

CATAPLEXY

Meaning: Cataplexy is a sudden loss of muscle tone often triggered by strong emotions, commonly associated with narcolepsy.

1. Cataplexy often manifests as sudden muscle weakness triggered by strong emotions.
2. Many patients with narcolepsy experience cataplexy as one of their primary symptoms.
3. During a cataplexy episode, an individual may collapse or display a loss of tone in their muscles.
4. Understanding cataplexy is essential for effective management of narcolepsy.
5. Some people might confuse cataplexy with seizures due to the sudden loss of control.
6. Emotional responses, such as laughter or surprise, can provoke episodes of cataplexy.
7. Researchers are studying the neurological mechanisms behind cataplexy to find better treatments.
8. Cataplexy can be extremely distressing for those who experience it in social situations.
9. Avoiding triggers related to stress and strong emotions may help reduce episodes of cataplexy.
10. Awareness and education about cataplexy can improve quality of life for affected individuals.

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