



Epilepsy News

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

The Quarterly Newsletter of Epilepsy Newfoundland and Labrador

Spring-Summer 2011

Share Your Voice!

You have the opportunity to change things. Right now. Sometimes it can seem so difficult to make a difference. One voice, one opinion. How much impact can it really make?

More than you might ever imagine.

Canadian adults living with epilepsy are being invited to participate in a Canada-wide survey:

The Impact of Epilepsy on Canadians

This short questionnaire explores how epilepsy impacts quality of life, health, and access to care and treatments.

Conducted by Leger Marketing, the survey adheres to market research codes of conduct, which guarantees confidentiality and anonymity.

The information collected, will be like no other in this country, and will give us all the opportunity to see just how Epilepsy is truly affecting the lives of Canadians. It will allow organizations and agencies to work better in meeting the needs of the clients we serve, and help identify gaps where more focus might be needed.

It can change things for the good. But we need your help. The survey will be available August 15th, 2011. There will be a number of different ways to access it.

- Visit the Epilepsy NL website at www.epilepsynl.com and click the survey link on the front page.
- 'Like' our Facebook page, and click the survey link in our newsfeed.
- Click the Survey link on the Canadian Epilepsy Alliance website at www.epilepsymatters.com.

Please complete the survey by September 19th, 2011, and make your voice heard.

With Our Sincerest Thanks

There are many businesses, organizations, and individuals who made Epilepsy Awareness Month and Purple Day 2011 one of the best ever in Newfoundland and Labrador. Their dedication went above and beyond, and made our purple much more purple than it ever could have been without them.

In addition to all the groups and supporters listed on page 3 of this newsletter, we want to thank:

- **UCB Pharma** - who provided funding of \$10,000 for information and resources, enabling us to spread awareness and understanding farther than ever before.
- **ProActive Physiotherapy** and **Scotiabank Centennial Square** for their special Purple Day Events

- **Heather** and **Rachel Spicer** for motivating their schools and arranging some awesome Purple Day awareness.
- **Marybeth** and **Patti Thistle**, **Wendy Sheppard** and **Faith Adkins** for being super Purple Day Ambassadors
- **Dr. Ogunyemi** and **Dr. Buckley** for the donation of their time, and the **Ramada St. John's** for their donation of event space for our 'Ask The Doctors' Forum
- and to every person in this province who wore their purple proudly on Purple Day 2011, **THANK YOU!**

Epilepsy News is printed quarterly by:

**Epilepsy
Newfoundland & Labrador**

26 O'Leary Avenue
St. John's, NL A1B 2C7
Telephone: (709) 722-0502
Toll Free: 1-866-EPILEPSY
Fax: (709) 722-0999
Email: info@epilepsynl.com
Website: www.epilepsynl.com

Editor: Pamela Anstey

BOARD OF DIRECTORS

President:

Ron Stone (Mt. Pearl)

Vice-President:

Ross Hewlett (Springdale)

Secretary:

Anne Marie Hagan (St. John's)

Treasurer:

Patti Thistle (Paradise)

At Large:

Pauline Duffy (Kippens)
Rosemary Hannon (Bishop's Falls)
Bernie Larkin (Stephenville)
Patsy Lush (Corner Brook)

Executive Director:

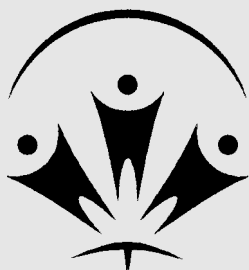
Gail Dempsey

Medical Consultant:

Dr. A.O. Ogunyemi, M.D., FRCP (c)

Information Officer:

Pamela B. Anstey, B.A, I.T.G.



On My Mind



**"We are less when we don't include everyone."
~ Stuart Milk**

I've been hearing a lot these days about inclusion, and how we can all work together to make not just our schools, but our entire communities more accepting and accommodating to all.

Everyone has a perspective to share, regardless of varied abilities, gender, financial status, or the clothes we wear.

Over the years, I have worked with clients who have been kicked out of daycares, fired from jobs, discriminated against, excluded and isolated simply because of their seizures. I hear it all too often.

"It's too much work, to make accommodations, or train people," is the typical excuse. "It would be too disruptive and costly!"

