

Epilepsy News

The Quarterly Newsletter of Epilepsy Newfoundland and Labrador

Winter 2004

Epilepsy Newfoundland and Labrador Scholarship Winners Announced



From left to right, Anne Marie Hagan, Secretary of Epilepsy Newfoundland and Labrador, Trista Delaney, Geoff Hoddinott, and Gail Dempsey, Executive Director

Each year Epilepsy Newfoundland and Labrador 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 Trista Delaney of St. John's. Trista is a student at Memorial University pursuing a Bachelor of Arts degree in Business. She has had epilepsy since 1989 and talks about how having seizures has changed her outlook.

"Epilepsy has definitely affected my educational goals. In June of 2001 I graduated from high school with the hopes of attending Memorial University that September. That summer my seizures became more frequent. My medication had to be changed a few times. I had to leave my part time job as the seizures were occurring every three or four days and I was unable to work my scheduled shifts. In July of 2003 I had my first appointment with Dr. Ogunyemi whom my mom had heard speak at a teleconference at the Health Sciences Centre. I am currently on a new combination of medication which seems to be working as the seizures are drastically reduced. I finally began my studies at Memorial University in September 2003 and now look forward to continuing my education."

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 train for the career they had always wanted.

This year the Mature Student Scholarship was awarded to Geoff Hoddinott of Portugal Cove-St. Phillip's.

Geoff had completed his Bachelor's Degree in 1997 but desired to go back and complete his Bachelor of Education so he could teach others. He is currently doing his Internship for teaching and expects to graduate in 2004.

With regards to his epilepsy, which was diagnosed in December of 2000, he is, surprisingly enough, thankful.

"Epilepsy has given my life direction and opportunity. In a world full of immense pain and suffering, through both medical and social conditions, to be diagnosed with a non-life threatening disease is a gift, not an affliction. I was a single parent and unemployed. Epilepsy has given me the courage to re-route my life. Becoming unemployed gave me the opportunity for change. For this I am thankful."

Epilepsy Newfoundland and Labrador takes great pleasure in extending our sincerest congratulations to both Trista and Geoff. 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, it's easy. You can call us at 709-722-0502 or toll free at 1-866-epilepsy(374-5377) and we'll gladly mail you out all the information. If you're wired to the internet, drop us an email at epilepsy@nf.aibn.com or visit our website at www.nfld.net/epilepsy and download all the forms and information you need.

Epilepsy Newfoundland and Labrador is committed to helping people with epilepsy in this province lead full and complete lives, our scholarships are one more way of working towards that goal.

*For every minute you are angry you lose sixty seconds of happiness.
- Ralph Waldo Emerson*

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Notes from Pam

Are you all frozen yet? Yes, winter is upon us. Now that all the rushing and festivities of the holidays have come and gone, the new year gives us the perfect opportunity to look back to how far we have come, and ahead to how far we have yet to go.

Epilepsy awareness has come a long way, there is no doubt of that. No longer are folks with epilepsy being submitted to exorcisms or horrific "cures". But we still have a ways to go before everyone sees epilepsy for what it is, and understands how to deal with a seizure safely.

Back in November, I took a trip to central Newfoundland to visit with people and offer information and education sessions on epilepsy. Time after time people would come to me after the session and tell me that they were really surprised at something they had learned, like the number of people in the province who have seizures, or that there is more than one type of seizure. On one occasion I had a lady approach me to talk about the age old myth of sticking a spoon in someone's mouth during a seizure so they wouldn't swallow their tongue. She said that although she had doubted its safety, back many years ago when she was training to be a nurse, that she was actually taught this spoon procedure in class to help someone with epilepsy.

