

Epilepsy News

The Quarterly Newsletter of Epilepsy Newfoundland and Labrador

Spring 2004

A Major Breakthrough in Driving Regulations for People With Epilepsy

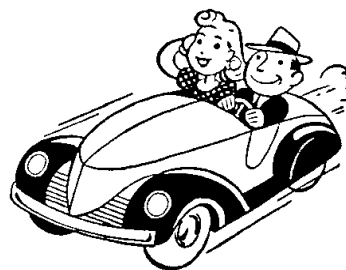
Great news for those who have had their licence taken away as a result of their epilepsy - It may be possible to get it reinstated again in as little as six months!

Epilepsy Newfoundland and Labrador announces that the Canadian Council of Motor Transport Administrators (CCMTA) have made significant changes to the Medical Standards for Drivers which can affect more than 300,000 Canadians living with Epilepsy.

The changes allow persons with epilepsy who have been seizure free for six months to begin driving again. This is a significant change from the one-year that they had to wait. This positive step forward is a quality of life issue for first-time drivers whose self-esteem may be affected by whether or not they drive; seniors who can maintain their independence; bread-winners who can get themselves back and forth to work; people just like you.

Epilepsy Newfoundland and Labrador, is a founding member of the CEA/ACE; a partnership of grassroots epilepsy organizations Canada-wide dedicated to the promotion of independence and quality of life for all people with epilepsy and their families across Canada. Gail Dempsey, Executive Director of Epilepsy Newfoundland and Labrador and Volunteer Chair of the CEA/ACE Driving Regulations Committee says,

"The CEA/ACE positioning statement is 'A cure may be found tomorrow but someone needs your help today.'



So, for the first time in Canada, we conducted a Canada-wide survey of persons living with epilepsy to ask them what they needed. One of the top responses from every part of Canada was the same. Changes to Driving Regulations. So we began to lobby" says Dempsey.

Epileptologist, Dr. Abayomi Ogunyemi says, "One year is arbitrary and too long. For many patients with seizures, appropriate drug treatment will prevent seizure recurrence. Individual assessment by a physician knowledgeable in epilepsy diagnosis is important, and if we must have a waiting period, six months is preferable."

So what does all this mean to you? If you have had your licence revoked by Motor vehicle Registration as a result of seizures, and it has been at least six months since your last seizure, you may be eligible to have your licence reinstated.

For more information, contact your closest Motor Vehicle Registration Office, or Epilepsy Newfoundland and Labrador at 722-0502 or toll free at 1-866-EPILEPSY.

A red rectangular advertisement for Epilepsy Awareness Month. On the left is a black and white photo of a young child with blonde hair, smiling. To the right of the photo is white text that reads: "What if Someone needs your help today?", "If Your Child Had A Seizure, What Would You Do?", "MARCH IS EPILEPSY AWARENESS MONTH", "GET YOUR FREE INFORMATION KIT", and "CALL 1-866-EPILEPSY". On the far right is a white circular logo with a red maple leaf inside. At the bottom, the text "Epilepsy Newfoundland and Labrador" is written in a white, stylized font.

Epilepsy Awareness Month Ad that appeared on the backs of Metrobuses throughout St. John's in March

A red rectangular advertisement for Epilepsy Awareness Month. On the left is a black and white photo of a group of five people (three men and two women) smiling. To the right of the photo is white text that reads: "ANYONE CAN DEVELOP EPILEPSY... EVEN YOU!", "MARCH IS EPILEPSY AWARENESS MONTH", "GET YOUR FREE INFORMATION KIT", and "CALL 1-866-EPILEPSY". On the far right is a white circular logo with a red maple leaf inside. At the bottom, the text "Epilepsy Newfoundland and Labrador" is written in a white, stylized font.

Epilepsy Awareness Month Ad that appeared on the backs of Metrobuses throughout St. John's in March

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Notes from Pam

Welcome to spring! Finally the weather is getting warmer, the days longer and brighter and the whole world seems to be coming alive again. We've just finished up another very successful March Epilepsy Awareness Campaign. One that had thousands of volunteers and members from right across the province involved with everything from the Door to Door Canvassing, to the Question and Answer Teleconference with Dr. Ogunyemi. You can read lots more about these and other March activities in the March Awareness Report in this newsletter.

