



# Epilepsy News

Serving the people of Newfoundland and Labrador for 25 years!

The Quarterly Newsletter of Epilepsy Newfoundland and Labrador

Summer 2008

## Seizures and Alcohol - What You Need To Know

### Is alcohol harmful?

Alcohol is one of the oldest and most widely used drugs. When it is abused it can cause serious harm. The acute effects of an overdose are well known. When we are "drunk" we lose our ability to think clearly, and our ideas change about what is right and wrong. Our ability to carry out motor acts such as driving a car is markedly impaired. Many people die unnecessarily each year from both alcohol-related motor accidents and simple overdoses of this drug. Too much alcohol is frequently associated with poor nutrition and damage to the liver, pancreas, nerves and brain can occur.



Alcohol can produce a calming affect and a sense of relaxation when taken in small doses. In many social situations its use is encouraged, and people who do not engage in "social drinking" are considered "different" or even "abnormal".

### Can alcohol itself cause seizures?

Convulsions can occur to anyone as part of delirium tremors, the withdrawal syndrome that may follow when excessive drinking stops.

### Can a person with epilepsy drink alcohol?

It has been assumed that alcohol is bad for everyone with epilepsy. However, there is no clear evidence that infrequent use of small amounts of alcohol would be harmful to people with well-controlled epilepsy. However, in persons with uncontrolled epilepsy, even a small amount of alcohol may aggravate seizures and cause problems. Seizures can also be caused by missing medications when you drink, or by missing a lot of sleep.

### Is it safe to drink alcohol while taking anti-convulsant drugs?

Many anti-convulsants have a degree of sedation as a side effect, which will add to the sedative effect of the alcohol consumed. This means it will take fewer drinks to "get drunk" than if you were not taking medication. If you choose to drink alcohol, you will need to know your limits and stick to them. The results of mixing alcohol with anti-convulsants also depend on which medication you are taking, and this should be discussed with your doctor.

### Can alcohol affect my medication?

Alcohol can affect the rate at which certain medications are absorbed by the body. Dilantin, for instance, will be eliminated more rapidly. Alcohol may also worsen your medication's side effects.

### Should I stop taking my drugs when I drink?

NO, you should not! Alcohol is not an anticonvulsant drug, and it may even lower the seizure threshold.

### If a person with epilepsy decides to drink, what rules should they follow?

If you choose to drink, do so in moderation, and be careful not skip medications or sleep. Remember, you are subject to all the risks and dangers of alcohol consumption. Do not risk becoming dependent on alcohol in an effort to resolve the frustrations that epilepsy has caused in your life. If you find that even small or infrequent alcohol consumption causes you to have seizures, it is best to avoid drinking completely. Be particularly careful when you are starting a new medication or changing the dose of your old medication as these changes, may alter your alcohol "limit". You and your physician are the individuals most familiar with your particular case. Establish and continue a working relationship, and consult your physician for advice about using alcohol.

*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)  
Bob Garland (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**

*Most human beings have an almost infinite capacity  
for taking things for granted.*

*~ Aldous Huxley*

What are the blessings in your life? When was the last time you even thought about the good things that you have all around you?

Too often, when life is challenging, we focus on the bad and not the good. It's easy enough to do really. The problems and challenges always seem to take priority, and often they are the things that take our attention.

The trouble is, by always focusing on the obstacles, and the negative things that happen, we overlook, or even forget entirely about the good.

Here is a little practice I have used when life gets rough and I have problems seeing that I am indeed very blessed with my life. It works best with a friend, but you can do it on your own.

Every day, ask your friend, "What are you grateful for today?" Have them answer, then they ask you the same question. If you are doing it on your own, write the question on paper, and then write down your answer.

It may seem like a silly exercise, but as each day passes, you give yourself at least a moment or two to reflect on the good, as opposed to all the urgent things that are always taking your attention. After a while you will be more aware that no matter how challenging life may seem, we do have many things to be grateful for.

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 Drug May Increase Risk Of Birth Defects

Taking the epilepsy drug topiramate alone or along with other epilepsy drugs during pregnancy may increase the risk of birth defects, according to a study published in the July 22, 2008, issue of *Neurology®*, the medical journal of the American Academy of Neurology.