But excuses like that don't fly with me. Costs involved can be offset by several funding assistance programs, and as for the work involved, the reward from allowing a person to develop and participate to their full potential, instead of being shuffled off to the sidelines of life... well, that's worth a little work, isn't it?

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.

Epilepsy Month 2011 Painted the Province Purple!

With so much support and participation this year, we didn't just have a Purple **DAY**, we wound up with enough events to fill a Purple **Month**!

With events happening all through March, this year was an Epilepsy Awareness Month that inspired and motivated. Never before have we seen the amount of participation, energy, and enthusiasm in support of all those who live with seizures. What follows is a recap of some of the events and activities that happened right here in Newfoundland and Labrador.

Ask The Doctors

The "Ask The Doctors" Question and Answer Forum was held on March 24th, with the Ramada generously donating event space. The 36 participants had the opportunity to learn from Dr. Abayomi Ogunyemi, and Dr. David Buckley, two of the provinces foremost neurologists, who both give of their time freely to attend.

Dr. Ogunyemi spoke briefly on the interaction between cancer and epilepsy, and of treating women with epilepsy. Dr. Buckley then spoke on the topics of medications, epilepsy surgery, the Ketogenic or Modified Atkins diet, and the Vagal Nerve Stimulator.

After, many questions were taken from the floor. Including:

- genetics and the role they play in epilepsy
- the long term effects of powerful epilepsy medication
- weaning off medication in adulthood - benefits vs. risks
- balancing quality of life with seizure control
- the impact of vitamins and supplements on seizures

Painting the Courts Purple

All the Provincial Courts and one Supreme Court across the province challenged each other to come up with the most creative ways of celebrating Purple Day again this year. This included dressing in purple, information displays, purple food and cupcakes, a donation collection, and a bake sale. We are tremendously grateful for the continuing support of the Provincial and Supreme Courts!

Graphic Designs for Epilepsy

Each year, we challenge the students in the Graphic Design program at the College of the North Atlantic to develop a bus shelter ad that would make people stop, if even for a moment, and think about some of the challenges of epilepsy. The two winners for 2011: Trevor de Verteuil and Nicole Rogers. The ads, shown on page 9 of this newsletter, are now on display at two very prominent bus shelters here in the city.

Metrobus has been a great supporter of this project over the years, and have helped facilitate our messages throughout the city, for which we are very grateful.

The Purple Day Bunny Hop

To show just how much even little kids can do, daycares across the province were invited to participate in the third annual Purple Day Bunny Hop. We want to send out a great big shout of thanks to the following centres. Please know that you really do make a difference.

- Mes Amis Daycare, Mount Pearl
- Creative Learning, Grand Falls - Windsor
- On Your Mark, St. John's
- Confederation Building Daycare, St. John's
- Krista's Kid Care, St. John's
- Humpty Dumpty Daycare, Corner Brook
- Frances' Little Friends, Portugal Cove - St. Phillip's
- Creative Beginnings, Corner Brook

Positively Purple Schools

A brand new tradition this year, just for the K-12 schools of the province. We challenged schools to come up with creative ways to support Purple Day and seizure awareness. And did they ever! Some schools asked everyone to wear something purple that day, some schools held information sessions, some schools had fun events like Purple Pyjama Parties, and Pizza Parties. Whatever the activity, every school became a part of something very special in helping people truly understand what epilepsy is all about. The Positively Purple Schools for 2011 are:

- Stephenville Middle School, Stephenville
- H.L. Strong Academy, Little Bay Islands
- Elwood Elementary, Deer Lake
- Avoca Collegiate, Badger
- Elizabeth Park Elementary, Paradise
- St. Bernard's Elementary, Witless Bay
- Pasadena Academy, Pasadena
- Pasadena Elementary, Pasadena
- Glovertown Academy, Glovertown
- Carbonear Collegiate, Carbonear
- Mount Pearl Intermediate, Mount Pearl

Proclamations Galore!

Communities all over the province stood proudly and showed their purple during March. Several towns and cities either proclaimed March 26th as Purple Day for Epilepsy, or participated in some sort of event to commemorate the day. They include:

- City of St. John's
- City of Corner Brook
- Town of Gander
- Town of Portugal Cove-St. Phillip's
- Town of Kippens

To see all the proclamations, visit www.epilepsynl.com

Province of NL Supporting Epilepsy Awareness

During Epilepsy Awareness Month, in a tremendous show of support for the people of this province who live with seizures, Kathy Dunderdale, Premier of Newfoundland and Labrador gave a statement from the floor of the House of Assembly in support of Purple Day and Epilepsy Awareness. She was then followed by responses by Opposition Leader Yvonne Jones, and leader of the NDP Lorraine Michael.