New and upcoming events for the coming months include the further development of a resource and presentations manual so that all areas of the province can have access to epilepsy resources and presentations for all ages. This will provide educators and community groups with a valuable tool to use to offer education sessions and class presentation in areas that I can't usually travel to. More information will be available on this project as it further develops.

The new edition of *Talking About Epilepsy* has been released. These are personal profiles of people with epilepsy from right across Canada, published by the Canadian Epilepsy Alliance, of which ENL is a proud member. This time, *Talking About Epilepsy* features one of our very own members; Anne Marie Hagan. Anne Marie's story is both moving and inspiring, and now the rest of Canada will be able to share it as well. Congratulations and thank you to Anne Marie for having the courage to share and the strength to persevere. A copy of the *Talking About Epilepsy* profile is included with this quarter's edition of *Epilepsy News*.

I'll be winging off to Edmonton for a wee bit at the end of April to attend the *Seizures and Epilepsy Education (SEE) Program* and to meet up with my counterparts from across the country. I'm looking forward to learning and gaining new and interesting ideas that I can bring back to Newfoundland and Labrador to help promote epilepsy and seizure awareness even further. So look for new and exciting things in the future.

Pam
 Information Officer/Editor

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.

*Did you hear about the man who lost his whole left side?
 He's all right now*

March Epilepsy Awareness Campaign Activities

March 2004 was a whirlwind of activity, planning, and most of all sharing of information. Through the events of March, we can easily speculate that we have reached thousands of people in this province and beyond. Thousands who, if even for a moment, stopped to consider the effects of epilepsy and the challenges of living with seizures.

Our activities this year were widely varied, ranging from interviews to special presentations, to massive information distribution. These are just a few of the highlights

Pharmacy Epilepsy Kits

McKesson Canada was kind enough to distribute epilepsy awareness kits for us to the 122 pharmacies they cover. This was a great success, and we have already received orders from the pharmacies for additional information. One pharmacy also went to the extent of setting up a public information display in their store and had an epilepsy awareness day at the pharmacy.

Toys 'R' Us Activity Book Promotion

Partnering with Toys 'R' Us, our Seizure Activity Books were distributed throughout the month of March to every child that came into their store at some point during the month. It is estimated that approximately 1000 activity books were given out.

Newfoundland School for the Deaf

Epilepsy Learning Day with both the Intermediate and Junior Students. Presented through a sign language interpreter, the kids learned about epilepsy, seizure types, first aid, and that being different makes everyone special.



Epilepsy Learning Day at the Newfoundland School for the Deaf

Brainstorm Competition

A brain trivia competition at Holy Heart of Mary involving several high schools. Pam, our Information Coordinator, was a special guest questioner and asked the quiz questions of the students.

St. John's Boys and Girls Club Brain Day

With invited guest Richard Neuman from MUN Faculty of Medicine. Richard brought along preserved human brains for the children to see, and for them to learn about the brain, its functions, and how important it is to protect from injury. Kids got to hold the brains and to perform various activities.

Provincial Question and Answer Teleconference and Forum

This year, as opposed to having a video conference as in previous years, we decided to have a teleconference, through which we would not be restricted to only a few sites around the province but could instead open it up to anyone who wanted to participate.

This method also allowed people who could not attend before due to family obligations or transportation issues to participate. Attending the forum in person or via teleconference were participants from:

St. John's	Ship Harbour	Trepassy
Placentia	Corner Brook	Botwood
Stephenville	Rigolet	Change Islands
Cox's Cove	St. Shott's	Flowers Cove
Happy Valley-Goose Bay	Bishop's Falls	Port Rexton
Patrick's Cove	Conception Harbour	

Dr. Ogunyemi offered a brief talk on epilepsy and then took questions from participants. The inquiries were varied and ranged from the specific to general. All felt it was a very worthwhile and valuable sharing of information.

