



Epilepsy News

Serving the people of Newfoundland and Labrador for over 25 years!

THE QUARTERLY NEWSLETTER OF EPILEPSY NEWFOUNDLAND AND LABRADOR

SUMMER 2009

Safe and Sound

Government Programs That Can Help Make Your Home Seizure-Friendly

If you've ever had a seizure at home, then you know that sometimes despite the best of intentions, your house can potentially be a very dangerous place. Corners, the bathtub, even hard floors can make a seizure much worse by causing other injuries.

There are precautions to take, no doubt. There are also modifications to the home itself that can be made to help decrease your chances of being injured by a seizure. Trouble is, modifications cost money! Railings, intercoms, bathtub upgrades, and other things that could help improve both safety and sense of security can be pricy.

But there is help available to families with epilepsy and other disorders to make the necessary modifications to their home.

Both the Government of Canada and the provincial Government of Newfoundland and Labrador have programs available for just this purpose. Qualifications vary, so if you are looking to avail of either of these, contact the program directly to find out more specifics, or contact Health and Community Services and ask to talk with a case worker who can help you navigate through the paperwork.

Provincial Home Repair Program (PHRP)

Through Newfoundland and Labrador Housing Corporation (NLHC), PHRP is designed to provide funding to:

- assist low-income homeowners who require repairs to their homes;
- bring dwellings up to minimum fire and life safety standards, with improvements in basic heating, electrical and plumbing services;
- provide seniors and the physically challenged who require accessibility changes to their residences the ability to carry out these renovations, which will allow them to remain in their homes for a longer period.

Who is eligible? -

- low-income homeowners requiring repairs to dwellings;
- low-income homeowners seeking changes to make their homes accessible for physically challenged occupants;
- low-income seniors requiring changes to their homes which would permit them to remain in their dwellings for longer periods.

Grant/Loan Funding - NLHC provides funding to eligible homeowners in the form of grants and repayable loans. Funding is limited to the costs associated with repairs.

Contact -

Corner Brook - (709) 639-5201
Gander - (709) 256-1300
Goose Bay - (709) 896-1920
Grand Falls-Windsor - (709) 292-1000
Marystown - (709) 279-5375
Stephenville - (709) 643-6826
Avalon Regional Office - (709) 724-3164



Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP - Disabilities)

Canada Mortgage and Housing Corporation (CMHC) offers financial assistance to allow homeowners and landlords to pay for modifications to make their property more accessible to persons with disabilities. These modifications are intended to eliminate physical barriers, imminent safety risks and improve the ability to meet the demands of daily living within the home.

Who Can Apply? - Homeowners and landlords may qualify if the property:

- is occupied, or is intended to be occupied, by a low-income person with a disability;
- is rented and the rents are less than established levels for the area; or
- is owned and the house is valued below a certain amount; and
- meets minimum standards of health and safety.

Eligible Modifications - Modifications must be related to housing and reasonably related to the occupant's disability.

Financial Assistance - Assistance is in the form of a fully forgivable loan and does not have to be repaid if you adhere to the terms and conditions of the program.

Contact - CMHC toll free at 1-800-668-2642.

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On My Mind

A goal without a plan is just a wish.

~ Antoine de Saint-Exupery

As summer begins to creep towards fall, I often feel just a wee twinge of regret. What about all the fun things I wanted to do this summer?! Where has the time gone already?

Isn't it always the case? Before we know it, fall will come and go, as well as Christmas and the New Year. When we were children, time always seemed so long. Somewhere along the way, things started to speed up, and now as adults, it seems as though years go by before we have had a chance to stop and take a breath.

That's why it's so important to have goals. To know the things we would like to do and achieve for our life, and to make plans to follow through. Whether that is saving for a special vacation, going back to school (even after years away), finding a new job, or writing a novel, the time to begin is now. Even small steps get us to our goals eventually.

It may seem silly, but write down your goals. Then document the steps it will take to achieve them. It's okay if the steps are small, that way as you complete each step, you will see movement towards where you want to be. Make the steps too big, and each one will seem insurmountable.



Have you ever thought about your goals? What do you want for your life? And what are you doing to get yourself there?