Research has shown that many epilepsy drugs increase the risk of birth defects, but little research has been done on topiramate. Studies have shown that topiramate increases the risk of birth defects in animals.

Maintaining effective epilepsy treatment during pregnancy is crucial because seizures may cause harm to the fetus.

For the study, researchers examined women who became pregnant while taking topiramate either on its own or along with other epilepsy drugs.

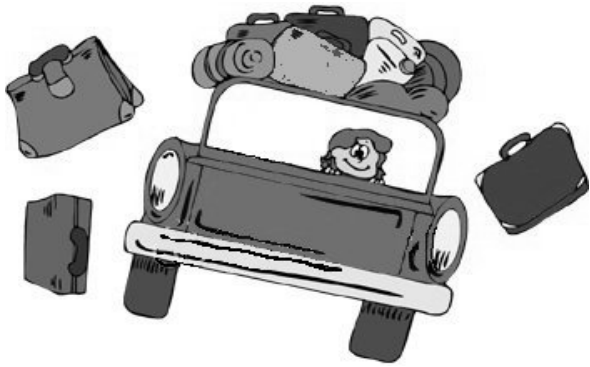
Of 178 babies born, 16 had major birth defects. Three of these were in infants whose mothers were taking only topiramate, and 13 were in those whose mothers were taking topiramate and other epilepsy drugs.

Four of the babies had cleft palates or cleft lips, a rate 11 times higher than that expected if these women were not taking epilepsy drugs. Four male babies had genital birth defects, with two of those classified as major defects, which is 14 times higher than the normal rate for this defect.

"More research needs to be done to confirm these results, especially since it was a small study," said John Craig, MRCP, of the Royal Group of Hospitals in Belfast, Northern Ireland. "But these results should also get the attention of women with migraine and their doctors, since topiramate is also used for preventing migraine, which is an even more common condition that also occurs frequently in women of childbearing age."

This study found that more birth defects occurred in women taking topiramate along with the drug valproate, or valproic acid, than in women taking topiramate and another epilepsy drug. Research has shown that valproate is associated with a high risk of birth defects.

## Fall Excursion - La Scie to Botwood



Fall is coming! Yes I know that no one really wants to hear about that while we are deep in the middle of summer, but it won't be long now before kids are back in school and fall creeps back upon us.

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

This year I have my sights set and plans in motion to visit **a fairly wide area including La Scie, Baie Verte, Springdale, Badger, Grand Falls, and Botwood**

From  
**Monday, November 15<sup>th</sup>**  
to  
**Friday, November 21<sup>st</sup>**

If you, or someone you know, lives in either of these areas and would like to arrange a presentation for a group, organization or business, let us know.

If you would like to sit in on one of the training sessions or presentations, we can arrange that as well.

If you have a child with epilepsy, let the school know that you would like a session for your child's class and/or teachers.

Some groups I am hoping to talk with include

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

Please check with Pam at the office regarding which days I will be in each town. You can get in touch

- by phone at 722-0502 or 1-866-EPILEPSY
- or by email at [info@epilepsynl.com](mailto:info@epilepsynl.com)

# Vitamins, AEDs, and Over the Counter Drugs

## - What You Need to Know -

Most of us are very careful when it comes to our anti-epileptic medications and other prescription drugs, trying to make sure we take them on time to ensure that they control our seizures as much as possible.

But there is more than just timing to think about. So much that we take or eat in our everyday life can have an effect on the efficiency of the medications we take. Here we have included a list of vitamins, food, drugs and supplements that can, sometimes drastically, affect the way in which your seizure medicine works.