We want to thank all members of the House of Assembly for recognizing the challenge that seizures can bring. What follows are excerpts from their statements. Visit our website to read the full statements.

PREMIER KATHY DUNDERDALE:



Mr. Speaker, I am pleased to stand in this House today, joining people around the world who will wear purple this week to promote awareness of epilepsy. March 26 is designated as International Purple Day.

Patti Thistle wrote to me on behalf of her fifteen-year-old daughter, Mary Beth, asking me to support efforts to raise awareness of epilepsy by wearing purple. I am happy to have Mary Beth

and Patti Thistle joining us today.

In addition, Gail Dempsey and Pam Anstey from Epilepsy Newfoundland and Labrador have joined us.

Mr. Speaker, epilepsy affects over 10, 000 people in Newfoundland and Labrador, and more than 50 million people worldwide. I am so pleased to bring Purple Day to the attention of this House and my hon. colleagues as I invite all Newfoundlanders and Labradorians to wear purple on March 26.

Thank you, Mr. Speaker.

YVONNE JONES, LEADER OF THE OPPOSITION



I am certainly very proud today to rise in the House of Assembly in our Province and to recognize fifteen-year-old Mary Beth and her mom, for the actions they have taken in promoting epilepsy in our Province, making people more aware of this disease, and creating awareness around it at all different age levels. I think that is so important.

Mr. Speaker, I want to congratulate them and I also want to recognize the Epilepsy Society of Newfoundland and Labrador, because it is many of these groups and organizations that people turn to as their first point of contact when they learn that they have a disease like this or someone in their family does. These service groups and organizations of professionals provide an invaluable service to all of those who need to use it. So I want to certainly pay tribute to them as well in the work that they do.

LORRAINE MICHAEL, LEADER OF THE NL NDP



I, too, want to recognize Epilepsy Newfoundland and Labrador on supporting this effort of young people who have epilepsy. We alone here in this Province have 10,000 people living with epilepsy, and it is very important that they feel that they are not alone, and not only feel it, they need to know that they are not alone.

Many efforts are going on this week. I would encourage people in the Province, beyond wearing purple this week, and visit the epilepsy website to see the different programs they offer, the stories they tell. Also here in St. John's, to frequent Previously Loved Clothes and Things, the store where they raise money for the work of the Epilepsy Society. I think in that way we will show them that we really do care about furthering their cause.

Purple Day 2011 - Pictures From All Over NL



Premier Dunderdale



The Spicer Family



Previously Loved



Creative Beginnings Daycare



Krista's Kid Care



St. John's Proclamation



Ask The Doctors Forum



Provincial Courts



Elizabeth Park Elementary

Thank You

to everyone who participated!



Marybeth & Patti Thistle

YOU

have helped make a difference!



Pasadena Elementary



Pasadena Academy

BIG Changes for Epilepsy NL and Previously Loved

Not so long ago we were notified that our current location, 26 O'Leary Avenue, was being sold, and that we would have to find a new home when our lease was done towards the end of 2011.

Never fear though, we aren't going away, just the opposite! This sudden news gave us the perfect launching point to make Epilepsy Newfoundland and Labrador, and Previously Loved Clothes and Things bigger and better than ever before!

From the time we originally opened our thrift store back in 1998, the board has been working toward this day, saving a little extra each year so that we could eventually have a permanent home.

And, at the end of 2011

**Epilepsy Newfoundland and Labrador and
Previously Loved Clothes and Things**

**will move into our very own building
at 351 Kenmount Road, St. John's!**

This is one of the most exciting things to ever happen to us here at Epilepsy Newfoundland and Labrador. Work has already begun on our new building, which will be finished and ready for us to move into at the end of this year.

AWESOME



Our new and permanent address at 351 Kenmount Road, is sure to get lots of attention from all the passing traffic, and visitors from out of town can easily find us.

The new building will be designed just for ENL. It will be fully

accessible, with dedicated meeting and office space to better serve the needs of our clients and the public.

Previously Loved Clothes and Things will be expanding, with a larger store and efficient warehouse so we can offer even more bargains and great deals to our devoted shoppers.