Pam

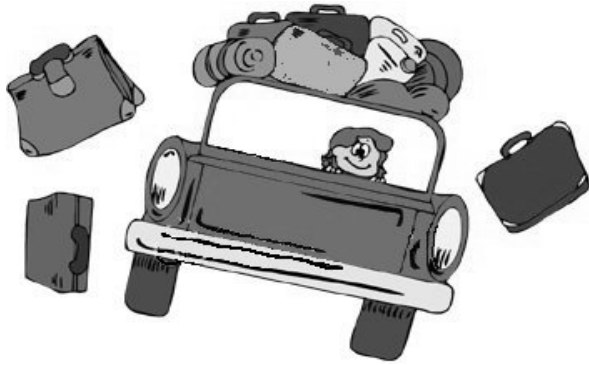
Pamela Anstey
Information Officer

Disclaimer

The materials contained in the Epilepsy Newfoundland and Labrador newsletter are to provide general information about epilepsy to the public. The information presented is not intended as medical or legal advice. Epilepsy Newfoundland and Labrador, its employees, board members, medical advisors, volunteers, agents and sponsors do not assume responsibility for inaccuracies or omissions or for the consequences from the use of the information obtained in this newsletter. Epilepsy Newfoundland and Labrador is not liable for any outcome or damages resulting from information in either a direct or indirect form. We recognize that each individual's experience of epilepsy is different. Consult your physician and/or neurologist with any questions you have.

People with epilepsy should never discontinue anti-epileptic medications or make changes in activities unless specifically advised to do so by an attending physician.

Fall Excursion - Off to the Northern Peninsula



It's time for the annual fall excursion and I am thrilled! I cannot wait to get to my destinations this year and who could blame me really?

As many know, each year for a while now I have been loading up my car, heading out over the road, and visiting a specific area of our province for a week or so during the fall.

This year I have my sights set and plans in motion to visit the great **Northern Peninsula!** From GRIQUET all the way down the coast to Corner Brook with lots of stops in-between.

I will be travelling from

Monday, September 21
to
Friday, September 25

If you, or someone you know, lives in either of these areas and would like to sit in on one of my sessions, let me know. I'll be checking my email along the way so that will be the best way to get in touch.

Some groups I will be talking with include:

- K-12 Schools - Both students and teachers
- Post secondary schools
- Community and church groups
- Home Care workers
- RCMP
- Daycares
- Government Agencies

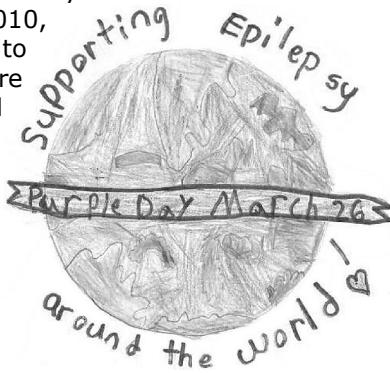
Please check with me (Pam) regarding which days I will be in each town. You can get in touch

- by phone at 722-0502 or 1-866-EPILEPSY
- or by email at info@epilepsynl.com

Become a Purple Day Ambassador in Your Town

Plans are underway already for Purple Day 2010, and the goal is to reach more people in more towns all over the world to spread Cassidy's message that if you have epilepsy, you're not alone!

Cassidy would like others to become Purple Day Ambassadors and do what she is doing in local communities to help spread her message.



We thought this was a great idea and are seeking people to become Purple Day Ambassadors for schools, businesses, and communities throughout Newfoundland and Labrador. The details aren't all finalized yet, so we are asking for suggestions. With the help of our Ambassadors, we hope to plan some really cool activities in communities around the globe to help increase awareness about epilepsy and seizures.

Your ideas needed!

Please submit your Purple Day Ambassador idea via e-mail

(info@epilepsynl.com) and tell us what you would like to do in your community as a Purple Day Ambassador. With your suggestions we hope to develop our Purple Day for Epilepsy Ambassador Program and create new ideas to spread the understanding of seizures even farther.

Sign seen at a swimming pool:
Welcome to our ool. Notice there's no P in it. Please keep it that way.

Effects of Seizures on Learning and Behaviour

Now that school is beginning again, it is important for parents of children with epilepsy to ensure that teachers are aware of the disorder, and know the effects that can come with it.

*If your child has epilepsy, pass this page along to your child's teacher. If they would like further information, feel free to have them contact us here at the office and we can send them a full copy of our **Teacher's Guide**.*

Students with epilepsy have the same range of intelligence as other students, and often epilepsy itself has no effect on intelligence or ability. However, students with epilepsy may have a higher rate of difficulty in school as well as a lower level of achievement.



