



Epilepsy News

The Quarterly Newsletter of Epilepsy Newfoundland and Labrador

Winter 2007

When Seizures are Not Epilepsy The Complicated and Misunderstood Non-epileptic Seizure

Between 5 percent and 20 percent of people diagnosed with epilepsy may not have epilepsy at all, but instead may have what is known as non-epileptic seizures.

Never heard of non-epileptic seizures? How about one of the other terms used for them such as Psychogenic Seizures or Pseudo-Seizures? Just the names alone imply all sorts of negative connotations. In fact, the whole topic can be a minefield of controversy for doctors, neurologists and patients.



What is a Non-Epileptic Seizure?

The complication begins because non-epileptic seizures may look very much like epileptic seizures, but they are **not** caused by abnormal brain electrical discharges. They are actually a symptom of psychological distress. Frequently, patients with non-epileptic seizures may look like they are experiencing generalized convulsions similar to tonic clonic seizures with falling and shaking. Less frequently, they may look like absence or complex partial seizures. A physician may suspect non-epileptic seizures when the seizures have unusual features such as type of movements, duration, triggers and frequency.

Non Epileptic Seizures are NOT Fake Seizures

People who have non-epileptic seizures are not faking or pretending. They are indeed very real and in most people have developed in reaction to a specific traumatic event, such as physical or sexual abuse, divorce, death of a loved one, or other great loss or sudden change.

Non-epileptic seizures occur when the psychologic conflict becomes unconsciously converted to resemble those of a neurological disorder. It tends to develop during adolescence or early adulthood but may occur at any age. It appears to be somewhat more common among women.

What to Do If You Have Concerns?

It may take many years for individuals to get an accurate diagnosis of their non-epileptic seizures. Within our current medical system, doctors and neurologists can often only meet with patients infrequently, and even then appointments may result only in an adjustment to the dosage of medications the person may be taking.

Diagnosis can be further complicated by an uncertain EEG. The primary key in distinguishing between epileptic and non-epileptic seizures rests with the presence of abnormal brain electricity on an EEG. However, an EEG will only show seizure activity that is happening while a person is connected to the machine, so a clear EEG may simply indicate no seizure activity taking place at that moment, or it may indicate no electrical abnormalities at all.

Muddling things even more is that some people can exhibit both epileptic **and** non-epileptic seizures creating a combination that may leave both doctor and patient perplexed.

If you have been diagnosed with epilepsy and no medications seem to control your seizures, talk to your neurologist about non-epileptic seizures. It's possible that non-epileptic seizures may have nothing to do with what you are experiencing, but then again, if it is, you may be on your way to finally finding some relief.

Pamela Anstey
Information Officer
January 2007

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On My Mind

It's official.... I am a wimp. I sit here typing and battling a cold, wishing I were home curled into bed sleeping, or drinking hot soup, with someone catering to my every want and whim. It's often said that whatever doesn't kill you makes you stronger, but as sick as I feel right now, I'm not so sure. Why is it that we can face horrible catastrophes head on with nary a blink, but a little cold can turn us into big babies?



Of course I'm not alone in my misery. Nearly everyone we encounter is battling the sniffles of some form this time of year, and as a result, patience dwindles and grumpiness is on the rise. Christmas is over, winter sets in, and we're all hunkering down until spring.

But it doesn't have to be that way. I've decided... I am declaring a moratorium on winter blahs! I pledge to laugh when I see the plow fill my just-shoveled driveway with snow. I pledge to smile when someone cuts me off in traffic, or the cat upchucks on my freshly cleaned floor, or my husband forgets to put down the toilet seat.

I vow that I will face the small irritating things with as much determination and motivation as I would the big things. I will chuckle instead of grumble this season, laugh instead of whine, and in doing so, hopefully help others do the same.

I will stride positive and happy through the winter...

Or... at least until my next cold.