Want to keep track of the progress? Follow us on Facebook for updates, or if you're in the area, drive by. Our new building lot is between Crown Cabinets and VOCM, near Kelsey Drive on Kenmount Road.

Vimpat added to the NL Prescription Drug Plan

Effective August 1st, 2011 Vimpat, the newest anti-epileptic medication to hit the market, will now be covered as a special authorization drug under the Newfoundland and Labrador Prescription Drug Program.

What Is Vimpat?

In the fall of 2010, Health Canada approved Vimpat™ (lacosamide), the first new antiepileptic drug to be cleared for the market in several years.

It is intended to be used as adjunctive therapy to help manage partial onset seizures in adults, 18 years of age and older.

For adults with partial seizures who are not well controlled by their current treatments, Vimpat is an add-on medication that can work in combination to assist in seizure management.

If you are an adult with partial-onset seizures, talk with your doctor to see if Vimpat might be an option for you.

What Does this Mean for Adults with Epilepsy?

Vimpat, like any new drug, is expensive! And as a result, many people who might have benefitted from this new medication, were unable to even consider the drug due to the high costs involved.

But now that Vimpat has been added as a Special Authorization Drug under the NLPDP, things should get a little easier.

The NL Prescription Drug Plan offers people with low income or high medical costs a variety of different medication coverage plans. Many medications are automatically covered under these plans, while others are deemed 'Special Authorization'.

To get coverage for a special authorization drug under the NLPDP, your doctor or medical practitioner would submit an application on your behalf, outlining why this particular drug would be most appropriate for you as opposed to other drugs that may be available and less expensive. The approval process takes about ten business days.

For more information about approval for Vimpat, or assistance with the NLPDP, contact our office.

Scholarships for Students With Disabilities

A Little Paperwork - A Big Boost

Post secondary studies can be challenging for everyone. That challenge can become even more daunting with seizures, and the effects of antiepileptic medications, tossed into the mix.

Fortunately, there are many groups and organizations that recognize and reward the determination it can take to continue through school with a disability.

We have gathered a list of some great scholarship opportunities for students with disabilities; ones that could give the chance to achieve a real boost towards reaching those educational goals.

For further information, deadlines, and complete regulations on each of these, please contact the organizations directly.

Epilepsy NL Zach Rowe Memorial Scholarship

The Zach Rowe Memorial Scholarship honours past member and former scholarship recipient Zach Rowe of Carbonear who sadly passed away at the age of 21 as a result of a seizure in 2009

Amount: \$1000

Eligibility:

- Must have diagnosed epilepsy or seizure disorder.
- Must be a current member or become a member of Epilepsy NL.
- For students graduating from High School

Contact: Epilepsy NL at 722-0502 or 1-866-EPILEPSY

Epilepsy NL Jim Hierlihy Memorial Scholarship

The Jim Hierlihy Memorial Scholarship honours past member Jim Hierlihy and is awarded to a student with epilepsy who has taken the initiative to return to studies as a mature student.

Amount: \$1000

Eligibility:

- Must have diagnosed epilepsy or seizure disorder.
- Must be a current member or become a member of Epilepsy NL.
- Must be at least 21 years old.

Contact: Epilepsy NL at 722-0502 or 1-866-EPILEPSY

Coalition of Persons With Disabilities NL Scholarship

The Coalition of Persons with Disabilities or COD is an advocacy organization concerned with all persons with disabilities, promoting their rights and raising public awareness of their needs. **Amount:** \$1,000 scholarship.

Eligibility:

- be a person with a disability
- not hold an undergraduate degree

Contact: (709) 722-7011

The NL Neurotrauma Initiative Award

This award is made possible by a generous endowment from the NL Neurotrauma Initiative Program, a partnership between the Rick Hansen Man in Motion Foundation, the Canadian Paraplegic Association, the Brain Injury Association & the Government of NL.

Amount: \$5000

Eligibility:

- Open to Memorial University Students
- First preference given to a student who has been identified with a brain or spinal cord injury.

Contact: (709) 864-3956 or scholarships@mun.ca



AUCC Higher Education Scholarship

The Association of Universities and Colleges of Canada is the voice of Canada's universities, representing 95 Canadian public and private not-for-profit universities and university-degree level colleges.