We have come far since then. We now have new and effective treatments, and on the horizon there is much to be hopeful about. The public perspective is changing too. After one of my presentations in Central, I was wandering through the Gander Mall, I noticed a kid walking towards me rather purposefully. He stopped me and said, "You're the Epilepsy Lady right? You did a thing for my class yesterday." It was one of the kids from Lewisporte Middle School. He then called his mother over and told her who I was and all about the presentation we had. He was interested, and happy to be sharing his new found knowledge. And others will too. With every question we answer, and every piece of information we share, people begin to understand. We all have a role to play in this education. Epilepsy is not something to be ashamed of, or to hide from others. It is an opportunity to teach and to help people learn to be more accepting and to make this world a better place to be. **We can do this, one person at a time.**

Pam, Information Officer/Editor

Disclaimer

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People with epilepsy should never discontinue anti-epileptic medications or make changes in activities unless specifically advised to do so by an attending physician.

Laughter is higher than all pain.
-- Elbert Hubbard

Research Suggests Topiramate May Lead To Kidney Stones In Children

Children taking the anti-epileptic drug topiramate may develop kidney stones, according to a new study.



Researchers at Tufts University studied 40 children given topiramate to treat their epilepsy between 1997 and 2003. Tests to analyze the levels of calcium and creatine in the urine were taken, both at the start of the study and at a later date.

Seven of the 40 children have "high levels of calcium" at the start of the trial and of these three developed kidney stones or nephrocalcinosis found on ultrasound. When compared to the normal group, the seven showed a greater increase in the rate of change in levels of calcium and creatine.

However, lead author and pediatric neurologist Dr Sarah Barnett, presenting the research to the annual meeting of the American Society of Nephrology, said that despite the appearance of kidney stones in these children, some as young as 18 months, she still

considered topiramate to still be the "drug of choice" for seizure disorders, but cautioned that children on topiramate must be followed closely.

She said:

"In adults, only 1.5 per cent had evidence on ultrasound of kidney stones, but it's almost 10 per cent in kids. This is a new anti-epileptic drug and does really well in controlling seizures that are not controlled well by traditional medications... It was a serendipitous finding, something picked up by our nephrologists working with neurologists. We just found we were sending a lot of these kids over to nephrology for help managing kidney stones."

"When we took the kids off the drug, [the effect] was totally reversible. We did another renal ultrasound and the stone had gone. So some we took off the drug and found another, or we brought down the dosage. Basically, we were just vigilant and watched the calcium levels and did periodic ultrasounds."

Dr Barnett and her colleagues now plan to do further studies on topiramate and kidney stones.

(Epilepsy Action News, December 3, 2003)

Warning Over Links Between Sodium Valproate and Birth Defects

The Committee on Safety of Medicines, the UK government body responsible for ensuring the safety of medication, has issued a warning about women of child-bearing age taking the anti-epileptic drug sodium valproate.

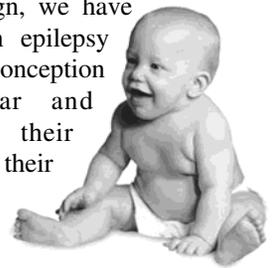
Figures from the UK Epilepsy and Pregnancy Register, issued in October 2002, showed that the risk of birth defects in children born to women taking sodium valproate was two to three times that of women taking other anti-epileptic drugs such as carbamazepine or lamotrigine.

The Committee has advised that:

"Women of childbearing age should not be prescribed sodium valproate without specialist neurological advice. Women taking sodium valproate who are likely to become pregnant should receive specialist advice. If taken during pregnancy sodium valproate should be prescribed as monotherapy at the lowest effective dose. Folic acid supplements prior to pregnancy may reduce the likelihood of birth defects in infants born to women at high risk"

A spokesman for Epilepsy Action welcomed the action taken by the Committee:

"In our ongoing women's campaign, we have strongly encouraged women with epilepsy planning a pregnancy to seek pre-conception counselling, including a clear and understandable explanation of their anti-epileptic drug option during their pregnancy. Women with epilepsy shouldn't take sodium valproate without specialist advice and those already taking the drug should not stop without talking to their doctor first."