Pamela Anstey
 Information Officer

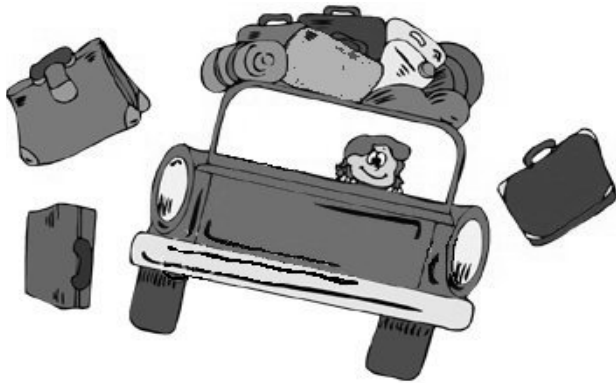
Disclaimer

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.

If you can't change your fate, change your attitude.
 ~Amy Tan

Excursion Round the Bay - Trinity/Conception

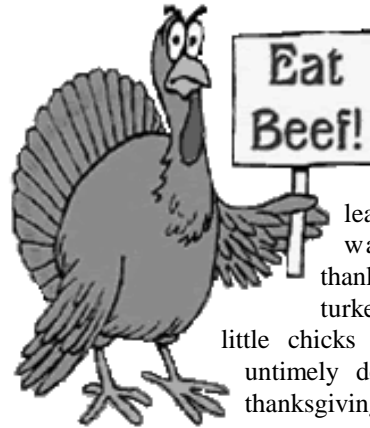


I should be ashamed of myself, I will admit, but up until my recent visit to the Trinity Conception area for my annual fall excursion, I had never visited the area before. I have been missing out! It has got to be one of the prettiest places in the province. Especially the drive up around Hearts Content, Hearts Delight and Green's Harbour. One of the ladies here at the ENL office has a cabin up that way and heads there every single weekend. I always did wonder why, but now I know.

The scenery was only the beginning of this trip though, because I was so pleased with the reception I got everywhere I visited. Schools, organizations, and offices were all happy to have me in, and eager to learn. Over the course of six days I visited and shared information in Bay Roberts, Carbonear, Harbour Grace, Upper Island Cove, Hearts Content, Hearts Delight, Green's Harbour, Whitbourne, Colliers, and Holyrood. Whew!

The visit took in a wide range of different organizations and included K-12 schools, post-secondary schools, medical centres, pharmacies, correctional facilities, and the RCMP. Additionally, I pretty much left epilepsy information at every motel, restaurant, gas station and store that I happened into along the course of my trip. Overall there were 30 information sessions completed in just five days, which reached a total of almost 700 people!

One of the highlights of my trip this year was the Whitbourne Correctional facility. I was understandably a little apprehensive about my sessions there, but it was fabulous! I did sessions with all the residents and most of the staff. The kids were interested, attentive, and asked really great questions. The staff was friendly, helpful and really appreciative of my visit.



Did you know that they have a working farm at the facility, complete with animals which the residents care for? What an excellent opportunity to learn some really neat stuff. I was there just before thanksgiving, and at the time, the turkeys that had been raised from little chicks were about to meet their untimely demise to adorn someone's thanksgiving table!

Overall it was another beautifully successful year. I am always heartened to share in the stories and struggles that others are having with seizures, if nothing more than to let people know that they are truly not alone, and that there is someone there to help if they need it.

People in this province are kind, understanding, and incredibly giving. To everyone that I met along the way - THANK YOU, for sharing your stories, for sharing your supper ☺, for helping me when my car broke down in the middle of it all, and for helping each other understand more about seizures every single day.

*Pamela Anstey
Information Officer,
Epilepsy Newfoundland and Labrador
November 1st, 2006*

A daughter complained to her father about her life and how things were so hard for her. She was tired of fighting and struggling. It seemed as one problem was solved a new one arose.