### DRUG INTERACTIONS

- **Tricyclic antidepressants** can predispose to seizures.
- **SSRI Antidepressants** may cause an increase in carbamazepine levels. Phenobarb may decrease paroxetine levels; SSRIs may increase phenobarb levels. Phenytoin may decrease paroxetine levels; SSRIs may increase phenytoin and valproate levels.
- **Antipsychotics** can lower seizure thresholds.
- **Amphetamines** may increase phenobarb, phenytoin levels.
- **Benzodiazepines** interact with carbamazepine and phenobarb, usually decreasing benzodiazepine levels. Valproate may increase benzodiazepine levels. Benzodiazepines may increase or decrease phenytoin levels.
- **Opioids** interact with carbamazepine.
- **Alcohol's** intoxicating effects are increased when taking anti-convulsants. Seizures are most likely to occur from alcohol withdrawal.
- **Aspirin** interacts with phenytoin and valproate. **Ibuprofen** can also interact with phenytoin, leading to increased blood phenytoin levels. **Acetaminophen** is probably the safest pain medication for people taking anti-convulsants.
- **Oral contraceptives** are decreased in effectiveness by carbamazepine, phenobarb, primidone, phenytoin, topiramate.
- **Antihistamines** can decrease the effectiveness of carbamazepine, phenytoin and valproate, lowering seizure thresholds and sometimes causing seizures.
- **Bronchodilators** interact with carbamazepine, phenobarb, primidone and phenytoin, affecting seizure thresholds.
- **Anticoagulants** interact with carbamazepine, phenobarb, phenytoin, and primidone, as do calcium channel blockers, corticosteroids, and some antibiotics, including penicillin. Isolated seizures may result when these medicines are taken.



### VITAMINS AND MINERALS

- **Folic Acid** absorption is diminished by carbamazepine, phenytoin, primidone, and valproic acid. Low levels of folic acid are associated with birth defects and heart conditions. Everyone on anticonvulsants should take a folic acid supplement.
- **Vitamin B6** deficiency is known to cause a worsening of seizures.
- **Vitamin D** absorption is interfered with by most anticonvulsants.
- **Calcium** metabolism is directly affected by phenytoin, carbamazepine, phenobarb, primidone, valproate and zonisamide. Anticonvulsants cause changes in calcium and bone metabolism and may lead to decreased bone mass with the risk of osteoporosis fractures. Everyone on anticonvulsants should take a Vitamin D/calcium supplement.
- **Vitamin K** deficiency may occur in pregnant women and the child after birth for women taking hepatic enzyme inducing anticonvulsants - phenytoin, carbamazepine, primidone, phenobarb, or topiramate.



### HERBALS

- **Sedative herbs** - Kava Kava, Valerian may intensify the effects of anticonvulsants such as lethargy, cognitive impairments. Kava has now been banned from sale in Canada.
- **Stimulant herbs** - ephedra, coffee, tea, cocoa, mate cola and guarana may lower seizure threshold or prolong the duration of seizures. Ephedra has now been banned from sale in Canada.
- **Cognitive enhancing herbs** - ginkgo and ginseng may exacerbate seizures under some conditions.
- **St. John's Wort** may alter the seizure threshold, as do pharmaceutical antidepressants.
- **Evening primrose oil** and **borage** may lower the seizure threshold, but this is being debated and still under study.

### FOODS

- **Grapefruit** contains substances that block the action of certain enzymes, so that drugs ordinarily broken down by the affected enzymes can build up to potentially dangerous levels in the blood. Carbamazepine is believed to be affected by this.
- **Aspartame** is known to be seizure producing.
- **Gluten** allergies, and **celiac disease** have been associated with seizures.

(Isa Milman, Victoria Epilepsy and Parkinson's Centre)

## Free Stuff!

Here at the Epilepsy Newfoundland and Labrador offices we have lots of information on all sorts of topics relating to epilepsy and seizures. A great deal of what we have comes in the form of booklets and pamphlets, and even better, **they're free!** Yep, you heard right, completely and totally free.

So if you want some information for yourself, for a friend, to share with a local group, school, to leave at the local doctors office, or for anywhere really, just give us a shout and we will get it right out to you. You can reach us at 1-866-EPILEPSY (374-5377), or in the St. John's area at 722-0502. Here's a list of some of the great information that we have available completely for free.

- **The Heads-Up On Seizure First Aid**

An easy to understand pamphlet that tells about what epilepsy is, some of the most common types of seizures, and folds out into a wall poster explaining what to do for both convulsive and non-convulsive seizures.

- **Epilepsy - Answers to Your Questions**

Overview of epilepsy and epilepsy issues. Done in a very informative and easy to understand question and answer format.