Amount: \$5000

Eligibility:

- Candidates must be diagnosed with a documented permanent disability that is the primary disability for which they are applying.
- Candidates must have a minimum average of 75%

Contact: (613) 563-1236 awards@aucc.ca

CCRW Youth Scholarship For Students With Disabilities

To assist students with disabilities in their pursuit of post-secondary education. Supported and administered by The Canadian Council on Rehabilitation and Work (CCRW)

Amount: \$2,500

Eligibility:

- Be a person with a long-term and reoccurring disability.
- Be a high school student entering the first year of studies.

Contact: 1 800 664 0925 or info@ccrw.org

Centennial Flame Award for Persons with Disabilities

Offered to a person with a disability to enable him or her to conduct research and prepare a report on the contributions of one or more Canadians with disabilities to the public life of Canada or the activities of Parliament.

Amount: \$4500

Eligibility:

- The applicant must be a person with a disability
- The applicant must submit proof of Canadian citizenship

Contact: 613-996-1542 or www.parl.gc.ca

cont...

Scholarships cont.

Mattinson Endowment Fund for Disabled Students

Scholarships available annually to disabled students wishing to attend university or to enroll in college academic courses.

Amount: \$2500

Eligibility:

- Candidates must be diagnosed with a documented permanent disability that is the primary disability for which they are applying.
- Candidates must have a minimum average of 75%

Contact: awards@aucc.ca or <https://juno.aucc.ca/wes/>

NEADS Equity Through Education Awards

Offered to encourage full access to post-secondary education for persons with disabilities who often have greater barriers to participation in higher education and extra costs because of their disabilities.

Amount: \$3000

Eligibility:

- Applicants must have a permanent disability
- Applicants must be registered in a full-time program of study at an accredited Canadian post-secondary college or university.

Contact: etes@neads.ca or www.neads.ca

Tim Gamble Memorial Award

This award is made possible by donations from the Tim Gamble family. Tim Gamble was a graduate of our Programmer Analyst Program and was enrolled in the Computer Systems and Networking Program when he died in June 2003.

Amount: \$300

Eligibility:

- Only available to students at College of the North Atlantic
- Awarded to a full-time learner with a disability
- Registered in the second or third year of a diploma program

Contact: 1-888-982-2268 or e-mail: info@cna.nl.ca

Microsoft Scholarship Program

A Microsoft scholarship provides an advantage so you can pursue studies in computer science and related technical disciplines.

Amount: Varies

Eligibility:

- Must identify as a student with a disability
- Must be enrolled full time in a Bachelor's degree program
- Satisfactory progress toward an undergraduate degree in computer science, computer engineering, or a related technical discipline such as electrical engineering, math, or physics

Contact: scholars@microsoft.com

Previously Loved Clothes and Things

WHERE YOU'LL FIND HUNDREDS OF TREASURES WITH EXPERIENCE!

Are you shopping at ENL's thrift store, **Previously Loved Clothes and Things** yet? If not, you are missing out on some amazing deals!

Our store is filled with a huge variety of quality merchandise. Our selection includes:

- clothes, outerwear, and footwear for everyone
- household items & small appliances
- bedding, curtains, & furniture of all descriptions
- toys & sporting equipment
- vintage glassware & unique collectibles

At Previously Loved Clothes and Things you **never pay sales tax!**

Because we are a charity, 100% of the proceeds from the sales at our store stay right here in the province and go directly back into the community through the programs and services of Epilepsy NL.

Come visit us at 26 O'Leary Avenue, right behind the Avalon Mall. Monday to Saturday 9:30 to 9:30 and Sundays from 12 to 6.

Want to help support ENL but don't have the time to volunteer or do door-to-door canvassing? No problem!

- Donate your unwanted clothes and household items to us for sale in our store. You can drop donations off at the store located at **26 O'Leary Avenue**, or, if you live in the metro area, we can often arrange to pick them up for free. Just call 722-5571 to arrange a pick-up time.
- Shop at our store. Open 7 days a week and always tax-free! Come in and browse around. You'll never know what treasures you might find. Plus, you'll feel good knowing that you have helped people with epilepsy right here in NL.

Previously Loved ♥♥
Clothes and Things

Off The News Wire

Variation In Make-Up Of Generic Epilepsy Drugs Can Lead To Dosing Problems

Generic anti-epilepsy drugs save consumers billions of dollars each year, but some are different enough from branded formulations that they may not be effective, particularly if patients switch between two generic drugs, a new study by Johns Hopkins researchers suggests. A report on the study raises questions about whether some generic products are safe and effective when a narrow dose range separates patients from help and harm.