Her father took her to the kitchen. He filled three pots with water and placed each on a high fire. Soon the pots came to a boil. In one he placed carrots, in the second he placed eggs, and the last he placed ground coffee beans. He let them sit and boil, without saying a word. After about twenty minutes he turned off the burners set each item in a different bowl. He brought her closer and asked her to feel the carrots. She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. She smiled, as she tasted its rich flavor. She asked: "What does it mean?"

He explained that each of them had faced the same adversity, boiling water, but each reacted differently. The carrot went in strong, hard, and unrelenting. But after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior. But after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique however. After they were in the boiling water, they had changed the water.

"Which are you," he asked his daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean? Are you the carrot that seems hard, but with pain and adversity do you wilt and become soft and lose your strength? Are you the egg, which starts off with a malleable heart? Were you a fluid spirit, but after a death, a breakup, a divorce, or a layoff have you become hardened and stiff? Your shell looks the same, but are you bitter and tough with a stiff spirit and heart? Or are you like the coffee bean? The bean changes the hot water (the very thing that is bringing the pain) and rises to its peak flavor when the water boils at 212 degrees Fahrenheit. When the water gets the hottest the coffee tastes even better. If you are like the bean, when things are at their worst, you get better and make things better around you.

Are you a carrot, an egg, or a coffee bean?

Scholarship Winners 2006

Each year ENL offers two scholarships, available to post secondary students with epilepsy to assist them with continuing their education and pursuing their dreams.

The Jim Hierlihy Memorial Scholarship, valued at \$1000 was awarded this year to Zach Rowe of Carbonear. Zach is a student at the College of the North Atlantic studying first year University courses and has a great love of athletics. He has had epilepsy since he was seven but works hard to succeed in spite of it.



ENL President Ron Stone & Zach Rowe

"I have never let my disability stop me from having a normal life. I know I'll always be on medication, and I'll never get my licence. All of this make me more determined to get a good education and to have a good career"

The Mature Student Scholarship, also valued at \$1000 honours an older student with epilepsy who has taken the initiative to return to studies to advance in their present career or has been in training for their career for a few years now.

This year the Mature Student Scholarship was awarded to Shaina Bennett of St. John's.

Shaina is one busy lady. Between her full time nursing studies and her part time job, she still manages to volunteer where she can. Her goal is to work in oncology as a nurse practitioner. Shaina was diagnosed two years ago and has had to battle lots of misconceptions in that time.

"I work as a lifeguard, coached, and worked at daycare. In all of those roles I found myself educating people about epilepsy. There



ENL President Ron Stone & Shaina Bennett

are lots of misconceptions even in my nursing class. I feel that by talking about epilepsy with my peers I am affecting an infinite number of people because they will all be health care providers."

Epilepsy Newfoundland and Labrador takes great pleasure in extending our sincerest congratulations to both Zach and Shaina. You offer great proof that epilepsy does not have to be a barrier to reaching your goals.

If you would like to find out how to apply for one of our scholarships, call us at 709-722-0502 or toll free at 1-866-epilepsy(374-5377) or visit our website at www.epilepsynl.com and download all the forms and information you need.

Coffee Club



February 1st, 2007, 2pm
we're hosting our first ever

Coffee
Club

at the ENL Offices at
26 O'Leary Ave., St. John's
Just across the street from the
back of the Avalon Mall. The office door
is up on the right side of the building.

Come out and have a coffee (or tea, or pop) and a chat with other members and the staff of ENL.

Meet other folks who know first-hand what it's like to live with Epilepsy. No registration necessary, just drop in!

If you would like more information, or directions on how to find us, just call the office at 722-0502..

If there is enough interest, we will be making the Coffee Club a regular event.



Christmas Tea for Epilepsy



Our Christmas Tea for Epilepsy has just clued up and once again, it was an unqualified success. Businesses and organizations seemed to really enjoy our annual event touted as the most relaxing fundraiser ever.

All folks had to do was sit back, relax, and enjoy a cup of tea on us, any time during the weeks of December 4th – 15th, 2006.