- **Epilepsy and Adolescence**

Adolescence can be challenging enough, epilepsy can make it even more so. This booklet offers information on topics especially related to adolescence and epilepsy.

- **Epilepsy and Your Child - Parent's Information Booklet**

Excellent booklet detailing most everything a parent needs to know if their child has epilepsy.

- **Epilepsy - Seniors and Seizures**

Epilepsy information with a focus on topics especially for senior individuals with epilepsy and their families.

- **Epilepsy - Medications for Epilepsy**

Information on what you need to know about epilepsy medication, including treatments, side effects, and the different types of medications available.

- **All About Epilepsy - A Seizure Activity Book**

Designed just for kids! Our seizure activity booklets offer children an understanding of epilepsy in a fun and educational way. Includes stories, puzzles, colouring and other activities.

- **The Student With Epilepsy - A Teachers' Guide**

For teachers, group leaders or just about anyone who would like to learn more on epilepsy and how it can affect their students.

- **Talking About Epilepsy - The Personal Profiles Series**

A series of stories from the Canadian Epilepsy Alliance focusing on the amazing and inspiring stories of four individuals who have faced the challenges of epilepsy and have succeeded in spite of (or perhaps because of) their epilepsy.

- **Epilepsy Matters**

Canadian Epilepsy Alliance newsletters series. Includes editions on:

- Epilepsy and Employment
- Learning Through Storms
- Complementary and Alternative Medicine Conference
- Safety and Epilepsy
- National Survey Results on the perception of epilepsy
- An Overview of the Canadian Epilepsy Alliance

- **The Epilepsy Express**

Filled with interesting bits of trivia, and stories, as well as information about the programs and services of Epilepsy Newfoundland and Labrador



People may doubt what you say,  
but they will believe what you do.

~ Lewis Cass

## 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.

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

### Lennox Gastaut Syndrome

#### Overview

- Lennox Gastaut Syndrome is one of the most severe of the childhood epilepsy syndromes. It accounts for anywhere between 3-10% of all childhood epilepsies and usually develops between the age of 3 and 5 years.

While the cause is often unknown, Lennox Gastaut can develop from several known causes:

- developmental malformation of the brain
- brain disease such as tuberous sclerosis
- brain injury from problems with pregnancy/birth
- brain infections, i.e. meningitis or toxoplasmosis

#### Symptoms

- Characterized by very frequent seizures of several different types. Most common are drop attacks, atypical absence seizures and tonic seizures, however other types can occur.
- Some children with Lennox Gastaut are known to be prone to non-convulsive status epilepticus requiring immediate emergency intervention.
- Lennox gastaut affects intellectual development to varying degrees, with some children being dependant on a care giver for many or most of their activities.

#### Treatment

- Unfortunately, this syndrome seems to be very difficult to treat and often does not respond to typical epilepsy medications, or will respond for a brief time only. A small percent will outgrow their seizures and attain normal or near normal intelligence and abilities. For others, treatments such as the ketogenic diet, vagus nerve stimulation corpus callosotomy surgery have been utilized with varying degrees of effectiveness.

## Asked & Answered

**Q** I just started a brand new medication and I'm a little concerned. How do I know if something I'm feeling is just a normal side effect that might go away, or if it is an allergic reaction?

**A** All drugs, including anti-epileptic medication, have the potential to cause side effects. Many people take anti-epileptic medication for years without difficulty. It is important that you talk to your physician about any possible side effects from the prescribed medication.

Side effects, which tend to be more common when a drug is just started, or when a dosage is increased, may go away after a few days/weeks.

Side effects can be categorized as follows:

- 'Dose' related: some side effects are related to the level of the drug in the blood (in other words, the effect will not be present at low doses and low blood levels, but virtually everyone will have the side effect at very high doses and high blood levels). The most common side effects include drowsiness, fatigue, dizziness and loss of coordination.
- 'Allergic' side effects: these side effects are not directly related to the blood level and are much less common than the dose related effects. Allergic side effects are unpredictable. Examples of this type of side effect include a skin rash, liver trouble or difficulties with the bone marrow. Ask your physician which 'allergic' responses you might encounter with your specific medication.

Although the overwhelming majority of medication side effects are not dangerous or permanent, some people with chronic epilepsy worry about the possibility of long term side effects. Long term side effects vary from drug to drug and can involve cognitive, renal and liver function.