Media

In addition to all the special events, we had numerous radio, TV and newspaper interviews and articles throughout the month.

- CBC Radio Corner Brook and CBC Radio Grand Falls interviews with Gail Dempsey
- Three VOCM Radio Interviews with Gail Dempsey
- The Express newspaper article with Gail Dempsey and Pamela Anstey
- The Telegram newspaper article with Eugene Pond and Pamela Anstey
- The Georgian newspaper article with Pauline Duffy
- The Advertiser newspaper article with Rosemary Hannon
- The Shoreline News newspaper article with Patti Thistle
- The Corner Brook Café TV interview with Pauline Duffy

I feel the Month went tremendously well and generated a great deal of public awareness which will keep us, and epilepsy, in the thoughts of the general public, and reaching those that need assistance for weeks and months to come.



Richard Neuman at Brain Day with the Boys and Girls Club

Topamax Advisory - Epilepsy Drug Can Lead to Metabolic Acidosis

Janssen-Ortho, is alerting patients and healthcare professionals of emerging safety information in patients taking Topamax. Cases of persistent "metabolic acidosis" have been reported in patients taking Topamax.

Metabolic acidosis is a disruption of the normal acid/base balance of the body; Topamax-related acidosis is due to decreased blood levels of bicarbonate, one of the substances in the body that regulates acid levels in the blood. Rates of acidosis in controlled clinical trials are substantially more frequent in patients given Topamax than in patients given placebo. These decreases in bicarbonate blood levels are generally mild to moderate, and usually, but not always, occur early in treatment with Topamax.

In many cases there are no symptoms from the acid/base imbalance, but some patients may experience symptoms such as

- rapid breathing,
- persistent lack of energy,
- loss of appetite.
- heart problems,
- confused thinking,
- or reduced consciousness.

Patients with conditions that predispose them to acidosis include:

- those with underlying kidney disease;
- severe breathing disorders;
- multiple, severe seizures;
- diarrhea;
- those on a ketogenic carbohydrate diet;
- and those who use other drugs.

Patients on Topamax or their caregivers should inform their doctors of their past medical history.

Do not discontinue Topamax or reduce your dose without first consulting your doctor, who will be able to confirm if you have persistent acidosis and recommend treatment as appropriate.

Topamax has been approved for use in Canada since 1997 for the add-on treatment of epilepsy; approximately 89,000 patients have been prescribed Topamax in Canada.

A copy of this public advisory is available at the Janssen-Ortho website: <http://www.janssen-ortho.com/>.

Janssen-Ortho Inc. is a research-based pharmaceutical company located in Toronto.

Any suspected adverse reactions can also be reported to:

Canadian Adverse Drug Reaction Monitoring Program

Marketed Health Products Directorate

HEALTH CANADA

Address Locator: 0701C

OTTAWA, Ontario, K1A 0K9

Tel: 866 234-2345, Fax: 866 678-6789

cadrmphc-sc.gc.ca



(Janssen-Ortho, Toronto, January 20, 2004)

Slow Brainwaves the Cause of Some Seizures?

Many people with epilepsy have seizures after falling asleep. Low levels of electrical activity in the brain may cause some people with epilepsy to have seizures, say experts.

A team of international scientists carried out tests on 14 people with epilepsy and two without. They found that activity in the outer part of the brain slowed significantly when those with epilepsy were asleep. They said it may explain why many have seizures after falling asleep.

Doctors have known for many years that sleep can trigger epileptic seizures but have been unable to explain exactly why this happens. Previous studies have suggested it may be linked to very slow electrical activity in the brain. However, scientists had been unable to confirm this theory, largely because they were unable to detect very slow brain waves using conventional machines.

But now scientists have developed a highly sensitive EEG machine to pick up these waves.

They carried out tests on each of the 16 volunteers while they were asleep over the course of nine days. They found that brain activity slowed considerably in those with epilepsy. But they also found that this was quickly followed by sharp bursts in brain activity. These sharp bursts, which are known as interictal epileptic events, are a characteristic of epilepsy.