We provided the tea, goodies, information about seizures, and a special present, and they provided the good will and community spirit. In return, we asked that offices donate their break money to Epilepsy Newfoundland & Labrador. It was that easy.

Some took things a step further and chose to make a direct donation to ENL and offer the tea and sweets to their staff, clients, or customers as a special treat, or some raffled off the basket and donated the proceeds to us.

Again this year, we are very grateful to Tetley, who each year has donated 10,000 individually wrapped teabags to start the program off with a bang.

We also have to extend special thanks to Costco Bakery, who generously provided most of the sweet treats and goodies that filled our Christmas baskets.

All in all it was a great success, as you can see by the number of community minded folks who supported this cause. We thank each and every one of you for doing your part. With just a cup of tea, you have made a difference.

Christmas Tea Hall of Fame 2006

Our Most Flavorful Sponsor

Tetley

The Benevolent Bakers (In-Kind Cookies and Treats Donations)

Costco Wholesale
Purity Factories

Marie's Bakery
Paradise Bakery

Our Grand Givers (\$500 and up)

Husky Energy

MHA Paul Shelley

The Tea Masters (\$100.00 donations and up)

Bertha Lorenzen
Rogers Cable
Barrett's Funeral Home
Norm Doyle, MHA St. John's East
VOCM Cares Foundation
Paradise Health Complex
Service Canada Income Security

Remax Plus Realty
TransOcean Canada
Liberal Members Office
The Telegram
Bill Lorenzen
Gander Toyota
Scotiabank - Water Street
CONA - Prince Philip Drive

The Tea Specialists (\$50 and up)

Nf School for the Deaf
Penny Mazda
Royal Canadian Legion Br. #1
City Management and Consulting
BMO - Elizabeth Avenue

AON Reed Stenhouse
City Tire
CONA - Ridge Road
St. Patrick's Mercy Home

The Tea Apprentices (Donations up to \$50)

MHA Terry French
Scotiabank - Elizabeth Avenue
Avalon Software
Service Canada - Pleasantville
Stella Burry Foundation
MHA Sheila Osborne

City of St. John's - Engineering
City of St. John's - Tax Dept.
City of St. John's - Info Services
City of St. John's - Access Cntr.
Business Development Bank
Fonemed

**Sit back, relax, enjoy your tea
and think how different
your life would be,
if I were you and you were me,
and you were the one with Epilepsy.**

Epilepsy Syndromes

When a person's seizure disorder has a characteristic group of features, it is called a syndrome. Syndromes have a cluster of symptoms or signs that define them.

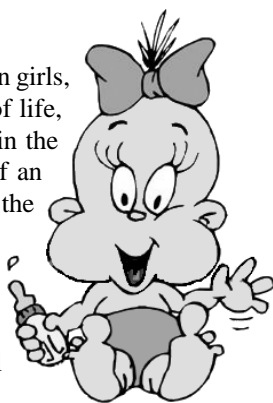
Over the next few editions of *Epilepsy News* we will give you an overview of some of the most prevalent epilepsy syndromes.

For more detailed information on any of the epilepsy syndromes listed here, please contact Epilepsy Newfoundland and Labrador.

Aicardi's Syndrome

Overview

Aicardi's Syndrome is only ever seen in girls, and usually appears in the first year of life, however it can occasionally be seen in the neo-natal period. It occurs because of an abnormality in the development of the brain prior to birth. Aicardi's Syndrome is rare and does not run in families. The long term prognosis is poor with reduced life expectancy due to severe seizures and other physical problems.



Symptoms

- Epilepsy early in life, usually starting with infantile spasms, with the possibility of progressing to other types of seizures.
- Other abnormalities may be present, including those of the spine, facial characteristics, or of the heart.
- Developmental delays from an early age. Stiffness or extreme weakness of one or more limbs.
- Learning difficulties are always present and usually severe. Limited language and social development.
- Eye problems are prevalent. Abnormalities known as Lacunae and unusual eye movements are common and occur because the retina has not developed properly. Vision is usually impaired but blindness is uncommon.

