABR) achieve complete seizure freedom after treatment, and ASMs can eventually be discontinued [36]. Seizures in the context of autoimmune encephalitis at initial or relapsing presentations can be best conceptualized as acute symptomatic seizures, despite seizures sometimes take weeks or even months to resolve [36]. The risk of epilepsy is, indeed, low (<5%-10%) for most types of encephalitides associated with autoantibodies against surface antigens, and low-moderate for those associated with antibodies against LGI1 and GABAAR. In contrast, some individuals with immune-mediated brain diseases have seizures that become chronic and prove resistant to both ASMs and immunotherapy. This may occur more frequently in subjects with encephalitis associated with onconeural antibodies (e.g., Hu, Ma2, CRMP5, amphiphysin) and antibodies targeting glutamic acid decarboxylase (GAD), who have a high (>60%) and very high risk (>80%) of autoimmune-associated epilepsy, respectively [36].

Putative risk factors of drug-resistant autoimmune-associated epilepsy include the presence of antibodies against intracellular antigens, immunotherapy delay, status epilepticus/NORSE, age, temporal lobe involvement, periodic discharge before immunotherapy, interictal epileptiform discharges, and generalized tonic-clonic seizures [148-150]. A clinical risk score for the prediction of DRE in people with autoimmune encephalitis has been recently developed [151].

The accurate prediction of DRE is a challenge. Drug resistance in epilepsy is a multifactorial phenomenon and the response to treatment is highly aetiology-specific [152]. Aetiology should be considered when counseling people about expected seizure outcome and when tailoring initial ASM doses [130].

### Prognosis of symptomatic epilepsy: the impact on survival (Rob P.W. Rouhl)

Comorbidity has an impact on epilepsy survival, however vice versa, epilepsy (and its treatment) might also impact survival in specific brain diseases. This possibly reciprocal relation requires a thorough understanding of the pathophysiological mechanisms, but also of the potential biases in and limitations of epidemiological research. An important potential bias is the immortal time bias. In cohort studies a survival benefit may be found for patients with epilepsy and another brain disease. However, this might be due to immortal time bias. Patients with epilepsy (by definition) all have a longer outcome free follow-up, as all first aad to develop epilepsy, before potentially reaching the endpoint. This 'artificial' longer follow-up due to the classifying event (the development of epilepsy) is called the immortal time bias. Other pitfalls of the current epidemiological studies are the different definitions of epilepsy and seizures in the individual studies, the mode of follow-up (only few studies have epilepsy and seizures as a primary outcome measure) and the study design (most studies are retrospective).

In several brain diseases, epilepsy and seizures are related to a worse outcome. The first example is brain abscess, in a large study of 1179 patients with a large proportion of patients with epilepsy (323), the mortality risk ratio was 1.26 (1.01-1.57) [153]. In this cohort, patients were at risk for epilepsy when they had a history of a previous brain disease (stroke, trauma) or alcohol abuse; all relating to a more vulnerable brain.

The second example is traumatic brain injury: patients with epilepsy have a higher mortality risk, which varies between 27%-65% (versus patients without epilepsy 10-45%)[154, 155] depending on the length of follow-up. In one retrospective study, it seemed that early treatment with anti-epileptic drugs led to a survival benefit[156], however, the retrospective nature precludes such conclusions as patients with a worse prognosis might not be selected for anti-epileptic drug treatment.

In brain tumor patients, the relation between epilepsy and higher or lower mortality risks is not evident. After the first studies which showed that patients treated with valproic acid for their seizures in patients with glioblastoma multiforme [157], it appeared that epilepsy in general could have a survival benefit, though, this could be the consequence of the immortal time bias. Subsequent studies also failed to clearly show this benefit (independently), and also the potential positive effects of valproic acid could not be reproduced [158]. It now appears that epilepsy in patients with tumors with specific molecular profiles can react better to levetiracetam and may lead to somewhat lower mortality [159], though developments on insights in these molecular profiles are rapidly evolving, requiring ever more detailed epidemiologic studies.