"In most areas of medicine, generics work well and are an incredible savings for health plans and patients," explains study leader Gregory Krauss, M.D., however, he adds, epilepsy patients whose condition is well-controlled on brand-name medications often worry that switching to generic versions might change blood medication levels, leading to seizures and side effects. These fears aren't without merit studies have shown that patients frequently complain of breakthrough seizures when switched to generic drugs.

Consequently, Krauss and his colleagues decided to compare how generics stack up to their brand-name counterparts, as well as other generic formulations for the same drug. generic formulations must have a peak blood concentration and total amount absorbed that falls between 80 percent and 125 percent of the name-brand version. That range is suitable for the vast majority of pharmaceuticals, says Krauss. However, he notes, for some "critical dose" drugs that have a high potential for over- or underdosing, the window could be significantly narrower.

"Overall, generics should be used for treating epilepsy," Krauss says. "However, we suggest that patients and pharmacies should be cautious when switching between different generic version of anticonvulsants, and policy makers should evaluate whether standards that set the range for generics' similarity to brand name versions are appropriate for every drug. For patients with epilepsy, that may not be the case." *Excerpted from Johns Hopkins Medicine,*

**Your prescription,
your choice.**



\$71
Thirty-day
prescription of one
brand name drug



\$22
Thirty-day prescription
of its generic equivalent

Paper Puts Forward Recommendations To Prevent Sudden Unexpected Death In Epilepsy

As compared to the general population, people suffering from epilepsy are more than 20 times more likely to die suddenly from unexplained causes. No specific intervention has been able to clearly demonstrate its benefits in preventing sudden unexpected death in epilepsy (SUDEP).

Some recommendations from a Seminar to prevent SUDEP have recently been published Online First in The Lancet. It states that reducing the occurrence of tonic-clonic seizures, less frequent or gradual changes to antiepileptic drugs (AEDs), night-time surveillance of high-risk patients, close supervision immediately after a seizure, and counselling patients about the risks and prevention strategies could help protect against SUDEP.

Results of the research have revealed that patients who experience a high number of generalised tonic-clonic seizures are at the highest risk of unexpected death. The researchers state:

"Compared with patients with up to two seizures in the previous year, the relative risk [the number of times greater the risk is compared to the general population] of SUDEP is 7.21 in those with a history of three to 12 seizures, 8.64 in those with 13-50 seizures, and 10.16 in those with a history of more than 50."

Other predisposing factors identified by the researchers include taking a combined regimen of AEDs (polytherapy), not taking AEDs as prescribed, sudden or frequent changes to AEDs, early onset of epilepsy (before the age of 16 years), having epilepsy for longer than 15 years, having seizures during sleep, and having seizures when alone. Males were identified to be more prone to SUDEP when compared with females.

Researchers believe that modifying these risk factors in patients with epilepsy may help reduce the incidence of sudden death. Most important recommendations include effective drug treatment and compliance to control seizures, changing treatment in a step-by-step manner and acting upon bradycardia or apnoea, which are warning signs in patients with pre-existing heart or respiratory illness. Other preventive measures include supervision at night for high-risk patients, choosing AEDs without associated cardio-respiratory adverse effects, and close observation of patients after a seizure until full consciousness is regained.

But the authors urge: "We believe that most patients should have information about SUDEP, because although epilepsy is not usually a life-threatening condition, a small number of people do die in epileptic seizures from accidents and SUDEP, and the risk can be minimised by controlling tonic-clonic seizures.

Medical News Today, 06 Jul 2011

2012 Epilepsy NL Pocket Calendars are Here!



2012 Pocket Calendars are now available. Get yours before they're all gone!

Call 1-866-EPILEPSY

Our Calendar Campaign is underway! For a donation of \$20 or more to Epilepsy Newfoundland and Labrador, we will be happy to send you our 2012 Pocket Calendar with artwork by grade 4 children from all over our province.

The 2012 calendar includes artwork from across NL.