Treatment

There is no specific treatment for Aicardi's Syndrome as a whole. Treatment involves attempting to minimize symptoms through anti-epileptic drugs, physiotherapy and other emotional and medical supports used to treat a child with multiple disabilities.

March Q&A Forum

*Have epilepsy questions you would like to ask an expert?
Want to share the stories and experiences of other individuals
and families who struggle with epilepsy?*

WE HAVE YOUR OPPORTUNITY!

During March, Epilepsy Newfoundland and Labrador will be hosting our annual province-wide Q&A Forum on Epilepsy. This year we are very pleased to have not one but two of this province's foremost authorities on epilepsy:



Dr. A. Ogunyemi,
Epileptologist
and
Dr. D Buckley,
Pediatric Neurologist

Come join two of Newfoundland and Labrador's most knowledgeable neurologists on epilepsy and seizure disorders, in a province-wide Question and Answer Forum. Ask Dr. Ogunyemi and Dr. Buckley the questions that are important to you, and find out even more about epilepsy.

**Participation is open to anyone in the province.
REGISTRATION FOR THIS EVENT IS FREE**

If you live in St. John's and the surrounding areas the conference will be held on March 29th at 7pm, with the location for the St. John's area to be announced soon.

If you live outside of St. John's, we are pleased to be able to include everyone in the province who wishes to participate in this annual forum via teleconference. If you have access to a phone, you can join us!

Last year's event filled up early, so make sure you don't miss out. Please register on or before March 23rd in order for us to make the necessary arrangements.

For more information or to register for the forum, contact
PAM ANSTEY, Information Officer
Epilepsy Newfoundland and Labrador
(709) 722-0502 or toll free at 1-866-EPILEPSY
info@epilepsynl.com

Off the News Wire

Vitamin D Improves Bone Loss Due to Epilepsy Drugs

It's well known that, taken for long periods, anti-epilepsy drugs can lead to brittle bones. Now, researchers have shown that high-dose vitamin D therapy significantly improves bone mineral density in this situation.

American University of Beirut Medical Center compared the effects of low-dose and high-dose vitamin D on bone mineral density in 72 adults and 78 children and adolescents taking anti-epilepsy medications.

At the start of the study, 34 percent of the adults were in the deficient range of vitamin D levels and 46 percent were in the insufficient range. Among children, the corresponding figures were 18 percent and 44 percent. Bone mineral density was below normal in the adults, but in the children and adolescents it was still in the normal range.

After treatment, none of the adults and only a few of the children in the high-dose group still had vitamin D deficiency, and relatively few had vitamin D insufficiency, the researchers report. Bone density in adults assigned to high-dose vitamin D increased significantly, but it didn't change much in the low-dose vitamin D group, the report indicates. For children, bone density increased with both low and high doses of vitamin D, the researchers say, with no differences between the dose groups.

Despite the improvements in adults, however, bone density remained below normal even after a year of vitamin D therapy.
Reuters Health Information, December 18th, 2006

Commonplace Sugar Compound Silences Seizures

A new study suggests that a sweet-tasting compound called 2DG has great potential as a treatment for epilepsy.

2DG (2-deoxy-glucose) has long been used in radio labeling, medical scanning and cancer imaging studies in humans. But now researchers have found the substance also blocks the onset of epileptic seizures in laboratory rats.

"We pumped the rats full (of 2DG) and still saw no side effects, I see 2DG as an epilepsy management treatment much like insulin is used to treat diabetes."

Despite the promise of 2DG, it is estimated that it will be five years before the compound is available for human use. It needs to be subjected to toxicity studies and clinical trials before it can receive approval and be made available to the public.
University of Wisconsin-Madison, October 15th, 2006

New Drug May Work as Anti-epileptic Medication

Schwarz Pharma has presented data suggesting that it may be possible to treat epilepsy using their drug lacosamide.