Lastly, in patients with cerebrovascular disease, most studies did not find a relation between post-stroke epilepsy and (long-term) mortality, though in specific subgroups, mortality might be higher [160-162]. On the other hand, a large national register study in Sweden showed that the choice of treatment of epilepsy after stroke might have an impact on survival; authors found all-cause mortality hazard ratios for valproic acid of 1.40 (1.23-1.59, 95%-confidence interval) and for lamotrigine 0.72 (0.61-0.95) compared to carbamazepine (reference).[135] Of course, this is not a randomized study, so other factors in medication choices also influencing the outcome might have played a role.

In conclusion, the relation between comorbid epilepsy, or epilepsy with comorbidities and mortality is complex and still requires more epidemiological research taking into account all details we now know on the pathophysiological concepts, whilst not ignoring the possible biases and limitations of this type of research.

## Anti-seizure medication withdrawal in seizure-free patients with structural epilepsy (Morten Ingvar Lossius)

The question of the propriety of discontinuing medicines in epilepsy patients who have been seizure-free for a long time is a difficult one. Unfortunately, in this field of epileptology there are few robust studies that can guide clinicians. A thorough knowledge of the patient's epilepsy and a careful discussion of pros and cons is required.

It has been carried out two randomized controlled trials (RCTs) on discontinuing anti-seizure medicines (ASMs) in patients with epilepsy in general [163, 164], but there are no such studies specifically aimed at those with structural (lesional) epilepsy. However, retrospective

multi-centre studies have been conducted on ASM withdrawal in seizure-free patients after epilepsy surgery [165, 166]. The majority of these patients has structural epilepsy.

What speaks for discontinuing the drugs is that either patients experience annoying side effects, or they fear long-term side effects. According to Perucca et al.[167], nine out of ten patients experience at least one side effect when using ASMs. For many, regular intake of drugs is associated with having a patient role, and when ASMs are no longer required, many patients consider themselves to be cured [168].

Both old and new ASMs may have a negative impact on cognitive functions [169, 170]. In children, ASM side effects may interfere with normal brain development [171, 172], and chronic ASM exposure during critical stages of brain development can negatively influence academic achievements [173].

What speaks against discontinuing the drugs is the risk of seizure recurrence with all that entails, i.e. risk of seizure-related injuries, loss of employment and driving license, and in the worst case sudden death. The two mentioned randomized ASM withdrawal studies, including some patients with structural epilepsy, showed a doubled risk for seizure recurrence in the withdrawal group compared to those who continued to take the drugs, after one and two years, respectively [163, 164]. A meta-analysis, including 45 studies of 7082 patients, found a cumulative recurrence rate after ASM withdrawal about 34%, 3-4 years after drug withdrawal [174].

In a systematic review, the following independent predictors of seizure recurrence were identified: Duration before seizure remission, seizure-free interval before ASM withdrawal, age at epilepsy onset, history of febrile seizures, number of seizures before remission, absence of a self-limiting epilepsy syndrome, developmental delay, and epileptiform activity on EEG before ASM withdrawal [174].

A recent study showed that those with epilepsy-related low-grade brain tumors had the best chance of being seizure-free and off medication 5 years after epilepsy surgery, while those with epilepsy due to malformations of cortical development (MCD) had the worst chance [165].

The policy for postoperative ASM withdrawal has evolved over time. A worldwide electronic survey conducted among neurologists and pediatricians in 53 countries addressed the issue among 446 clinicians [175]. The authors concluded that, when compared to neurologists treating adults, pediatricians tapered the ASMs after a shorter seizure-free interval (1 year or less) after temporal lobe surgery.

Thus, whether to discontinue ASM or not in seizure-free patients with epilepsy should be individualized, taking into account the patient's epilepsy, the tolerability of the drug, and the patient's own preference. After 2-5 year of seizure freedom in adults, and even earlier in children and after successful epilepsy surgery, this question should be addressed. The decision must be made after a careful risk-benefit analysis.

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