"While we realise that for some women sodium valproate is the most appropriate drug to control their condition, we do believe they should all be assessed by a specialist and their medication reviewed. It is important that women are able to make informed choices."

(Epilepsy Action News, October 1, 2003)

Epilepsy and Your Dentist

About 11 percent of the population will suffer some sort of seizure before turning 80 years old. While only about 3 percent of the population will suffer from epilepsy. Each seizure can be frightening and potentially dangerous for the sufferer.

Additionally, seizures may have implications for oral health and dental care, according to a recent issue of *General Dentistry*, the clinical journal of the Academy of General Dentistry (AGD).

So if you suffer from seizures, it is crucial that you keep your dentist informed, according to author Eric T. Stoopler, DMD. 'It's extremely important for patients to give their dentist a thorough history of their seizures and lists of medications, as well as their medication levels and blood test results, if necessary. Dentists also should be updated on patients' progress with their neurologists and other health professionals,' says Dr. Stoopler.

Seizures can be addressed either through surgery, or medication; but anti-seizure drugs often have side effects that can cause oral health problems or complicate dental procedures. Additionally, drugs commonly used in dentistry could induce seizure activity in epileptics.

Dr. Stoopler urges seizure sufferers to make sure their dentist is aware of their specific conditions. And most important, you should make sure you are comfortable that your dentist knows how to handle a seizure should you have one during a dental treatment, says Dr. Stoopler.

'Armed with the full knowledge of a patient's condition, a dentist can take all the necessary steps to ensure a safe and comfortable visit,' according to Mark Ritz an AGD spokesperson.

Drs. Ritz and Stoopler also urge epileptics to visit their dentist frequently, as side effects such as dry mouth and overgrown gums require careful attention to oral hygiene.

Side Effects of Seizures and Seizure Medications:

- Increased chance of infection
- Xerostomia (dry mouth)
- Gingival hypertrophy (overgrown gums)
- Delayed healing
- Bleeding gums
- Postoperative bleeding



Dental Visit Tips For People With Epilepsy:

- Take medication prior to appointment.
- Inform your dentist of complete medical history, including seizure history, medications, medication levels, blood levels, and contact info for health care providers.
- Schedule appointments within a few hours of taking medication.
- Tell the dental team immediately if you see an aura.
- Avoid drinking alcohol before your appointment.

(Susan Urbanczyk, *Academy of General Dentistry*, Sept. 4, 2003)

Elderly With Epilepsy Often Misdiagnosed Initially

More focused attention to symptoms and more frequent assessment may improve diagnosis of elderly patients with epilepsy, according to results of a recent study.

Epilepsy is often under-diagnosed in elderly individuals, according to lead researcher Mark Spitz, MD, Director, University of Colorado Epilepsy Center. The reason is primarily because physicians mistake the condition for cardiac arrhythmia, Alzheimer's disease or transient ischaemic attacks (TIAs).

New-onset epilepsy likely is more common in the elderly than many physicians realize. Primary care physicians who are unfamiliar with the disorder therefore need to be more alert to patient self-reported symptoms that could indicate less obvious forms of epilepsy than those characterised by grand mal seizures, Dr. Spitz noted. Simple partial seizures, for example, may be more difficult for non-neurologists to detect and diagnose accurately.

Dr. Spitz and colleagues studied 159 patients in three medical centers and found that the average delay to correct diagnosis of epilepsy was 1.7 years. Although patients who presented with generalised tonic-clonic seizures were quickly and accurately diagnosed, only 20% of those with complex partial seizures were correctly diagnosed on initial assessment. Among those patients, many were not properly diagnosed until several months after the initial exam during which they reported symptoms.

Patients who presented at VA clinics with simple partial seizures waited a median of 2 months before correct diagnosis was made. Of those patients, 23% were diagnosed as having TIAs.

None of the participants had dementia or other known fatal illnesses that might have produced epilepsy-like symptoms.