A student with seizures may experience the world as an unpredictable and scary place. Concerns of parents and teachers regarding safety may lead to overprotecting the student and consequently, they may become dependent and feel helpless and unworthy.

Many students with epilepsy feel embarrassed when a seizure occurs in public. Feeling isolated or different from other children is also common. This often leads to low self-esteem and feelings of low self-worth.

Students who are having a difficult time adjusting to their seizures may exhibit hyperactivity, anxiety, aggression, and acting out behaviours. This may serve to further distance them from their peers.

In a school setting, teachers may often perceive a student with epilepsy as being unmotivated, not realizing that seizures can have a profound cognitive impact on a child.

This misunderstanding can lead to a lot of frustration for the student, their family, as well as the teacher.

The challenges can be great. But there are things that every teacher can do to make things much better. What follows are some of the most prevalent challenges to learning and behaviour for the student with epilepsy, as well as suggestion on what you can do to minimize or overcome them.

Medication - Seizure medication can affect learning and have a wide range of side effects, including hyperactivity, memory loss, fatigue, headache, behavioral changes, nausea, blurred vision, dizziness, or depression.

By dealing with the side effects of the medication through additional assistance, a buddy system for notes, ensuring that medications are taken correctly and by providing valuable feedback to parents, teachers can ease the negative side effects caused by antiepileptic drugs.

Anxiety - The unpredictability of seizures, and overprotective relationships can result in anxiety and insecurity in a student. This may affect initiative and independence in the classroom.

If a teacher is calm and straightforward in dealing with seizures in an understanding manner, this may help to alleviate some of the anxiety. Enabling understanding by other students and staff as well, can help to create a supportive learning and social environment.

Seizures - The actual process of having a seizure may affect learning significantly. Students experiencing absence seizures throughout the day will have their learning experience continually disrupted. Memory can also be affected following complex partial seizures or tonic clonic seizures resulting in further learning challenges. Nocturnal seizures also can result in tiredness at school.

Assigning a buddy to the student who can answer questions and explain what was missed will provide both emotional and academic support to the student. Providing visual and written instructions and/or repeating verbal instructions can also be used to assist the student.

Attitudes - Some teachers assume that a student with epilepsy will have less ability and lower potential than other students. This often becomes a self-fulfilling prophecy especially if the student is struggling. Teachers are one of the primary role models and influences for each and every child as they grow up. The impact teachers have is enormous and their attitude will be conveyed to other teachers and students.

With a little understanding and accommodation, students with epilepsy can achieve just as much as any other student. If teachers' attitudes are negative, educate them. Or contact us. We provide cost-free in-service sessions specially designed for educators.

Ryane Clowe Classic



On Thursday, July 29th, Ryane Clowe of the San Jose Sharks, and several of his NHL friends came together for the first ever Ryane Clowe Golf Classic at the Clovelly Golf Club in St. John's. In addition to Ryane, also on hand from the NHL were Joe Thornton and Jody Shelley of the Sharks, Adam Pardy of the Calgary Flames, Michael Ryder of the Boston Bruins, Teddy Purcell of the L.A. Kings, Luke Adam of the Buffalo Sabres, and Vancouver Canucks assistant coach Darryl Williams.

Epilepsy Newfoundland and Labrador was honoured to be one of the recipients of the profits from this tournament, and grateful for the outpouring of generosity from not only the NHL players, but the many people who came out to participate in the tournament.

We want to extend an enormous thank you to Ryane, all the NHL players, and everyone else involved in making the day such a success. ENL has received \$6500, \$1500 of which came directly from Labatt, the corporate sponsor of the event. This will go a long way in helping to continue our programs and services for people all over this province.



Pamela Anstey, Information Officer with ENL, accepts a cheque from Ryane Clowe while some of the other NHL players look on.

Medication Profiles

Depakene (valproic acid)

What are the most important things to know?

- In rare cases, valproic acid has caused liver failure, sometimes resulting in death. Children younger than 2 years of age, especially those taking multiple seizure medicines, those with metabolic diseases, those with mental retardation, and those with organic brain disease are at the highest risk of liver failure. Notify your doctor immediately if you develop loss of seizure control, weakness, fatigue, swelling of the face, vomiting, or loss of appetite. These may be early signs of liver damage.