Phase III trials investigated the safety and oral usage of lacosamide as an add-on therapy for adults with uncontrolled partial seizures.

Seizures were reduced by 15 per cent in people that took 400mg per day. During the trial, lacosamide was generally well tolerated, with dizziness, headache and double vision being the most commonly reported side-effects.

"Lacosamide is a promising new compound with a novel mode of action, and it has the potential to play an important role in the management of epilepsy."

Unlike traditional anti-epileptic drugs, lacosamide is believed to reduce neuron transmissions in the brain. The trial will be submitted to the regulatory agencies in both the European Union and the US.

Epilepsy Action, December 21st, 2006

Implanted Devices Could Predict, Stop Seizures

Approximately one-fourth of people with epilepsy can't be treated. Now, scientists are exploring new ways to predict seizures and stop them before they start.

Researchers at the University of Pennsylvania in Philadelphia are studying how to predict when a seizure will happen in the hopes that treatments, like implanted brain stimulators, will stop the seizure from happening.

New ways are being developed to program devices to recognize the beginning of a seizure. These devices, like the Neuropace Responsive Neuro Stimulator, would essentially zap the brain back into a normal mode of behavior. The secret is to give the treatment in enough time to stop the cascade of events that lead to a full-blown seizure.

The discovery that some types of seizures develop over minutes, even hours, before a seizure is apparent has led researchers in a new direction of epilepsy research, which could lead to more effective seizure control.

Ivanhoe, October 11th, 2006

To get what you want, STOP doing what isn't working.
~Dennis Weaver

Announcements and Notices

We Need Your Support!

Epilepsy Awareness Month's annual Door to Door campaign will begin in full force on March 1st. With the help of many generous and caring people just like you, I am sure that this year will be a resounding success once again. It's because of our volunteers and the generosity of those who give even a small donation that we can continue to bring numerous programs and services to individuals, family and friends who are influenced by the effects of epilepsy.

Will you give just a little time to help?

If so, perhaps you could collect a street or small area in your hometown, or perhaps you would be willing collect among your friends and family? If you are able to offer even an hour or two of your time, please give me a call. You can reach me at 722-0502 or toll free at 1-866-EPILEPSY (374-5377).

There are collector prizes to be drawn for at the end of the campaign.

If you cannot help, please give generously when one of our volunteer canvassers comes to call at your door. Every penny stays right here to help the people of this province live a better life today.

Marilyn Murley
Campaign Coordinator



Just a Handful Left

We're bringing epilepsy into the light with our new lavender wristband, with OUT OF THE SHADOWS on one side, and our national website, www.epilepsymatters.com on the other.

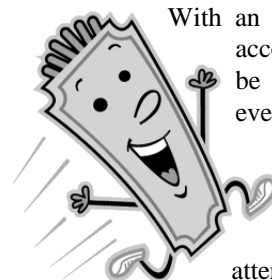
Lavender is the internationally recognized colour associated with epilepsy and seizures, and the lavender flower is a symbol for things that are hidden or isolated, much like epilepsy. Because epilepsy is often controllable, it becomes invisible to most people, becoming something scary and unknown. It is by stepping out of the shadows that epilepsy will be understood, the stigma eliminated, and people who live with seizures more accepted.

We only have a few wristbands left and when they are gone, there will be no more.

Get yours for only \$3.00 from Epilepsy Nf. & Lab.
Every penny stays right here to help individuals and families dealing with epilepsy and seizures everyday.

Attendant Passes

Did you know that St. John's and Mount Pearl offers free attendant passes for city sponsored events and more?



With an attendant pass, a support person who accompanies a person with a disability will be permitted to enter any City-sponsored event or program, free of charge. The pass is written in the name of the person with the disability or special needs. The person with the attendants pass pays for the event or program and the attendant enters the event free.