(Bonnie Darves, *DG News*, December 15, 2003)

It doesn't matter who you are or where you've come from. You can achieve great things and make a difference in this world. You only need to believe in yourself enough, and you do that by reaching your goals one step at a time.

~ Mark Llewellyn

Can Video Games Cause Epilepsy?

Many new video game consoles arrived under the Christmas tree this past year. Between the X-Box, Playstations, and Game Cubes, there's hardly any kids these days that doesn't own at least one of them. But what effects can these games have on the brain, and can these fun amusements actually cause epilepsy? Not Quite.

Reports in newspapers and on television have heightened public awareness that playing video games can, in rare cases, trigger seizures, but there is no scientific evidence that video games can cause epilepsy. Playing video games is an extremely common pastime for many children, and they often play them for long periods of time. Because epilepsy is a common disorder, it is not surprising that some children will have their seizures while playing video games, just by coincidence. How often this happens, and to what extent the games trigger the seizures, if at all, is not known.

Stress, fatigue, or hyperventilation may trigger seizures during video games in some children who have epilepsy. Children who are photosensitive, in whom flashing lights or flickering images can trigger seizures or epilepsy waves on the electroencephalogram (EEG), may have seizures directly associated with playing video games. Photosensitivity occurs in only about 3% of people with epilepsy, however, so almost all children who have epilepsy should be able to play video games without ill effects. Restricting a child from playing video games simply because he or she has epilepsy is not justified.

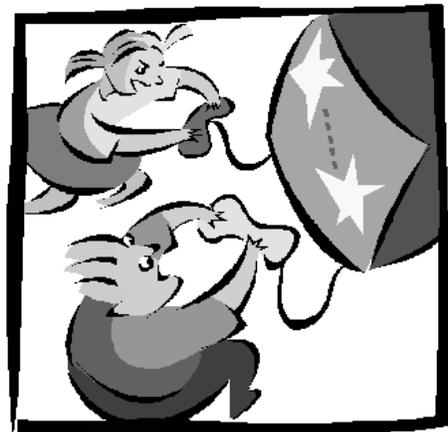
Parents who are unsure whether a child who has epilepsy is photosensitive should check with the doctor. Photosensitive children may be able to play some games quite safely but have problems with others. Medication can often prevent seizures caused by photosensitivity.

For parents who are concerned about the possible risk of seizures, it may be helpful to observe the child during the game and watch for brief episodes of blank staring in which the child seems momentarily frozen in place, or for rapid blinking or twitching of the mouth or face, jerking movements of other parts of the body, loss of attention, brief inability to talk or respond, or reports from the child that things look, sound, smell, or feel different than usual. Although the presence of one or more of these signs does not necessarily mean that a child has epilepsy or is photosensitive, it would be a good idea to tell the doctor.

The following suggestions, adapted from ways of reducing the risk of seizures in photosensitive children while they watch television, may be helpful with regard to video games:

- Play in a well-lighted room to reduce the contrast between the lighted screen and the surrounding area. Reducing the brightness of the screen may be helpful.
- Keep as far back from the screen as possible.
- Use smaller screens in which it is more difficult to see the horizontal scan lines.
- Avoid playing for long periods.
- Take regular breaks, and look away from the screen every once in a while.
- Cover one eye while playing, alternating between the right eye and the left eye.
- Stop the game if strange or unusual feelings develop.
- Consult your doctor if a child has strange or uncomfortable sensations caused by light shimmering on water, sunlight flickering through the trees, or flashing strobe lights, or any unusual reaction to light.

By following these simple tips and using common sense, nearly everyone will be able to enjoy the fun and challenge of the latest video games safely and seizure free.



Opportunity is missed by most people because it is dressed in overalls and looks like work.
-- Thomas A Edison

Asked and Answered

Q *I saw on television about dogs that could detect when seizures were coming well before they actually happened. They also helped the person out during and after the seizure. Is there really any such thing as a "seizure dog"?*

A Seizure service dogs are becoming increasingly popular as a way to give people with epilepsy who are afraid of having a seizure when alone, a greater sense of security, confidence and mobility.