- In rare cases, valproic acid has also caused severe, even fatal, cases of pancreatitis (inflammation of the pancreas). Some of the cases have progressed rapidly from initial symptoms to death. Cases have been reported soon after starting treatment with valproic acid, as well as after several years of use. Notify your doctor immediately if you develop nausea, vomiting, abdominal pain, or loss of appetite. These symptoms may be signs of pancreatitis.

- Valproic acid may interact with other drugs that cause drowsiness, including alcohol, antidepressants, antihistamines, pain relievers, anxiety medicines, and muscle relaxants. Dangerous sedation, dizziness, or drowsiness may occur if valproic acid is taken with alcohol or any of these medications. Talk to your doctor before taking valproic acid in combination with alcohol or any other medicines.

Side effects of Depakene (valproic acid)

If you experience any of the following serious side effects, stop taking this medication and seek emergency medical attention:

- an allergic reaction (difficulty breathing; swelling of your lips, tongue, throat, or face; or hives);
- a rash; hallucinations;
- loss of coordination or difficulty walking;
- unusual bleeding or bruising; or
- double vision or odd movements of the eyes.

Other, less serious side effects may be more likely to occur. Continue to take this medication and talk to your doctor if you experience

- tremor (shaking); weight gain;
- menstrual changes; hair loss;
- drowsiness or weakness;
- depression or other psychiatric changes;
- headache; or low red blood cells (anemia).

Danger in Your Medicine Cabinet

Some recent studies over this summer are showing indications that two very common chemicals many of us have in our homes can be quite dangerous, especially when used improperly.

DEET

In July a study was released further adding to the evidence that DEET, a chemical used in many insecticides, and most commonly in insect repellents like *Off!*, is indeed a neurotoxin.

Who of us in Newfoundland and Labrador isn't tempted to douse ourselves in some sort of insect repellent when heading to the cabin for the weekend? We might want to reconsider.

The study said:

"The active ingredient in many insect repellents, deet, has been found to be toxic to the central nervous system. Researchers say that more investigations are urgently needed to confirm or dismiss any potential neurotoxicity to humans, especially when deet-based repellents are used in combination with other neurotoxic insecticides."

Discovered in 1953, deet is still the most common ingredient in insect repellent preparations. It is effective against a broad spectrum of medically important pests, including mosquitoes. Despite its widespread use, controversies remain concerning both the identification of its target sites at the molecular level and its mechanism of action in insects.

These findings question the safety of deet, particularly in combination with other chemicals, and they highlight the importance of a multidisciplinary approach to the development of safer insect repellents for use in public health."

We are, unfortunately, exposed to neurotoxic chemicals from time to time, often without our knowledge. But if we know something is likely to have an adverse effect on us, and our children, why would we willingly continue to use it?

Neurotoxins can cause all sorts of unpleasant and life-altering effects. These include moderate effects such as developmental delays, behavioural problems, attention problems, hyperactivity, poor school performance and learning disabilities, as well as more severe effects like altered growth, seizures, functional abnormalities, fetal malformations, or death.

Camphor

Also this summer, another study found that camphor containing products, such as Vicks Vapo-Rub, Buckley's, and other medications, can cause seizures in children. According to the study

"Inappropriate use of camphor-containing products may be a common and underappreciated cause of seizures in young children."



Camphor—a naturally occurring waxy substance with a strong, aromatic odor—is found in many consumer products. Scientists have known for some time that camphor can cause serious health problems, including seizures.

Children are particularly vulnerable to the toxic effects of camphor, which is easily absorbed through the skin and mucous membranes. Nevertheless, camphor products are widely available and commonly used for medicinal, spiritual and aromatic purposes and for pest control.

In one case, a three-year-old girl had been heavily exposed to numerous camphor-containing products, including crushed tablets spread around the house to control roaches and an ointment that her mother had rubbed on her skin hourly for 10 hours before her seizures began. This highlights the toxicity associated with camphor usage in the community and indicate that inappropriate use of camphor products is an important public health issue"

If you grew up like I did, the first thing my mother did when I caught a cold was to slather Vicks all over me to keep me from feeling so congested. It was a pretty common thing in all families I knew.

As a result of previous reports on the dangers of misusing medication such as this, some families have limited or stopped their use outright. But for those who continue to use camphor products, it is important to be extra cautious when doing so. It is so easy to transfer medication, to ingest or accidentally rub into eyes or inside nostrils.

If your child has seizures, and you have been using camphor containing products, check with your doctor. There may be no connection. But if there is, wouldn't that be a good thing to know?