Attendant passes may be used at the following facilities

- Mile One Stadium
- City Facilities - Wedgewood Park Recreation Centre, H.G.R. Mews Community Centre
- The Arts and Culture Centre
- Empire Theatres
- Mount Pearl Recreation Facilities
- The Works and the Aquarena

For additional information contact the City of St. John's Family & Special Services Coordinator @ (709) 576-8025 or Epilepsy Newfoundland and Labrador at 722-0502 or 1-866-EPILEPSY.

Does your town or community offer Attendant Passes? No? Not Sure? We can help. Give us a call at the Epilepsy Office.



In Memoriam Donations

Did you know that you can pay tribute to a loved one or family member by making an In-Memoriam donation in their name?

All donations receive a tax deductible charity receipt, and can be made in a variety of ways: in person at the ENL Offices, via telephone, over the internet through the link on our website at www.epilepsynl.com, or an in memoriam donation card can be picked up at most funeral homes throughout the province. If your local home does not have any, please let us know and we would be happy to send some out to them.

In Memoriam donations can also be set up as an annuity to be a continuing tribute in honour of your loved one.

For more information, please contact the office.

A Little Time Out



In the frozen foods department of the local grocery store, I recently noticed a man shopping with his son.

As I walked by, he checked something off his list, and I heard him whisper conspiratorially to the child,

"You know, if we really mess this up, she'll hopefully never ask us to do it again!"



Spelling Bee

There is one word in this puzzle which is spelled incorrectly. Can you find it?



BUSINESS COFFEE RHYTHM SINCERELY

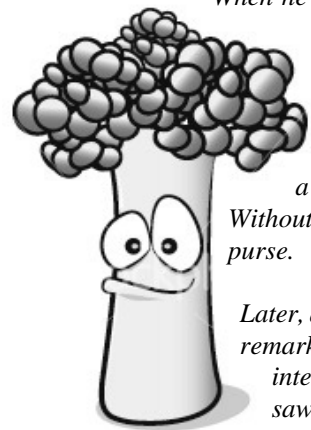
Because of an ear infection, mom had to take Jake to visit the pediatrician.

She was impressed with the way the doctor directed his comments and questions to her son.

When he asked Jake, "Is there anything you are allergic to?" Jake nodded and whispered something in the doctor's ear.

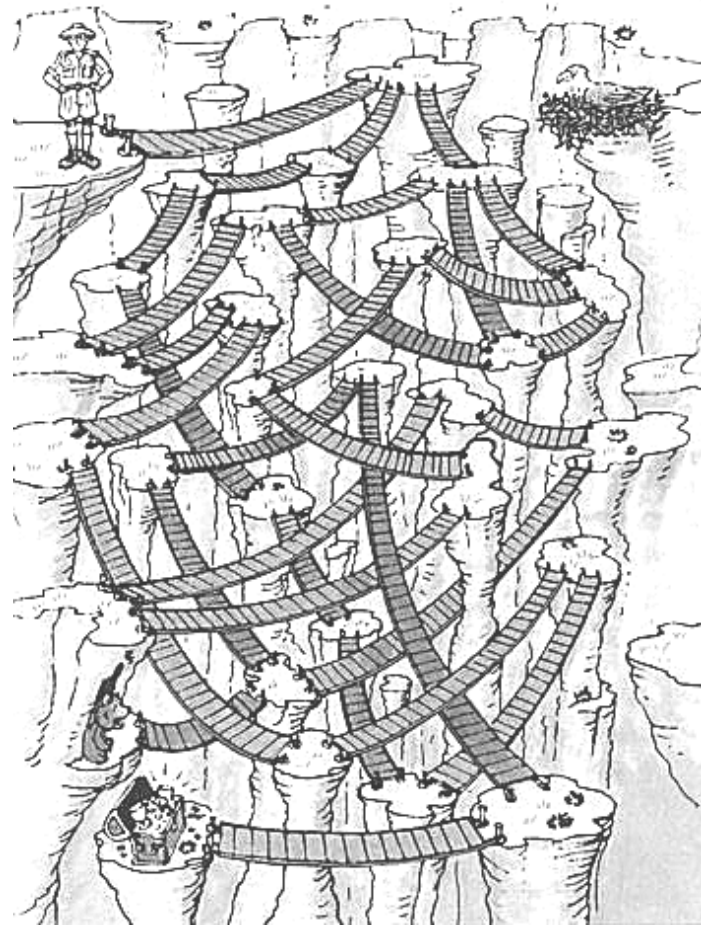
Smiling, the pediatrician wrote out a prescription and handed it to mom. Without looking at it she tucked it into her purse.