A 'seizure dog' has been specially trained to respond once a seizure has commenced by getting help, protecting the person during the seizure, or leading the person to safety during a complex partial seizure.

What about seizure-alert dogs? These are the seizure dogs that some claim can somehow predict the onset of a seizure and alert their master well before the seizure actually occurs. Is this fact or fiction?

According to a British study published in the journal *Seizure*, six pre-selected dogs were successfully trained by the Support Dogs Training Centre in Sheffield England to pick up on subtle changes in their masters' body language or behaviour 15-45 minutes before the onset of a seizure, and to provide alerting signals to warn that a seizure was about to occur.

In Canada, seizure dog trainers do not promise that the dogs they train will be able to detect seizures in advance.

A word of caution. Seizure Dogs are expensive to train and still difficult to acquire. You may need to be on a waiting list, and asked to help cover costs by fundraising.

Seizure Service Dog contacts include:

- The Lions Foundation of Canada Dog Guide Training Centre, which takes people who qualify from all across Canada at no fee. Phone: (905) 842-2891 or e-mail: info@dogguides.com
- Key Companions Service Dogs. Phone: (905) 857-9547 or e-mail: fur4all@home.com
- and the U.S. Company Paws with a Cause. Phone (616) 877-7297.

Q *Please tell me if there is any connection between hormones and seizures. Since I've started getting hot flashes and other things relating to menopause, my seizures have come back. I don't know what to do.*

A At menopause, some women experience a change in the patterns of their seizures.

As hormonal changes occur, some women experience seizures for the first time in menopause or their seizures change. Other women experience a recurrence of seizures that were previously controlled.

During perimenopause, or the years leading up to menopause, there is a gradual decline in the amounts of estrogen and progesterone in the blood as the ovaries produce less hormones. The fluctuations of these hormones in the system can affect seizures. With the changes in the body's metabolism at this time of life, blood levels of seizure medication may change and dosages may have to be altered.

With the unpredictability of ovulation during this period, unplanned pregnancies can also occur.

Hormone replacement therapy is an option for women with epilepsy but possible interactions of this treatment with your seizure medication and any impact it might have on your seizures should be considered.

(From "Women and Epilepsy", by the Edmonton Epilepsy Association, 2003)

Do you have a question for our *Asked and Answered* column? Write, phone or email us at

Asked and Answered Column
c/o Epilepsy Newfoundland and Labrador
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Phone: 709-722-0502
 Toll Free: 1-866-epilepsy
 Email: epilepsy@nf.aibn.com

You're In Good Company! Many exceptional people have had epilepsy. Here are just a few:

~ Aristotle ~ Napoleon Bonaparte ~ Buddha ~ Julius Caesar ~ Agatha Christie ~ Leonardo da Vinci ~ Charles Dickens ~ Joan of Arc ~ Michelangelo ~ Mohammed ~ Isaac Newton ~ Alfred Nobel ~ Edgar Allen Poe ~ Pythagoras ~ Vincent Van Gogh ~ Neil Young ~

Announcements and Appreciations

Excursion 'Round The Bay - On November 17, Pam Anstey, our Information Coordinator, set off for an excursion 'round the bay. A chance to get out to central and the northeast of the province and talk to as many people as humanly possible about epilepsy. It was a week of talking, listening and answering all sorts of questions. The audience varied from doctors to 6 year olds to mayors. She performed role plays and researched information and dispelled myths. It was fantastic.

During the week information was shared with over 425 people. It's a number we are proud of, because it means that over four hundred more people in this province now have a better understanding of what epilepsy is, how to help, and what it's like to live with the uncertainty of seizures on a daily basis.