- Matthew Milley, Elizabeth Park Elementary, Paradise
- Robyn Green, Donald C. Jamieson Acad., Burin Bay Arm
- Sara Drover, Victoria Academy, Gaultois
- Kaelyn Mercer, Burgeo Academy, Burgeo
- Julia Rumbolt, St. Mary's All Grade, Mary's Harbour
- Zoe Steiner, Lewisporte Academy, Lewisporte
- Kylei Patey, Glovertown Academy, Glovertown
- Kyle Piercey, Perlin Elementary, Winterton
- Adrian Sparkes, French Shore Academy, Port Saunders
- Danielle Gould, Canon Richards Memorial, Flower's Cove
- Riley Pye, St. Mary's All Grade, Mary's Harbour
- Jaydon Alyward, French Shore Academy, Port Saunders
- Patrick Carroll, Cottrell's Cove Academy, Cottrell's Cove

Epilepsy Newfoundland and Labrador would also like to extend sincere thanks to our corporate sponsor



**A Proud Supporter of
Epilepsy Newfoundland and Labrador**

Door to Door Campaign - We Love Our Volunteers!

Another successful March Door to Door Campaign has just concluded. It could never have been the success it was without the help of our dedicated team of volunteers from right across the entire province.

The winners of the 2011 Door to Door draws were:

Zone Captain

- Patricia Clarke, Labrador City

Over \$100 Canvasser

- Sheila Parsons, Corner Brook

Over \$25 Canvasser

- Vanessa Chant, Fox Roost

Over \$25 Student Canvasser

- Tiffany Messervey, Labrador City



We would like to take this opportunity to thank every canvasser and zone captain who so willingly gave of their time and efforts to make this campaign a success, as well as a thank you to everyone who donated even a little. Your efforts will go a long way towards the promotion of epilepsy support and awareness in NL.

We use the money collected from our Door To Door campaign to keep our doors open and our association operating.

If you didn't have an opportunity to help out this year, please plan to do so next year. We need the support of every person who cares about Epilepsy to do whatever they can to make a difference. We need you.

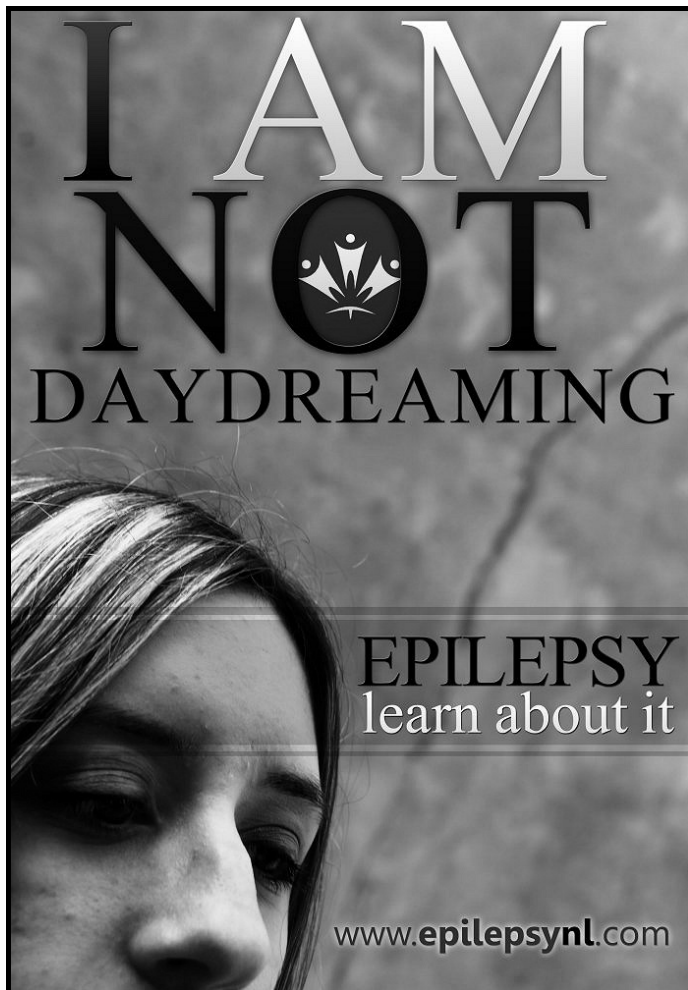
Charlene Stoyles,

Campaign Coordinator

How wonderful it is that nobody need wait a single moment before starting to improve the world.