Later, as the pharmacist filled the order, he remarked on the unusual food-drug interaction Jake must have. When he saw her puzzled expression, he showed her the label on the bottle.



As per the doctor's instructions, it read, "Do not take with broccoli."

Treasure Hunt



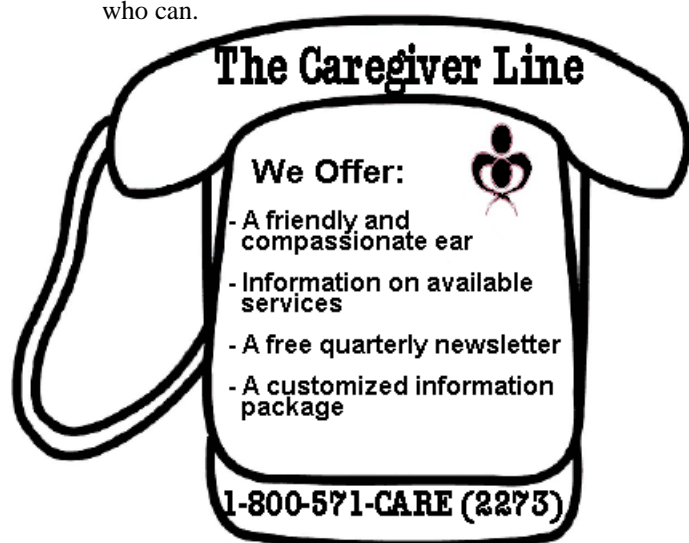
Professor Brainy Bones is trying to reach the treasure. He has to get there by navigating the series of hanging bridges very carefully.

Will he make it? Watch out for the bear!

Bits and Pieces

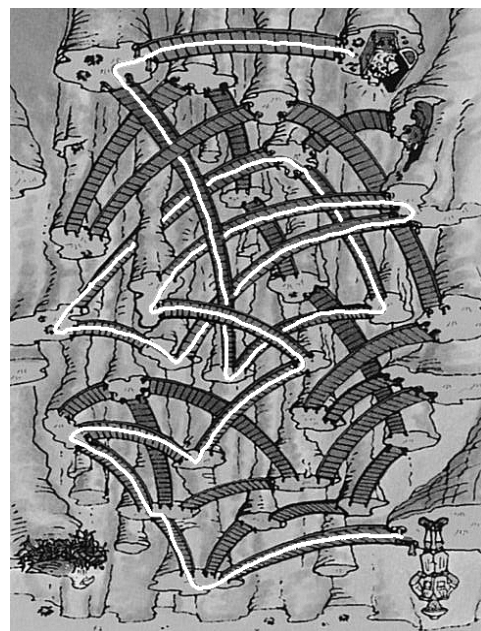
Caregiver-Line

- The Caregiver-Line is a toll free line, available to everyone in Newfoundland and Labrador.
- We provide information and assistance Monday to Friday from 8:30am - 4:30pm. Messages left after hours will be promptly returned.
- We can put you in touch with a wide variety of information and services for family caregivers in Newfoundland and Labrador.
- We offer a friendly and compassionate ear. We are familiar with and understand caregiving issues.
- If we cannot answer your question we will find someone who can.



Puzzle Answers

Spelling Bee - The word 'incorrectly'



Treasure Hunt

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: _____

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