



Summer 2021

Special Points Of Interest

- Epilepsy Education Sessions
- Project Purple Pictures
- Improving your Memory
- Latest Epilepsy Research
- Support Groups Fall 2021
- Scholarships 2021
- Programming 2021
- Asked and Answered



SEIZURE SMART TIPS for the summer

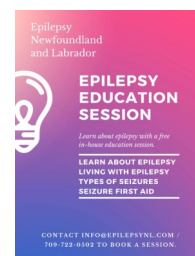
- ✓ Dress in lightweight & light-colored clothing
- ✓ Drink extra fluids to keep hydrated
- ✓ Stay in an air-conditioned environment if possible
- ✓ Remember to take your seizure medication



Epilepsy Summer Camp Information Sessions

Each year we offer epilepsy education sessions to summer camps in St. John's and surrounding areas which include learning about living with epilepsy; types of seizures; and seizure first aid. The summer camp education sessions provide a valuable opportunity to educate counselors each year, increasing awareness and knowledge surrounding epilepsy. The camp counselors are then in turn in a position to pass this knowledge along to their campers and are better equipped to offer a fully inclusive environment for the participants who are living with epilepsy. It is great to see this commitment to epilepsy awareness in our province, and the opportunity to educate a young population who can bring their education forward is truly priceless. Special shout out to Torbay, Bay Bulls and Portugal Cove-St. Philips who book every year!

To book an epilepsy education session for your work, school, community centre, daycare etc. contact Alicia at info@epilepsynl.com or 722-0502.



Epilepsy and High Temperatures

Although Newfoundland and Labrador is not known for its extreme high temperatures, this summer in particular has had some very hot and humid days. Some people with epilepsy may be sensitive to heat, and for some it can be important to stay cool to avoid triggering a seizure. www.epilepsy.com has some tips for beating the heat if you have epilepsy and are sensitive to higher temperatures.

Considerations for staying cool in warm weather include:

- Limit sun and heat exposure. Plan activities in the early morning or late afternoon and evening. This helps you avoid the warmest temperatures in the middle of the day.
- Dress in lightweight and light-colored clothing.
- Drink water before, during, and after physical activity to help keep your body temperature cool.
- When temperatures are high, spend time in buildings with air conditioning, such as museums, indoor playgrounds, libraries, or shopping centers.
- If a person has extreme heat intolerance, wearing a cooling vest may be helpful.

Listen to your body. If you feel weak, dizzy, or thirsty, find a place to rest in the shade. Drink water, tell someone (family member, lifeguard, camp counselor, coach, or friend) how you are feeling and take a break. Ask them to stay by your side until you feel better.

Project Purple 2021 Pictures

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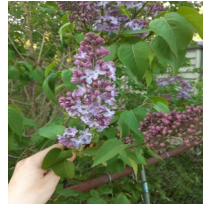
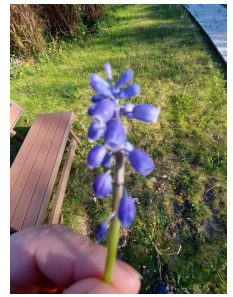
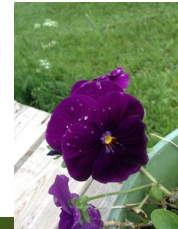
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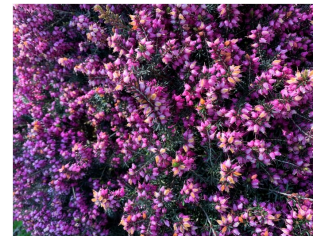
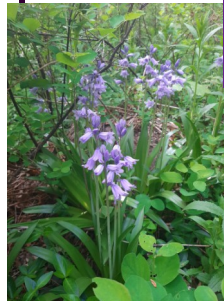
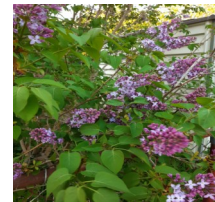
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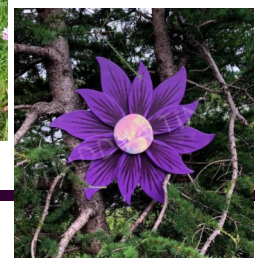
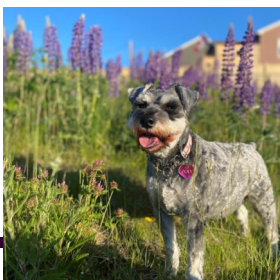
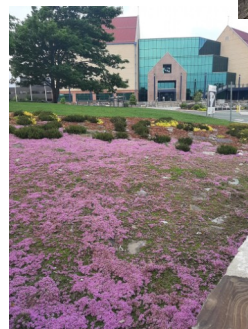
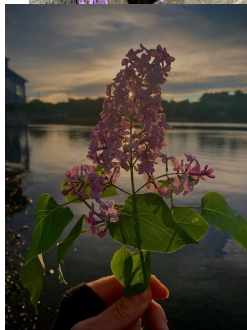
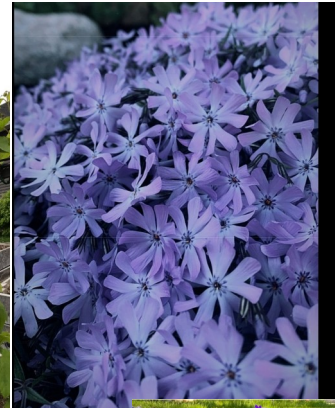
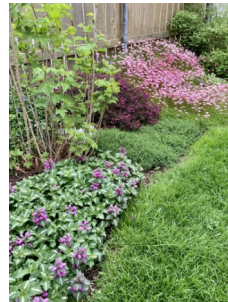
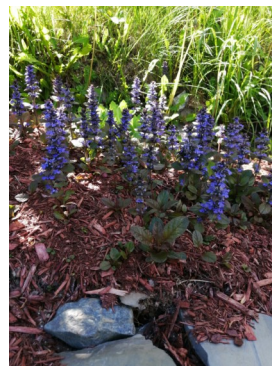
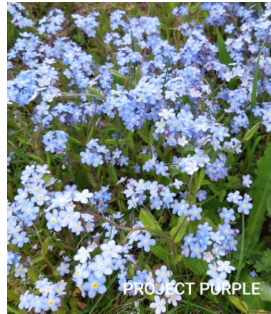
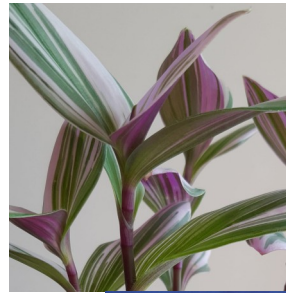
Information Officer