The scientists said further research is needed to examine this link. But they said the finding could potentially lead to new treatments for people with epilepsy, as it may show new ways of analyzing the EEG that give more information about the liability to have seizures, and also to predict when seizures are going to occur.

(BBC News, March 28th, 2004)

A friend is someone who thinks you' re a good egg even though you' re slightly cracked.

Living With Epilepsy - Eugene's Story

Eugene Pond has been living with epilepsy and muscular dystrophy for as long as he can remember. Neither has stopped him from pursuing his education - he received a degree from Memorial University in 1990.

"When I lived in residence, I explained to the others living there that I had epilepsy, and what to do if I had a seizure," he recalls during a break from a game of pool at The Hub - a St. John's centre for people with disabilities,

"There were never any real problems there once they knew what epilepsy was all about."

Epilepsy is a brain disorder on which clusters of nerve cells, or neurons, in the brain sometimes signal abnormally. In epilepsy, the normal pattern of neuronal behaviour becomes disturbed, causing strange sensations, emotions and behaviour or sometimes convulsions, muscle spasms and loss of consciousness.

Pond, originally from Badger's Quay, has been living in St. John's for the past two decades. He's been taking medication to control his epilepsy for as long as he can remember.

"My friends and people I know well know what to do if I have a seizure, but not everybody does," he says.

"People have often seen me on the side of the road when I was having a seizure and they thought I was drunk and wouldn't help me."

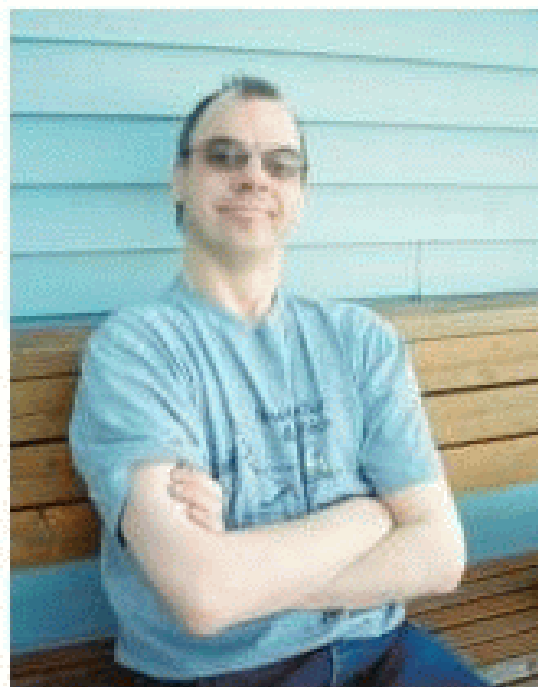
According to Pamela Anstey, Information Coordinator with Epilepsy Newfoundland and Labrador (ENL), an estimated 10,000 people in the province live with the neurological disorder.

ENL has been advocating for more than two decades on behalf of the people with epilepsy. While much has been accomplished in that time in terms of removing the stigma once associated with the disorder; there are still many people out there whose first thoughts upon seeing someone having a seizure is that the person is intoxicated.

"We've moved a long way from the Dark Ages when people with epilepsy were considered possessed," Anstey says during an interview recently at her Kenmount Road Office.

"In recent years, people are a lot more willing to accept that it's just a disorder and not something people should be ostracized from their community for."

ENL operates a thrift store at the same location, where 100% of the store's profits stay in this province to help fund ENL services and programs.



Eugene Pond -
"Increased awareness would help."

Although Pond says people who don't know about epilepsy aren't often quick to offer assistance when someone is having a seizure, those who are familiar with the symptoms don't hesitate to lend a hand.

"I had one a month or so ago, just up the road when I was walking home," he says. "An RNC Officer picked me up on the side of the road and she brought me home. I can't remember getting into her car and I can vaguely remember getting out. But I guess I must have told her my address because she brought me right to my door."

While medication had controlled his grand mal seizures for 14 years now, Pond still has partial complex seizures fairly regularly. The can last from seconds to about two minutes.

"I can feel them coming on," he says. "I feel a change in my body. And you know how people say they have an aura about them? Well, I have that when I feel a seizure coming on."