Off The News Wire

Children Newly Diagnosed With Epilepsy at Risk for Cognitive Problems

Children who have normal IQs before they experience a first seizure may develop problems with language, memory, learning and other cognitive skills, according to a new study.

"Our study highlights the importance of testing children with epilepsy for possible cognitive problems soon after they are diagnosed with epilepsy in order to avoid these issues affecting them later in life, especially if they have additional risk factors," study author Philip Fastenau, PhD, Professor of Neurology at Case Western Reserve University School of Medicine and the Neurological Institute of University Hospitals in Cleveland, OH was quoted as saying.

The study involved 282 school-aged children with an IQ of at least 70 who had experienced their first seizure within the previous three months. They were compared to 147 of their siblings who did not have seizures.

Of the children who experienced one seizure, 27 percent showed cognitive difficulties at or near the time of the first seizure, and 40 percent of children who had additional risk factors showed signs of cognitive problems.

A child with multiple risk factors was three times more likely to experience cognitive problems by the first clinic visit compared to children who were seizure-free.

The study showed that children who took epilepsy drugs had difficulty processing speed, language, verbal memory and learning compared to children who did not take any epilepsy drugs. "Children who take these medications should be closely monitored for cognitive problems resulting from the epilepsy drug," said Fastenau.

"Surprisingly, our study also found academic achievement in these children was unaffected around the time of the first visit about three months after the first seizure in this study, suggesting there is a window early in epilepsy for intervention to avoid hurting performance at school."

"Because this study found cognitive problems at the time of the first seizure or soon after, it provides strong evidence that these cognitive problems can be attributed to underlying brain abnormalities that lead to the epilepsy, rather than from extended exposure to epilepsy drugs or the effect of numerous seizures." *Neurology, August 12, 2009*

Seizures in Pregnancy and Premature Babies

Women with epilepsy who have seizures during pregnancy appear more likely to give birth to pre-term, small or low-birth-weight babies than women without epilepsy, according to a new report.

"While approximately 40 percent of the 18 million women with epilepsy in the world are of childbearing age, managing maternal epilepsy and monitoring the health of the developing fetus remain some of the most perplexing and engaging issues in neurology and obstetrics."

Researchers used data from the Taiwan National Health Insurance Research Data set, analyzing records from 1,016 women with epilepsy who gave birth between 2001 and 2003. Of these, 503 had seizures during pregnancy and 513 did not. A control group of 8,128 women who were the same age and gave birth during the same years but did not have epilepsy or any other chronic disease were selected for comparison.

Women who had seizures during pregnancy were 1.36 times more likely to have a low-birth-weight baby, 1.63 times more likely to give birth before 37 weeks and had a 1.37 times greater risk of having a baby who was small for gestational age. Compared with women who had epilepsy but did not have seizures, the odds of women who had seizures during pregnancy of having a baby who was small for gestational age were 1.34 times greater.

"Our study . . . suggests that it is the seizures themselves that seem to contribute greatly to the increased risk," said the researchers. "For women who remained seizure-free throughout pregnancy, null or mild risk was identified compared with unaffected women."

There are several possible explanations for the association between seizures and adverse pregnancy outcomes. Trauma caused by a woman's seizures could rupture fetal membranes, increasing risk of infection and early delivery. Tension and acute injury may result from uterine contractions that occur during seizures. However, additional research is needed to understand how seizures interfere with fetal development.

Prevention strategies could include helping women control seizures for a period of time before pregnancy, assisting them in sleeping better, providing education about the risks of seizures while pregnant and teaching improved strategies for coping with stress. *Archives of Neurology, August 2009*

Attention Students!

Did you know that Epilepsy Newfoundland and Labrador offers scholarships every single year?

These scholarships are available to ENL members only and are each worth \$1000.00 towards tuition, books, or any of the other necessities that come along with school. There are two different scholarships available:



The Jim Hierlihy Memorial Scholarship

- For students who have just graduated from high school and are moving into their first year of post-secondary studies.

The Mature Student Scholarship

- For students who are beyond their first year, or who have decided to return to school after a period of being in the workforce.

Deadline for both is November 1st

Applications are on our website at www.epilepsynl.com, or are available by calling the office at 709-722-0502 or 1-866-EPILEPSY.

Congratulations

All of us here at Epilepsy Newfoundland and Labrador want to send along our congratulations and well wishes to our very own Executive Director, Gail Dempsey.