Nursing Students Project Completed - Krista Brown and Natasha Power, 4th year nursing students have been working with us here at ENL since September on a community education project for their studies. Their project is now complete and has been a great success. Krista and Natasha developed an information manual to be used in the Nursing Program at MUN. Their manual has now been placed in the reference library at the Centre for Nursing Studies and has been deemed required reading for all students going through the nursing program. Great news!



Christmas Festivities Report - Our annual Member and Customer Appreciation Day was held on December 17 this year. Members and friends of epilepsy were invited to the store to share in some Christmas festivities. For a period of time all merchandise was 50% off and door prizes were drawn for every 15 minutes. Santa's Elves distributed Christmas cookies and the Jolly Old Man himself made a visit.

In conjunction with our Appreciation Day, ENL also ran a Kids Colouring Contest for the month of December. Many excellent entries were submitted. Three grand prizes were awarded.

- 4-6 yr olds - Tristan Best and Colby Morgan of St. John's
- 7-9 yr olds - Christian Stapleton of Paradise
- 10-12 yr olds - Tyler Coombs of Spaniard's Bay



Door To Door Campaign - Can You Spare a Little Time to Help? We need volunteers for our "March Door to Door Campaign" from all over the province. If you have even an hour or two to spare, it would really make a difference. Please call 722-0502 or 1-866-epilepsy.

If you don't have the time, you can still lend a hand. When a canvasser calls at your door in March, please give generously. 100% of the dollars you donate stay right here in Newfoundland and Labrador, to help and to educate about epilepsy.



Winner!! - All donations to our recent Calendar Campaign who sent in their pledge within the two-week early bird date were entered into a draw for a fabulous art print by Carl Beam, one of Canada's foremost native artists. The piece is appraised at \$1000 and comes with an appraisal certificate. The lucky winner of this great print was the Badgers Quay Lions Club. Congratulations!



March is Epilepsy Month - March will be here before you know it. Each year the month of March has been designated Epilepsy Awareness Month. This year we are working hard to get the word out more than ever. In the planning are:

- a question and answer video conference linking people all over the province with Dr. A. Ogunyemi, Epileptologist.
- Information distributed through pharmacies
- public and educational presentations
- and much much more.

If you have any ideas that you think would be good for Epilepsy Awareness month, or you would be interested in helping us out, please let us know. Watch for an updated calendar of events in February.



Our deepest sympathies go out to long time supporters, Martha and Fred Douglas of Grand Bank on the passing of their daughter Marilyn Harris. Marilyn supported our door to door campaign in Corner Brook for many years and she will be sadly missed. Always people to think of others, Marilyn's family have asked that in lieu of flowers, donations can be made to Epilepsy Newfoundland and Labrador or to their church fund

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 words that describe the things you can do with your brain.

See how many brain activities you can find and circle. The words can read across, up, down, or diagonally. If you can locate all 12 words, you're really using your brain!

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

Word search puzzle words to find:

SEE	HEAR	READ
FEEL	TALK	HOPE
KNOW	THINK	GUESS
DREAM	BELIEVE	UNDERSTAND

Sandwich Words

This puzzle gives you key words to work with. Each key word can be inserted in one or more of the letter groups below to unlock a new word.

Key words:

BRAIN	HEAD
IDEA	MENTAL

Fit one of the key words above into the space in the brackets below in order to form a new word.

- () IEST - most intelligent
- DOUBLE () ER - baseball bonus
- () ITY - outlook
- () LLY - in a perfect world
- ELE() - essential
- () TO () - kind of combat
- NO () ER - it's a snap!
- H() WAY - secret retreat

Brain Sciences

Neuroscience is the scientific study of the brain and its functions. It takes a lot of studying to become a neuroscientist.

What sciences will you study? Each clue tells you what kind of knowledge you will acquire in the "scientific" answer. There's a lot to learn -- but if you study hard, you'll make the grade!

