

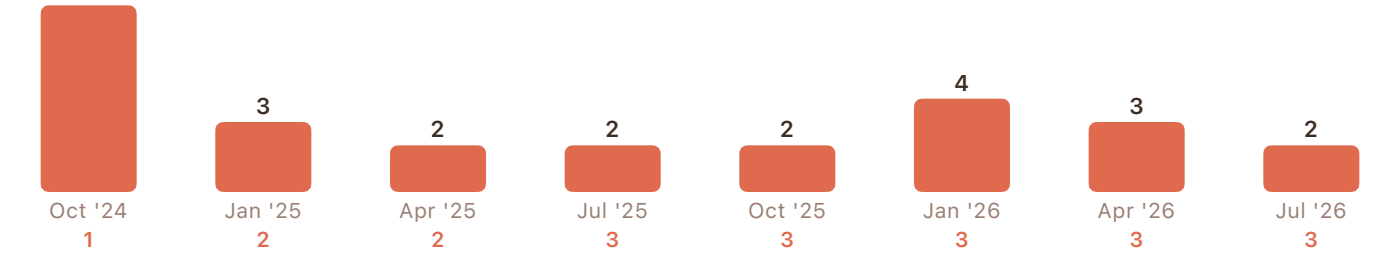
TrackDX — Physician Summary

Condition: Epilepsy · Generated Oct 10, 2026 · Data since Oct 10, 2022

LAST 90 DAYS VS. PREVIOUS 90 DAYS

	Episodes	Avg severity	Avg duration	Time in episode
Last 90 days	2	5.5	2.5 h	5 h
Previous 90 days	3	4.0	2.3 h	7 h

EPISODES PER 90-DAY PERIOD



Preventatives during each period: 1 = Lamotrigine + Melatonin · 2 = Melatonin + Vimpat · 3 = Vimpat

PREVENTATIVE MEDICATIONS — ODDS OF AN EPISODE WHILE ON (ADJUSTED FOR TRIGGERS)

Vimpat: $\times 0.3$ odds of an episode while on it (634 days on)

Melatonin: $\times 0.7$ odds of an episode while on it (796 days on)

Lamotrigine: $\times 1.3$ odds of an episode while on it (432 days on)

Vitamin B6: $\times 2.2$ odds of an episode while on it (284 days on)

Ridge-penalized logistic regression across 1350 days, adjusting for 5 triggers; odds < 1 = fewer episodes while on the medication. First 28 days of each medication period excluded (ramp-up). Observational data — association, not causation.

RELIEF MEDICATION EFFICACY (ALL DATA)

Rescue midazolam: 79% (81 uses; average of the patient's 0–10 relief ratings)

Clobazam: 46% (28 uses; average of the patient's 0–10 relief ratings)

** Limited data — low confidence. Estimates marked with an asterisk are based on few recorded days or uses and should be interpreted cautiously.*

TRIGGERS MOST ASSOCIATED WITH EPISODES

Missed medication: $\times 3.5$ odds of an episode on days it occurred (294 days)

Sleep deprivation: $\times 2.9$ odds of an episode on days it occurred (279 days)

Hormonal changes: $\times 1.1$ odds of an episode on days it occurred (272 days)

Illness: $\times 0.9$ odds of an episode on days it occurred (311 days)

Flashing lights: $\times 0.7$ odds of an episode on days it occurred (268 days)

Ridge-penalized logistic regression over 1462 days (109 episode days); each trigger adjusted for the others.

PREVENTATIVE MEDICATIONS – SEVERITY OF AN EPISODE WHILE ON (ADJUSTED FOR TRIGGERS)

Vimpat: -0.6 points on the 1–10 scale while on it (21 episodes)

Lamotrigine: -0.1 points on the 1–10 scale while on it (40 episodes)

Melatonin: +0.2 points on the 1–10 scale while on it (77 episodes)

Vitamin B6: +0.7 points on the 1–10 scale while on it (48 episodes)

Linear regression on 109 episodes, adjusted for triggers; negative = milder episodes while on the medication. Association, not causation.

TRIGGERS – SEVERITY OF AN EPISODE (ADJUSTED FOR PREVENTATIVES)

Missed medication: +1.0 points on the 1–10 scale when present (49 episodes)

Sleep deprivation: +0.8 points on the 1–10 scale when present (43 episodes)

Illness: +0.5 points on the 1–10 scale when present (21 episodes)

Flashing lights: +0.2 points on the 1–10 scale when present (15 episodes)

Hormonal changes: -0.2 points on the 1–10 scale when present (22 episodes)

Linear regression on 109 episodes, adjusted for preventatives; positive = worse episodes when the trigger is present. Association, not causation.



TrackDX

www.trackdx.net

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TrackDX is a personal tracking tool, not a medical device. The insights are statistics based on what you log — they are not medical advice, a diagnosis, or a treatment recommendation. Always consult a qualified healthcare professional about your condition and before starting, stopping, or changing any medication. If you are experiencing a medical emergency, call your local emergency number.