Long term use of some anti-epileptic medications can also affect vitamin D and calcium metabolism, with possible effects on bone density (bone thinning). Talk to your physician about ways you can avoid such long term side effects.

*(from "Medications for Epilepsy", by the Canadian Epilepsy Alliance, 2001)*

## Off The News Wire

### **Failure To Take Seizure Drugs Linked To Increased Risk Of Death**

People with epilepsy who fail to take their seizure medication regularly could be as much as three times more likely to die, according to a study published in the June 18, 2008, online issue of *Neurology*<sup>®</sup>, the medical journal of the American Academy of Neurology.

For the study, researchers looked at insurance records from three U.S. state Medicaid programs over eight and a half years. The study included 33,658 people with epilepsy who filled at least two epilepsy drug prescriptions.

The study found that people who took their epilepsy medication less than 80 percent of the time over the course of three months appeared to be three times more likely to die compared to people who took their medication regularly in a three-month period.

In addition, the study showed that hospital visits went up by 86 percent and emergency room visits increased by 50 percent during the time when people didn't take their medication regularly. There also appeared to be a significantly higher incidence of car accidents and bone breaks. Only head injuries were less common during periods of non-compliance with epilepsy drugs.

"These results are concerning since some studies show about 30 to 50 percent of people with epilepsy do not take their medication regularly," said study author Edward Faught, MD, Director of the University of Alabama Epilepsy Center in Birmingham and Fellow of the American Academy of Neurology.

"There are many reasons epileptic patients fail to take their seizure medications, including cost, side effects and pregnancy. But this study suggests that none of those reasons overshadow the threat of death or other problems related to uncontrolled seizures. Patients need to stay on their medications and physicians need to recognize and treat issues related to people failing to take epilepsy drugs," said Faught.

19 Jun 2008

*In order to keep a true perspective of one's importance,  
everyone should have a dog that will worship him  
and a cat that will ignore him.*

### **Minimizing Birth Defect Risk For Pregnant Women With Epilepsy**

Women taking antiepileptic drugs and planning a pregnancy are advised to prepare well ahead of conception to reduce the risk of birth defects, according to an article in the current edition of *Australian Prescriber*.

These women have two to three times more risk than other women of having a baby with a foetal abnormality. Taking more than one antiepileptic drug may carry a greater risk.

Congenital heart disease, neural tube defects, urogenital defects and cleft lips or palates occur in about three to seven per cent of babies of women with epilepsy who are taking antiepileptic drugs. In addition, there are concerns that children who have been exposed to these drugs in utero may develop problems such as language impairment and autistic disorders.

The study therefore recommends pre-pregnancy counselling and a comprehensive management plan. "These women should be treated with the least teratogenic but most efficacious antiepileptic drug for their particular type of epilepsy, at the lowest effective dose," she writes.

There are particular concerns with valproate. "Valproate should be avoided if possible because of the risk of major malformations". However, there is a delicate balance that clinicians and pregnant mothers must try to achieve when managing the risks of maternal epilepsy and trying to safeguard the health of the unborn child.

It is recommended that all potentially reproductive women with epilepsy take folate supplements, even if they are not currently contemplating pregnancy.

*Australian Prescriber, 16 Jul 2008*

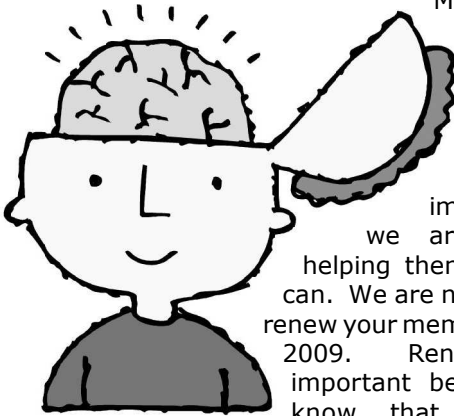
We're bringing epilepsy into the light with our lavender wristband, with OUT OF THE SHADOWS on one side, and our national website, [www.epilepsymatters.com](http://www.epilepsymatters.com) on the other.