"But partial complex seizures are nothing like the grand mal ones I used to have, With them, I could fall on the floor and be out up to five hours. And I've come out of grand mals and looked at the doctor and couldn't even remember my name. It takes awhile for you to come out of them."

Living With Epilepsy - Eugene's Story (continued)

While Pond lives independently and has a university degree, he has not been able to find suitable employment. His free hours are spent at The Hub, where he is involved in many activities during the day and several evenings a week. However, he'd rather be working.

"I think people are afraid to hire people with a disability in the workforce because of a lack of understanding," he said. "If they better understood what epilepsy is all about, I'd have a better chance of getting a job."

Pond says he realizes his limitations and would be best suited in an office job.

I wouldn't be able to work in a job where I would have to be running around all day," he said.

"That doesn't relate to epilepsy, that's the (muscular dystrophy). But I'd go to work tomorrow if someone offered me a job that I could do."

Muscular Dystrophy is a non-curable genetic condition that affects the muscles of the body and causes progressive weakness and wasting of the voluntary muscles that control body movement. As muscle tissue weakens and wastes away, it is replaced by fatty and connective tissue.

Pond says neither his muscular dystrophy nor his epilepsy causes him any major problems in his everyday living. His parents, who still live in Badger's Quay, have always been supportive, and made sure when he was a child that other children knew of his physical limitations.

Because the symptoms of muscular dystrophy are visible, people realize upon meeting Pond that he has a physical impairment.

With epilepsy, however, it's a different story. Pond says that, for those who knew nothing about the disorder, happening upon someone who is having a seizure can be quite frightening.

He says that he is pleased that ENL continues to work to educate people about epilepsy, because the more the word gets out, the more people will come to understand that there's nothing to be afraid of when someone is going through a seizure.

"I've known Gail Dempsey (executive director and founder of ENL) for years," Pond says. "She does a very good job, and so do the others who work with her, and all the volunteers they have. They may not realize it but they are making a difference for people like me. And there are a lot of us out here with it."

Pond is right - epilepsy is far more common than most people realize. It affects over 300,000 Canadians, or more than one per cent of the population. Each day in Canada, about 38 people learn they have epilepsy. Each year, one [person in 2000 is diagnosed with the disorder, which represents about 14,000 new cases annually.

Sixty percent of new cases are children and seniors. 75-85% of patients are diagnosed before the age of eighteen, 55% before the age of ten, and 44% before the age of five.

In working to raise awareness of these statistics and to help people in all regions of the province, members of ENL's board of directors are located on the Avalon Peninsula as well as in Springdale, Clarenville, Bishop's Falls, Stephenville and Labrador City.

The not-for-profit organization works closely with a network of similar agencies through the Canadian Epilepsy Alliance - a grassroots organization of epilepsy associations across the country.

"People have often seen me on the side of the road when I was having a seizure and they thought I was drunk and wouldn't help me."

"Epilepsy is not a life sentence. It's not something that needs to hold somebody back. You can do exactly what you want to do in spite of the epilepsy," Anstey says.

Educating the public about what to do if they see someone having a seizure is an important aspect of what ENL does.

"It's the simplest thing in the world," Anstey says.

"If someone is having a convulsive seizure and they fall on the ground, the first thing to do is time it. If it goes on longer than five minutes, you need to call for help. Put something soft under their head, turn them on their side so they don't choke make sure the area is clear so they don't bash their arms and legs against something and hurt themselves."

"Don't hold them down, and just stay with them and make sure they know they are not alone."

For further information on epilepsy, contact ENL at 722-0502 or toll free at 1-866-EPILEPSY or visit www.nfld.net/epilepsy.

By Danette Dooley, The Telegram, April 5th, 2004

Announcements and Appreciations

March Door To Door Campaign - Another March Door to Door Campaign is almost complete and the donations that were collected and still coming in, even as you are reading this newsletter.

Once again I would truly like to take this opportunity to give a very heartfelt **Thank You!** To all of our 2000+ volunteer collectors who have given so freely to help the 10,000 men, women and children of this province who live with epilepsy.

