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Erthygl i'r Wasg **Press Release**

Y cyflwynydd tywydd Alex Humphreys yn annog trafodaeth am epilepsi

Mae Alex Humphreys yn wyneb cyfarwydd i wylwyr S4C fel cyflwynydd Y Tywydd. Ond dim ond y bobl sydd agosaf ati sy'n ymwybodol ei bod yn hi'n byw gyda'r cyflwr epilepsi.

Mewn rhaglen ddirdynnol a gonest, **Drych: Alex Humphreys: Epilepsi a Fi** ar nos Sul 16 Ebrill, bydd Alex yn mynd dan groen y pwnc i ddysgu mwy am y cyflwr sydd wedi effeithio ar ei bywyd – gan glywed am y darganfyddiadau gwyddonol yn y maes, a chwrdd â dioddefwyr eraill. Ond yn fwy na dim, mae hi am ddeall pam nad ydi pobl yn trafod y pwnc yn fwy agored.

Mae epilepsi'n gyflwr niwrolegol cyffredin iawn, gydag un o bob 100 o bobl ym Mhrydain yn byw gydag o. Mae'n debyg bod 32,000 o bobl yn by cael eu heffeithio ganddo yng Nghymru. Fel llawer i ddioddefwr arall, mae Alex wedi osgoi trafod y pwnc na hyd yn oed meddwl gormod am y peth dros y blynyddoedd, ond mae'r effaith gafodd y newyddion am ei diagnosis yn dal yn fyw yn ei chof:

"Dwi 'di cael lot o amser i ddod i dderbyn y peth" meddai Alex. "Dwi'n cofio gofyn os oedd y cyflwr yn mynd i ddiflannu, os oedd o'n mynd i wella. Roedd y doctor yn dweud mae'n bosib mewn rhai blynyddoedd, ond erbyn hyn dwi'n gwybod 'mod i efo fo am byth.

"Ges i'r *seizure* cyntaf pan o'n i'n 17 oed, ac ar y pryd ro'n i'n cysgu yn nhŷ Nain a Taid, Dwi'n cofio teimlo fel 'mod i efo cramp yn fy nghoes a na'th hynny ddeffro fi. Nath o gario 'mlaen i fynd yn gryfach a chryfach i'r pwynt lle o'n i'n teimlo fel bod fy nghorff i'n torri. Yn teimlo'n hun yn sgrechian ond ddim yn clywed fy hun, sy'n deimlad rili wiyrd. Na'i byth anghofio'r teimlad yna, a dwi'm yn sôn lot amdano."

Mae Alex yn cyfaddef nad yw hi'n gwybod llawer am epilepsi, ond mae hi wedi cyrraedd y pwynt ble mae hi eisiau gwybod mwy. Mae'n teimlo bod llawer o'r anwybodaeth sydd ynghylch y pwnc yn bodoli oherwydd nad yw'n cael ei drafod llawer - yn rhannol oherwydd y tabŵ sy'n gysylltiedig ag ef.

"Dwi ddim yn clywed pobl yn siarad am epilepsi yn yr un ffordd â maen nhw'n siarad am glefydau eraill fel *diabetes*, asthma neu Parkinson.

“Yn anffodus dwi’n meddwl bod yr anwybodaeth am epilepsi yn dal i fodoli achos dydyn ni ddim yn siarad digon amdano. Mae o fel bod ni ddim eisiau cydnabod bod ganddyn ni’r cyflwr, a dwi’r un mor euog a phawb arall.”

DRYCH: Alex Humphreys: Epilepsi a Fi
Dydd Sul 16 Ebrill 9.00 S4C
Isdeitlau Cymraeg a Saesneg
Ar alw: S4C Clic; BBC iPlayer a llwyfannau eraill
Cynhyrchiad Hall of Mirrors ar gyfer S4C

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Erthygl i'r Wasg **Press Release**

Weather presenter Alex Humphreys encourages discussion about epilepsy

Alex Humphreys is a familiar face to S4C viewers as the presenter of Y Tywydd (the weather). But only the people closest to her are aware that she is living with epilepsy.

In a revealing and honest programme, **Drych: Alex Humphreys: Epilepsi a Fi** on Sunday 16 April, Alex will explore the subject to learn more about the condition that has affected her life. She'll hear about the scientific discoveries in the field and will meet others who are living with epilepsy. But more than anything, she wants to understand why people don't discuss the subject more openly.

Epilepsy is a common neurological condition, with one in 100 people in Britain living with it, and 32,000 are affected by it in Wales. Like many other sufferers, Alex has avoided discussing or thinking too much about the subject over the years, but the impact of the news of her diagnosis is still vivid in her memory:

"I've had a lot of time to come to accept it" says Alex. "I remember asking the doctor if the condition was going to disappear, if it was going to get better. They said it would be possible in a few years, but now I know I'll have it forever.

"I had my first sezuire when I was 17 years old, and at the time I was staying at my Grandparents' house. I remember feeling like I had a cramp in my leg, which woke me up. The feeling continued to get stronger and stronger to the point where my body felt like it was breaking. It was as if I could feel myself screaming but I couldn't hear myself, which was strange. I'll never forget that, and I don't talk about it a lot."

Alex admits that she doesn't know much about epilepsy, but she's reached the point where she's eager to learn more. She feels that much of the ignorance surrounding the subject exists because it's not widely discussed - partly due to the taboo associated with it.

"I don't hear people talking about epilepsy in the same way they talk about other diseases like diabetes, asthma or Parkinson's. Unfortunately, I think the ignorance about epilepsy still exists because we don't talk about it enough. It's like we don't want to acknowledge that we have the condition, and I'm just as guilty as everyone else."

DRYCH: Alex Humphreys: Epilepsi a Fi
Sunday 16 April 9.00 S4C
English and Welsh subtitles
On demand: S4C Clic; BBC iPlayer and other platforms
A Hall of Mirrors production for S4C