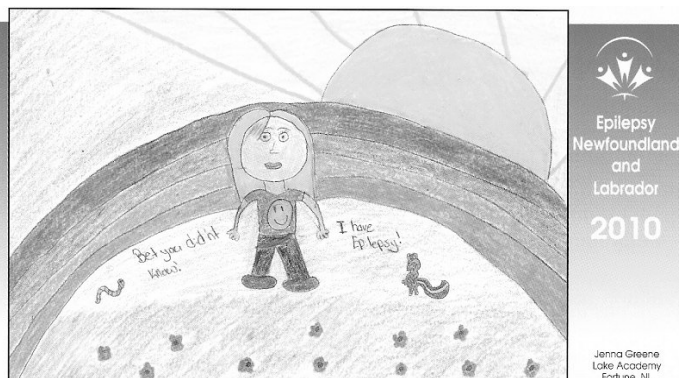
Gail was recently appointed Vice-President of the Canadian Epilepsy Alliance, an umbrella group of grassroots epilepsy associations from all over Canada.

As a member of the CEA, ENL is able to share information with dozens of organizations across the country, and to have a united voice on the international stage, representing the millions of people in this country who are affected by seizures in some way.



As Vice-President, we know that Gail will be a strong presence in this country for epilepsy and seizure awareness, just as she has been here in our own province for many years. The CEA is fortunate to have someone with the dedication and devotion that Gail has given, and will continue to give, and ENL will be in an even better position to avail of all the benefits and idea sharing that comes from being a member of the CEA. It truly is a win-win situation all around.

2010 Epilepsy Pocket Calendars



**2010 Pocket Calendars are now available.
Get yours before they're all gone!**

For a donation of \$20 to Epilepsy Newfoundland and Labrador you will receive our 2010 pocket calendar with drawings by Grade 4 students from right across the province. Just contact our office to get yours today!

Our student contributors this year are:

- **Jenna Greene**, Lake Academy, Fortune
- **Katie Butt**, Viking Trail Academy, Plum Point
- **Nicky Greene**, St. Edward's, Placentia
- **Kathleen Shallow**, Vanier Elementary, St. John's
- **Heidi Pardy**, Henry Gordon Academy, Cartwright
- **Krista Taplin**, St. Augustine's, Bell Island
- **Bradley Young**, All Saints All Grade, Grey River
- **Amber Barnes**, Jakeman All Grade, Trout River
- **Brianna Kean**, Memorial Academy, Wesleyville
- **Robin Hilliard**, Belanger Memorial, Codroy Valley
- **Shelby Lovell**, Templeton Academy Corner Brook
- **Daniel Bemister**, Gill Memorial, Musgrave Hbr
- **Alexis Taylor**, Mountain Field Academy, Forteau

A Little Time Out



Stare at the lightbulb for 30 seconds then look away at a blank surface.

You will see the lightbulb glow!

Now that's a neat brain trick.

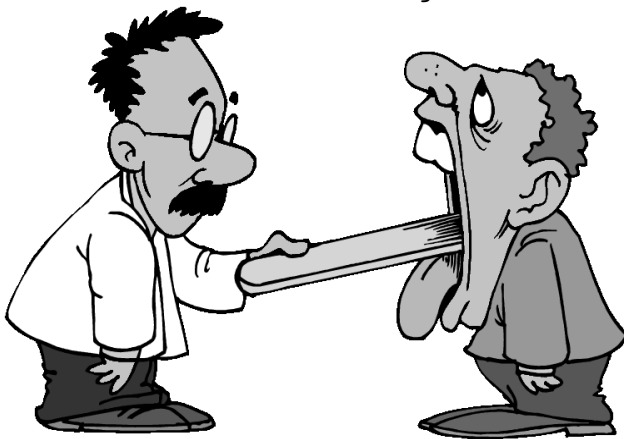
One fella walked into a doctor's office and the receptionist asked him what he had. "Shingles," he said. So she took down his name, address and medical insurance number and told him to have a seat.

Fifteen minutes later a nurse's aid came out and asked him what he had. "Shingles," he said. So she took down his height, weight, complete medical history and told him to wait in the examining room.

A half-hour later a nurse came in and asked him what he had. "Shingles," he said. So she gave him a blood test, a blood pressure test and an electrocardiogram. Then she told him to take off all his clothes and wait for the doctor.