If you were one of our collectors this year, or one of the thousands of people who made a generous donation, my hat goes off to you. This campaign, and others like it can only be a success if we all continue to work together.

Again, thank you for giving.

Michelle Monahan
Resource, Volunteer and Campaign Coordinator



SEE Program - On April 30th, Pam Anstey, our Information Coordinator will be flying to Edmonton to attend the Seizures and Epilepsy Education (SEE) Program. Presented by Dr. Robert Mittan, a clinical neuropsychologist from UCLA in the US. This is the first time Dr. Mittan will be presenting his world famous program in Canada and we hope to gain a wealth of useful information to bring back and share with our members.

Also on this trip, Pam will be meeting with Information and Education Coordinators from across the country who will also be attending the SEE program. We have set aside an extra day for all the coordinators to meet together and share ideas, information and educational programming that we can all bring back to our own offices. Stay tuned for a report on the program and meetings in the next edition of *Epilepsy News*.



Happy Birthdays! - Members celebrating a birthday this quarter: Jennifer Fitzgerald, Christina Keough, Geoff Hoddinott, Dylan Anstey, Leah Barbour. Happy Birthday from all of us at ENL.

If you would like a birthday announcement listed, just call Pam at the ENL Office.

Alternative and Complementary Therapies - There have been requests from some members wondering if it would be possible to hold a talk or workshop on alternative therapies. Although not scientifically proven, some therapies have offered individuals with epilepsy an additional way to help ease the difficulties of seizures. Alternative therapies often include such things as yoga, meditation, aromatherapy, acupuncture and others.

If you would be interested in attending a session on alternative therapies in general, or on a specific therapy, we would like to hear from you. If there is enough interest, we will try to arrange one or more sessions. For more information or to indicate your interest in participating, call Pam at 722-0502 or toll free at 1-866-EPILEPSY



RCMP Donation - "The RCMP Dream Team" was this year's recipient of the proceeds from the Cst. Robert Amey and Cst. Terrence Hoey Memorial Hockey Tournament. The team voted to donate the proceeds to Epilepsy Newfoundland and Labrador.

The German Team from Goose Bay donated \$500 to the cause and the Dream Team donated another \$135. With the proceeds of the tournament added to these two totals, Epilepsy Newfoundland and Labrador will receive \$1,885.

For 38 years, RCMP members have paid tribute to two police officers killed in the line of duty in this province with a hockey tournament. The Cst. Robert Amey and Cst. J. Terrence Hoey Hockey Tournament was held in Gander on February 20th & 21st. Eleven teams with 130 players took to the ice to raise funds for charities throughout the province. This year, for the first time, a team from the German Air Force Base in Labrador played in the tournament.



Gail Dempsey, Executive Director of Epilepsy Newfoundland and Labrador attended a special presentation ceremony to accept the generous donation. These funds will work very hard to help the children and adults of Newfoundland and Labrador gain a better understanding of epilepsy and learn what to do in case of a seizure. We are very grateful that they would think of us and want to express our heartfelt thanks for their thoughtfulness.

Adult: A person who has stopped growing at both ends and is now growing in the middle.

Brain Busters

Scrambled Brains

Word search puzzles can be a lot of fun. The letters look all mixed up, but hidden among them are many of the generic and brand name drugs we use to control seizures each day.

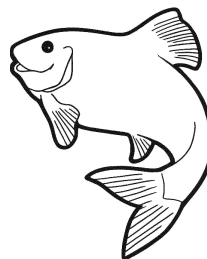
The words can read across, up, down, or diagonally.

P	L	W	E	E	T	H	O	S	U	X	I	M	I	D	E	R	T	Y	U
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I	W	E	L	L	D	U	E	X	G	D	M	A	R	E	N	K	L	I	U
D	Y	D	H	N	U	M	N	Z	N	I	O	T	Y	N	E	H	P	N	S
P	R	I	H	D	E	P	E	L	A	M	L	A	M	I	C	T	A	L	X

Word search puzzle words to find:

Acetazolamide	Lamotrigine
Carbamazepine	Levetiracetam
Clonazepam	Mysoline
Depakene	Neurontin
Depakote	Phenobarbital
Diamox	Phenytoin
Diastat	Primidone
Diazepam	Rivotril
Dilantin	Tegretol
Divalproex Sodium	Topamax
Epival	Topiramate
Ethosuximide	Valium
Gabapentin	Valproic Acid
Keppra	Zarontin
Lamictal	

How Can That Be?