**We only have a few wristbands left.  
Get yours for only \$3.00 from Epilepsy Nf. & Lab.  
Every penny stays right here to help people dealing  
with epilepsy and seizures everyday.**

## Announcements and Notices

### Membership Renewals



May 31<sup>st</sup> was the end of our membership year, and it's renewal time again. Our members are very important to us and we are dedicated to helping them in any way we can. We are now inviting you to renew your membership for 2008-2009. Renewals are very important because it lets us know that you are still interested in receiving

information such as this newsletter!

Our membership year runs from June 1<sup>st</sup> to May 31<sup>st</sup> and registration costs only \$5.00 for the whole year. If you would like to renew but find that the membership fee would be difficult, let us know and we should be able to waive the fee.

Your annual membership with ENL offers great benefits, services and information such as:

- Access to support programs and advocacy services - We will fight for you.
- Invitations to special events, teleconferences, support groups and info sessions
- Subscription to **Epilepsy News**, ENL's own quarterly newsletter
- Voting privileges at the Annual General Meeting
- Medication Alerts - Notification of critical changes in seizure medications or treatments
- Participation in our Connections program.
- Two \$1,000 post secondary educational scholarships **open only to ENL members.**

You can find a membership form on the back page of this newsletter, or if you are a current member who has not yet renewed for this year, a renewal form is attached. Membership renewal forms can be sent via mail or fax to:

**Epilepsy Newfoundland and Labrador**  
**26 O'Leary Avenue, St. John's, NL A1B 2C7**  
**Fax: (709) 729-0999 - info@epilepsynl.com**

### Epilepsy Scholarships



Did you know Epilepsy Newfoundland and Labrador offers two \$1000 scholarships annually, to our members?

- **The Jim Hierlihy Memorial Scholarship** for students just graduating from high school and moving on to post-secondary education.

- **The Mature Student Scholarship** - For individuals 21 and older who have decided to return to school to upgrade or change their career.

Deadline for submissions is **November 1<sup>st</sup>!**



### Calendar Campaign

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 2009 Pocket Calendar with artwork by grade 4 children from all over our province.

The 2009 calendar includes artwork from kids at the following schools:

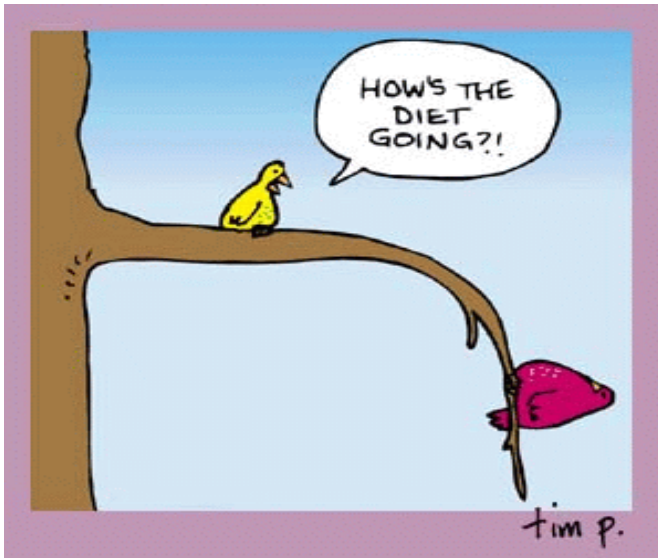
- \* Gander Academy, Gander
- \* William Gilbert Academy, Charlottetown
- \* E.A. Butler All Grade, McKay's
- \* Amos Comenius Memorial, Hopedale
- \* Holy Family Elementary, Chapel Arm
- \* Sprucewood Academy, Grand Falls - Windsor
- \* St. Bernard's Elementary, Witless Bay
- \* St. Paul's Elementary, L'Anse au Loup
- \* Fortune Bay Academy, St. Bernard's
- \* St. Gerard's Elementary, Corner Brook
- \* St. Theresa's Elementary, Port au Choix
- \* Helen Tulk Elementary, Bishop's Falls
- \* Hampden Academy, Hampden

Epilepsy Newfoundland and Labrador would like to extend sincere thanks to our corporate sponsor The Telegram, for their continued support.