~ Anne Frank

A Little Time Out



CNA Graphic Design Winner - Trevor Deverteuil

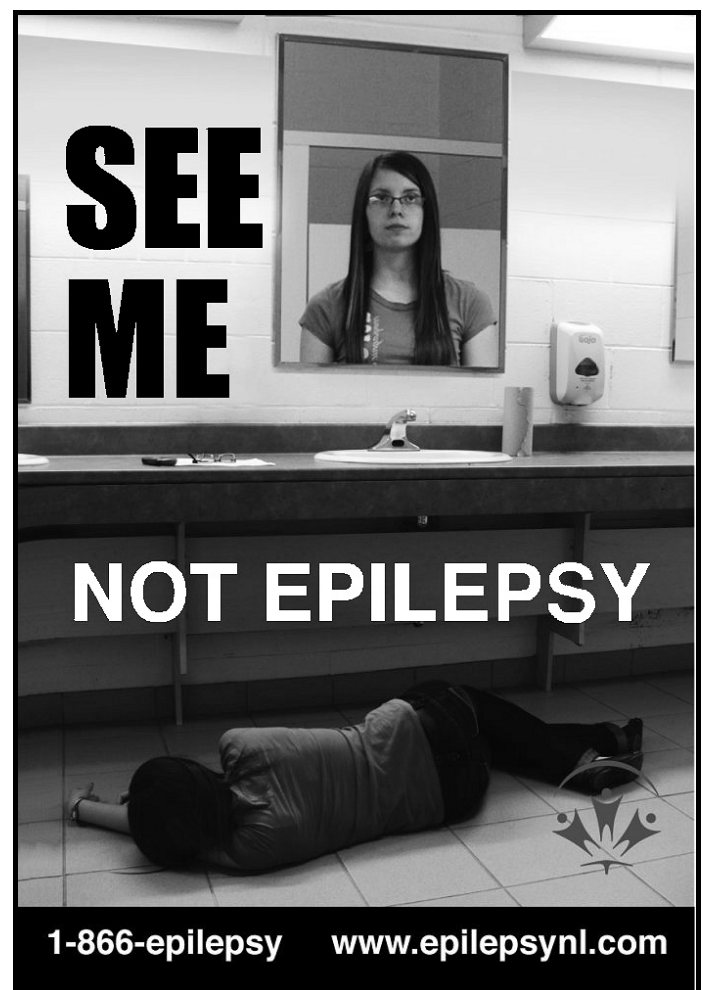


One summer evening, during a violent thunderstorm, a mother was tucking her son into bed. She was about to turn off the light when he asked with a tremor in his voice, 'Mommy, will you sleep with me tonight?'

The mother smiled and gave him a reassuring hug. 'I can't dear,' she said. 'I have to sleep with Daddy.'

A long silence was broken at last by his shaky little voice: 'The big baby.'

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.



CNA Graphic Design Winner - Nicole Rogers

Email or Postal Mail?

Help us, and help the environment too! Here at ENL, one of the greatest expenses we have is postage. Because of this, and in the interests of being as environmentally friendly as possible, we want to offer our members the option of receiving newsletters and notices by email instead of postal mail.

Privacy is not a concern.
Nobody else will see your email address. And we would never make our email or mailing lists available to anyone else.

If you wish to sign up for e-mail communication from us, just drop us a line at info@epilepsynl.com. If you ever want to change back, just let us know and we will be happy to do so.

If you don't have e-mail, or don't want to receive email newsletters and notifications from us, you don't need to do a thing. We will continue to send you your information through postal mail like always. Have questions? Call us at 1-866-EPILEPSY



Facebook

Are you one of the over 400 million people on Facebook?

If so, check us out! Our facebook page has all the latest and greatest from Epilepsy Newfoundland and Labrador.



Event pictures, upcoming events, current happenings, bits of news, and medical alerts are some of the things you will find on our corner of the Facebook world.

If there was ever a place to stay up to the minute with ENL, this is it! Just search pages for Epilepsy Newfoundland and Labrador and you are sure to find us.

Or go to our website and click on the Facebook "Like" button on our front page.

How is it that one match can start a forest fire, but it takes a whole box of matches to start a campfire?

~Christy Whitehead

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 NL. 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:	Would you prefer mail-outs by email or postal mail?:
--------	--

If you would prefer to pay by credit card, please complete the following:

Account #	Type of card:	Expiry:
-----------	---------------	---------

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