An hour later the doctor came in and asked him what he had. "Shingles," he said. The doctor asked, "Where?"

He said, "Outside in the truck. Where do you want them?"



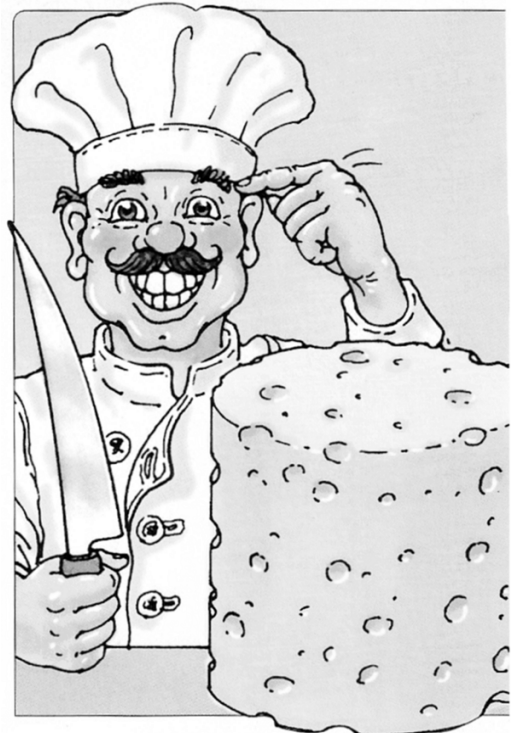
An elderly man in Lewisporte calls his son Bob in Toronto and says, "I hate to ruin your day, but your mother and I are divorcing. Forty-five years of misery is enough! I'm sick of her, and I'm sick of talking about this, so call your sister in Edmonton and tell her," and then hangs up.



The son frantically calls his sister, who panics upon hearing the news.

She calls her father and yells, "You are not getting a divorce! Bob and I will be there tomorrow. Until then, don't do a single thing, do you hear me?"

The father hangs up the phone, turns to his wife, and says, "It worked! The kids are coming for a visit, and they're paying their own way!"



The Chef boasted that he could cut this large round piece of cheese into eight equal pieces with only three cuts. How? (answer on page 10)

Bulletin Board



No Child Without® is a charitable program that offers all elementary school aged children with medical conditions or allergies, **FREE** MedicAlert protection regardless of their financial resources.

Our vision is to help protect the estimated 300,000 children with medical conditions across Canada by offering **No Child Without®** to all 12,000 elementary schools over the next 5 years.

Most Newfoundland and Labrador schools in the Eastern, Western, and Nova Central School Districts are already covered!

Find out more information and how to apply by visiting:

<http://www.nochildwithout.ca/index.asp>

or call 1-866-679-3220

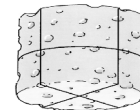
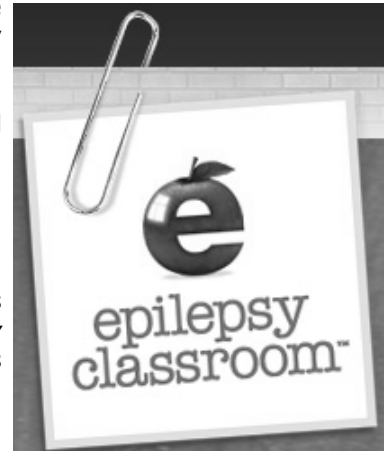
It's the time of the year when many families are gearing back up for school, and all the additional concerns that come with it for children living with epilepsy.

But have you heard about this website? It's called **Epilepsy Classroom** and it's excellent!

Created for parents and teachers, **Epilepsy Classroom** provides advice, insight and tools that can help make handling epilepsy just another part of the school day.

Check it out, you won't be disappointed.

www.epilepsyclassroom.com



I Would Like To Help in the Fight Against Epilepsy

- ☐ I am enclosing a donation of \$_____
- ☐ I would like to become a member of Epilepsy Newfoundland and Labrador. I am enclosing my \$5.00 membership fee.
- ☐ I would like to become a volunteer. (We can use volunteers from right across the province)

Name: _____ Email: _____

Address: _____ Phone: _____

If you would prefer to use your credit card, please complete the following:

Type of card: _____ Account #: _____ Expiry Date: _____

Signature: _____ Date: _____

Clip and mail this form to Epilepsy Newfoundland and Labrador - 26 O'Leary Avenue, St. John's, NL A1B 2C7