To get your 2009 Epilepsy Calendar, call our office at 722-0502 or toll free 1-866-EPILEPSY (374-5377).



## A Little Time Out



A couple was going out for the evening. The last thing they did was to put the cat out.

The taxi arrived, and as the couple walked out of the house, the cat shoots back in. So the husband goes back inside to chase it out.

The wife, not wanting it known that the house would be empty, explained to the taxi driver "He's just going upstairs to say goodbye to my mother."

A few minutes later, the husband got into the taxi and said, "Sorry I took so long, the stupid thing was hiding under the bed and I had to poke her with a coat hanger to get her to come out!"

*Worry a little bit every day and in a lifetime you will lose a couple of years. If something is wrong, fix it if you can. But train yourself not to worry. Worry never fixes anything.*  
~ Mary Hemingway

A man goes into the doctor.

He says, "Doc, you gotta check my leg. Something's wrong. Just put your ear up to my thigh, you'll hear it!"

The doctor cautiously placed his ear to the man's thigh, only to hear, "Gimme 20 bucks. I really need 20 bucks."

"I've never seen or heard anything like this before. How long has this been going on?" The doctor asked.

"That's nothing Doc. Put your ear to my knee."

The doctor put his ear to the man's knee and heard it say, "Man, I really need 10 dollars. Just lend me 10 bucks!!"

"Sir, I really don't know what to tell you. I've never seen anything like this." The doctor was dumbfounded.

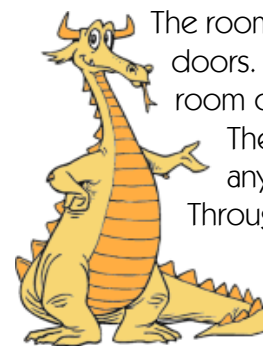
"Wait Doc, that's not all. There's more, just put your ear up to my ankle," the man urged him.

The doctor did as the man said and was blown away to hear his ankle plead, "Please, I just need 5 dollars. Lend me 5 bucks, please, if you will."

"I have no idea what to tell you. There's nothing about it in my books," he said, as he frantically searched all his medical reference books.

"I can make a well educated guess though," he continued. "Based on life and all my previous experience, I can tell you that your leg seems to be broke in three places."

A man is trapped in a room.



The room has only two possible exits: two doors. Through the first door there is a room constructed from magnifying glass.

The blazing hot sun instantly fries anything or anyone that enters.

Through the second door there is a fire-breathing dragon.

How does the man escape?

## Bits and Pieces

### Hot Links

We have so many services and programs right here in Newfoundland and Labrador that can help people. The trouble is, not everyone knows about them. Here's your chance to discover some of the helping hands that may be in your very own backyard.

#### Healthy Newfoundland and Labrador

Providing extensive lists of health services and programs from across the provinces  
<http://healthy.nf.ca/>

#### The Autism Society of Newfoundland and Labrador

<http://www.autism.nf.net/>

#### Big Brothers/Big Sisters

<http://www.helpingkids.ca/>

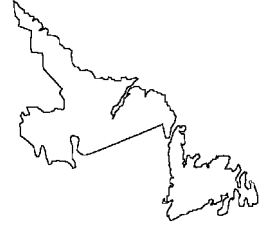
#### Mental Health Association of Newfoundland and Labrador

<http://www.cmhanl.ca/>

*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.*

### Jumbled Up

It's summer in Newfoundland and Labrador!! Where do you want to go on your vacation?



See if you can unscramble the letters to fill in these great summer places to visit. We've given you just a little hint for each one just in case.

1. **ATOCB WORTE** (overlooks the narrows)
2. **ORSG ROEMN** (fjords, ocean, and mountains)
3. **TABLET BORRHU** (a national historic district)
4. **LENWAITLGIT** (for whales and icebergs)
5. **ONIASTBAV** (John Cabot's first stop)

**Jumbled Up**  
 1. Cabot Tower 2. Gros Morne 3. Battle Harbour  
 4. Twillingate 5. Bonavista

**Trapped in a Room**  
 He waits until night time and then goes through the first door

## I Would Like To Help in the Fight Against Epilepsy

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

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

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

Type of card: \_\_\_\_\_ Account #: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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