Two mothers and two daughters were fishing. They managed to catch one big fish, one small fish, and one fat fish. Since only three fish were caught, how is it possible that they each took home a fish?

Jumbled Up

Our brains are essential to us because they make us who we are -- and they help us perform the higher functions that make us human.

Starting with each letter to the left, see if you can unscramble the rest of the letters to fill in these five higher functions that the brain can perform — and imagine what life would be like if our brains couldn't do them!

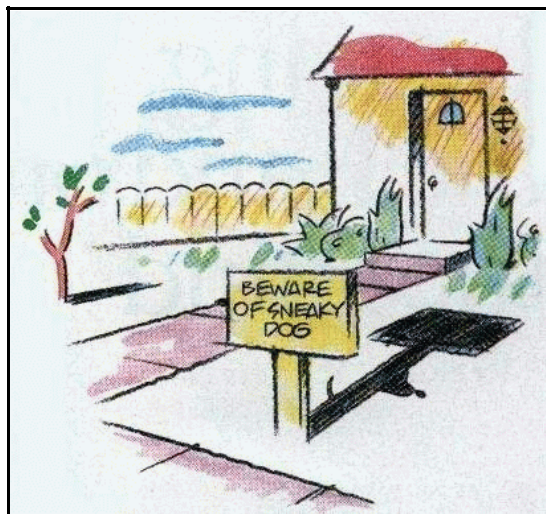
1. **B L C A N A E** (to walk upright)
2. **R M E E M R E B** (to know where you're going)
3. **A Z Y L A N E** (to understand information)
4. **I E I G N M A** (to foresee what might happen)
5. **N E I O T C** (to observe the things around you)

Brain Strain

This is a most unusual paragraph. How quickly can you find out what is so unusual about it? It looks so ordinary that you'd think nothing was wrong with it - and in fact, nothing *is* wrong with it. It is unusual though. Why? Study it, think about it, and you may find out. Try to do it without coaching. If you work at it for a bit it will dawn on you. So jump to it and try your skill at figuring it out. Good luck - don't blow your cool!



Thoughts and Smiles



Achievements

If you can start the day without a caffeine

If you can always be cheerful, ignoring aches and pains,

If you can resist complaining and boring people with your troubles,

If you can eat the same food everyday and be grateful for it,

If you can understand when your loved ones are too busy to give you any time,

If you can overlook it when those you love take it out on you when, through no fault of yours, something goes wrong,

If you can take criticism and blame without resentment,

If you can ignore a friend's faults and never correct him,

If you can resist treating a rich friend better than a poor friend,

If you can face the world without lies and deceit,

If you can conquer tension without medical help,

If you can relax without liquor,

If you can say honestly that deep in your heart you have no prejudice against creed, color, religion or politics,

Then, my friend, you are almost as good as your dog!

***A boy, frustrated with all the rules he had to follow, asked his father, "Dad, how soon will I be old enough to do as I please?"
The father answered immediately, "I don't know. Nobody has lived that long yet."***

My Darling Wife

A man was invited to a friend's home for dinner, where he noticed that his buddy preceded every request to his wife with endearing terms, calling her Honey, Darling, Sweetheart, Pumpkin, etc. He was impressed, since the couple had been married almost 70 years. While the wife was in the kitchen, he said, "I think it's wonderful that after all the years, you still call your wife those pet names." His buddy hung his head. "To tell you the truth, I forgot her name about 10 years ago."



One summer evening during a violent thunderstorm a mother was tucking her small boy 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 in Daddy's room."

Little voice: "That big scaredy cat."

Bits and Pieces

Hot Links

A further look at complementary and alternative medicine, both the pros and cons. For some, alternative therapies work wonders, for others they may do nothing at all or can even make symptoms worse. Only you and your doctor can decide the best course of treatment. Find out more by checking out the links below.