Alicia Legge



Purple for Epilepsy





Sorry if we missed any entries it was hard to fit them all in a few pages. Thank you again for the support and for participating!

Epilepsy NL Membership

We invite you to become a member of Epilepsy Newfoundland and Labrador. **Membership is free of charge.** By becoming a member you gain access to a wide range of benefits, services and information such as:

- Access to support programs and advocacy services
- Invitations to special events, teleconferences and information sessions on various social and medical aspects of epilepsy
- Quarterly Newsletter
- Three Scholarships exclusively available to members
- Purple Star Award offered to members and residents of NL
- Support: Strength comes in numbers. The more members we have the more support ENL will receive for research, proposals etc.
- Voting privileges at the Annual General Meeting
- Notification of changes in seizure medications or treatments that matter to you

If epilepsy is important to you and you want to make it important to others,



I Would Like to Become a Member with ENL

Name:	Email:
Address:	
Phone:	Would you prefer email or postage?
Do you or a loved one have epilepsy?	What type of seizure/seizures are present?
Additional Comments and Suggestions: Are there any issues regarding epilepsy you would be interested in learning more about?	

Please clip and mail this form to Epilepsy Newfoundland and Labrador— 351 Kenmount Rd. St. John's, NL A1B 3P9 or you can email all your information to info@epilepsynl.com to save on postage. You can also submit your form online (www.epilepsynl.com). If you would like to make a donation you can donate through our website by visiting epilepsynl.com and clicking the DONATE button.



Support Groups Fall 2021

We will be starting our virtual support groups again in September 2021. We will again host one group for People Living with Epilepsy and another for Caregivers of People with Epilepsy. Dates and times will be announced to the membership as well as on social media as we hope to expand the support groups to the public this time around.

Epilepsy News –Epilepsy NL Scholarship Program

Each year, Epilepsy Newfoundland and Labrador offers three different scholarships to its members. The deadline for applications is November 1st, and we encourage all members to apply if they qualify. Not a member? Contact info@epilepsynl.com / 709-722-0502 to register for free. Applicants must be members of Epilepsy NL themselves. Scholarship applications can be found online at:

Zach Rowe Memorial Scholarship

The Zach Rowe Memorial Scholarship, valued at \$1000, is awarded to a student with epilepsy who is currently in, or about to enter, their first year of Post Secondary studies. It honours Zach Rowe, recipient of an ENL scholarship in 2006, who passed away as a result of a seizure in 2009. He was 21 years old.

Jim Hierlihy Memorial Scholarship

The Jim Hierlihy Memorial Scholarship, valued at \$1000, is awarded to a mature student with epilepsy who has taken the initiative to return to studies to advance in their present job or train for a new career. It honours one of ENL's in-credible volunteers, Jim Hierlihy, who was on the Executive of the ENL support group in Gander and a great supporter of all those living with seizures. Applicants must have diagnosed epilepsy, be 21 years of age or older, and be a member in good standing of Epilepsy NL at the time of application.

Epilepsy NL Family Scholarship

The Epilepsy NL Family Scholarship, valued at \$1000 is awarded to a student who has a family member diagnosed with epilepsy, and currently in, or about to enter, their first year of Post Secondary studies. Applicants must have a family member diagnosed with epilepsy, be a member in good standing of Epilepsy NL at the time of application, and submit a copy of their most recent transcript or marks with their application. Evaluations will be based on a combination of the applicant's grades, extra-curricular activities, and financial need.