Epilepsy Newfoundland and Labrador Alternative and Complementary Therapies

<http://www.nfld.net/epilepsy/trealternative.html>

Alternative Therapies for Epilepsy

[http://epilepsyontario.org/client/EO/EOWeb.nsf/web/Alternative+Therapies+for+Epilepsy+\(Report\)](http://epilepsyontario.org/client/EO/EOWeb.nsf/web/Alternative+Therapies+for+Epilepsy+(Report))

National Centre for Complementary and Alternative Health Medicine

<http://nccam.nih.gov/health/>

Epilepsy.com - Alternative Therapies

http://www.epilepsy.com/epilepsy/alternative_therapies.html

Alternative Medicine - A Skeptical Look

<http://www.canoe.ca/HealthAlternative/home.html>

DISCLAIMER: Epilepsy Newfoundland and Labrador is not responsible for information and advice contained in the above listed newsgroups, Web-sites or on-line discussion groups. All obtained information should be carefully verified before any changes in therapy or management of epilepsy are made.

Puzzle Answers

X	L	A	T	C	I	M	A	L	M	A	L	E	P	E	D	H	I	P	R	I	P
S	N	P	H	E	N	Y	O	T	O	I	N	Z	N	M	U	N	H	D	Y	D	D
U	I	K	N	E	R	A	M	A	D	G	X	E	U	D	L	L	E	L	W	I	I
L	O	P	I	R	A	M	A	T	E	D	K	I	K	E	P	P	E	A	R	P	A
O	N	A	T	G	A	H	R	A	T	C	A	M	I	D	A	U	V	X	R	A	S
Y	O	E	I	N	L	I	S	O	L	Y	M	Z	R	P	O	H	E	A	T	K	T
E	R	R	X	R	O	L	A	R	O	V	E	Z	E	S	E	H	T	S	O	Y	A
N	U	G	L	T	O	M	Y	L	P	A	N	D	X	A	I	K	T	D	T	K	T
I	E	E	O	N	Y	O	G	A	R	I	R	E	R	M	E	V	E	X	E	V	W
P	N	O	T	M	Z	D	M	O	A	T	B	A	P	O	A	L	V	I	P	I	E
E	N	W	A	J	S	X	N	N	M	I	K	U	R	C	L	M	C	T	E	T	D
Z	I	T	I	F	T	F	E	O	E	N	B	E	P	I	C	P	E	X	P	E	E
A	Z	E	L	T	P	I	L	G	Y	H	V	R	R	E	L	R	E	O	O	T	N
M	O	L	C	A	N	O	Z	A	P	E	O	M	A	I	O	A	R	A	N	A	H
A	B	D	E	M	A	W	A	B	O	M	T	L	I	U	M	B	V	A	M	B	D
O	B	A	V	O	M	T	L	Z	R	A	C	M	T	S	T	I	N	S	O	I	E
R	L	X	N	G	L	A	I	A	L	T	A	E	T	C	R	D	C	S	D	N	T
A	A	S	G	E	B	W	C	D	M	I	N	S	H	L	S	E	R	E	L	A	I
C	O	I	P	E	L	I	E	T	D	T	O	P	A	M	A	X	M	I	H	I	R
U	Y	T	E	R	D	I	M	I	X	S	U	O	H	E	T	E	W	E	P	L	P

How Can That Be? - The fishing group consisted of only three people. A grandmother, a mother and a daughter. The mother is both a mother and a daughter.

Jumbled Up
1. Balance 2. Remember 3. Analyze 4. Imagine 5. Notice

Brain Strain - The letter e, (the most common letter in the English language) is nowhere to be found in this paragraph.

I WOULD LIKE TO HELP IN THE FIGHT AGAINST EPILEPSY

- 9 I am enclosing a donation of \$_____
- 9 I would like to become a member of Epilepsy Newfoundland and Labrador. I am enclosing my \$5.00 membership fee.
- 9 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 - 261 Kenmount Road, St. John's, NL A1B 3P9