Asked and Answered

Q: Can a person with epilepsy work?

A: Most people with epilepsy can work and can have rewarding careers. Physical disabilities are protected grounds under human rights legislation and the Canadian Human Rights Act does not allow discrimination by an employer due to a disability such as epilepsy. If seizures do prevent a person from working, there are many ways to use skills including volunteering, developing a hobby or pursuing an artistic talent.



Epilepsy- Improving your Memory

Some people with epilepsy may experience issues related to their memory and cognitive function. This could be due to a number of factors:

1. The side effects of medications taken to treat their epilepsy
2. Common mental health issues in the epilepsy community such as depression and anxiety
3. The effects of having seizures
4. A previous or current brain injury
5. Scar tissue on the brain especially if it is located on the frontal lobe /temporal lobe
6. A previous brain surgery

Here are some ways to help improve your memory:

1. Focus on one task/thing at a time
2. Use memory aids such as shopping lists, calendars, medication pill box, post it notes or even an electronic source like a GPS, tablet, alarm clock or mobile phone.
3. Write down/record information in a seizure journal and on a calendar
4. Stay active and take care of your physical, spiritual and mental health by exercising your brain and body, eating well, getting quality sleep and finding spiritual methods to help relax you.
5. Avoid overloading your memory and taking in too much information at one time. Break down information into smaller sections or “chunks” that will be easier to recall later.



Brain-repair discovery could lead to new Epilepsy treatments, July 23, 2021

University of Virginia School of Medicine researchers have discovered a previously unknown repair process in the brain that they hope could be harnessed and enhanced to treat seizure-related brain injuries.

Common seizure-preventing drugs do not work for approximately a third of epilepsy patients, so new and better treatments for such brain injuries are much needed. UVA's discovery identifies a potential avenue, one inspired by the brain's natural immune response.

Using high-powered imaging, the researchers were able to see, for the first time, that immune cells called microglia were not just removing damaged material after experimental seizures but actually appeared to be healing damaged neurons.

"There has been mounting generic support for the idea that microglia could be used to ameliorate seizures, but direct, visualized evidence for how they could do this has been lacking," said researcher Ukpong B. Eyo, PhD, of UVA's Department of Neuroscience, the UVA Brain Institute and UVA's Center for Brain Immunology and Glia (BIG). "Our results indicate that microglia may not be simply clearing debris but providing structural support for neuronal integrity that may have implications even beyond the scope of seizures and epilepsy."

A Surprising Response to Seizures

The new findings come from a collaboration of scientists at UVA, Mayo Clinic and Rutgers University. They used an advanced imaging technique called two-photon microscopy to examine what happened in the brains of lab mice after severe seizures. What they saw was strange and unexpected.

Rather than simply cleaning up debris, the microglia began forming pouches. These pouches didn't swallow up damaged material, as many immune cells do. Instead, they began tending to swollen dendrites -- the branches of nerve cells that transmit nerve impulses. They weren't removing, the scientists realized; they appeared to be healing.

These odd little pouches -- the scientists named them "microglial process pouches" -- stuck around for hours. They often shrank, but they were clearly doing something beneficial because the dendrites they targeted ended up looking better and healthier than those they didn't.

"We did not find microglia to be 'eating' the neuronal elements in this context," Eyo said. "Rather, we saw a strong correlation between these interactions and a structural resolution of injured neurons suggestive of a 'healing' process."

The new insights into the brain's immune response points scientists in promising new directions. "Although these findings are exciting, there is yet a lot to follow-up on them. For example, the precise mechanisms that regulate the interactions remain to be identified. Moreover, at present, the 'healing' feature is suggested from correlational results and more definitive studies are required to certify the nature of the 'healing,'" Eyo said. "If these questions can be answered, they will provide a rationale for developing approaches to enhance this process ... in seizure contexts."

Eyo has already received two grants totaling almost \$5 million from the National Institutes of Health to continue his study of microglia. The funding will allow him to study how the immune cells help regulate vascular function, which could be important in diseases such as Alzheimer's, and their role in brain-hyperactivity disorders such as febrile seizures that can trigger epilepsy.

"With this new funding, we are eager to clarify roles for microglia in seizure disorders and vascular function," he said. "UVA's continued investment in neuroscience research provides a suitable home for our lab's research."

Story Source:

Materials provided by **University of Virginia Health System**. *Note: Content may be edited for style and length.*

<https://www.sciencedaily.com/releases/2021/07/210723105304.htm>

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Asked and Answered



Q: Who should I tell about my epilepsy?

A: Consider carefully with whom you share personal information. The decision may depend on the type and frequency of your seizures. Sometimes it may be based on how close you feel to the person or whether a person would know what to do to help you if you had a seizure while in their company. Although it may not be necessary to tell everyone about your epilepsy it is important for those you are with often to know how to help if you have a seizure.

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