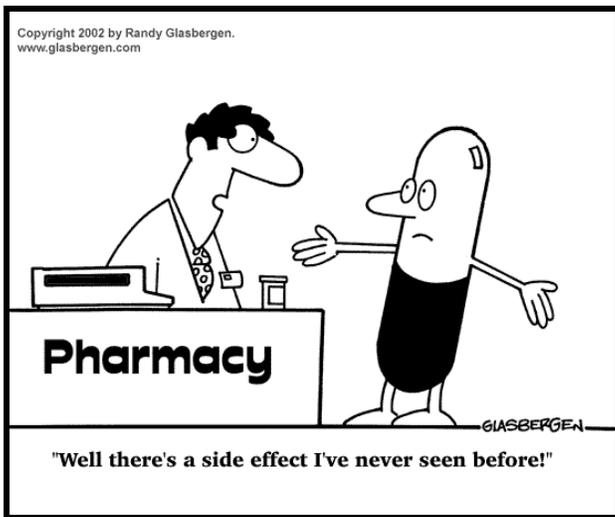
- BLYIOGO (the study of living things)
- PSICSHY (the study of matter and energy)
- MINECEDI (the study of health and sickness)
- NYOLGROEU (the study of the nervous system)
- PCLYOSGOYH (the study of the behavior of humans and animals related to mental processes)

How Can That Be?



Captain Frank was out for a walk when it started to rain. He did not have an umbrella and he wasn't wearing a hat. His clothes were soaked, yet not a hair on his head got wet. How could this happen?

Thoughts and Smiles



Time

Today is here. I will start with a smile and resolve to be agreeable. I will not criticize. I refuse to waste my valuable time.

Today, in one thing, I know I am equal to all others - time. All of us draw the same salary in seconds, minutes and hours.

Today I will not waste my time because the minutes I wasted yesterday are as lost as a vanished thought.

Today I refuse to spend my time worrying about what might happen - it usually doesn't. I am going to spend my time making things happen.

Today I am determined to study to improve myself, for tomorrow I may be wanted and I must not be found lacking.

Today I am determined to do things I should do. I firmly resolve to stop doing the things I should not do.

Today I will not imagine what I would do if things were different. They are not different. I will seek success with what materials I have.

Today I will stop saying "If I had time." I know I will never "find" time for anything. If I want time, I must make it.

Today I will act toward another people as though this might be my last day on earth. I will not wait for tomorrow to tell my loved ones how I feel about them, or my friends how I value and appreciate them. Tomorrow never comes.

- Author Unknown

Puppies For Sale

A store owner was tacking a sign above his door that read "Puppies For Sale. Signs like that have a way of attracting small children, and sure enough, a little boy appeared under the store owner's sign. "How much are you going to sell the puppies for?" he asked. The store owner replied, "Anywhere from \$30 to \$50."

The little boy reached in his pocket and pulled out some change. "I have \$2.37," he said. "Can I please look at them?" The store owner smiled and whistled and out of the kennel came Lady, who ran down the aisle of his store followed by five teeny, tiny balls of fur. One puppy was lagging considerably behind.

Immediately the little boy singled out the lagging, limping puppy and said, "What's wrong with that little dog?" The store owner explained that the veterinarian had examined the little puppy and had discovered it didn't have a hip socket. It would always limp. It would always be lame. The little boy became excited. "That is the puppy that I want to buy." The store owner said, "No, you don't want to buy that little dog. If you really want him, I'll just give him to you." The little boy got quite upset. He looked straight into the store owner's eyes, pointing his finger, and said, "I don't want you to give him to me. That little dog is worth every bit as much as all the other dogs and I'll pay full price. In fact, I'll give you \$2.37 now, and 50 cents a month until I have him paid for."

The store owner countered, "You really don't want to buy this little dog. He is never going to be able to run and jump and play with you like the other puppies."

To his surprise, the little boy reached down and rolled up his pant leg to reveal a badly twisted, crippled left leg supported by a big metal brace. He looked up at the store owner and softly replied, "Well, I don't run so well myself, and the little puppy will need someone who understands that it's ok to be different!"

We ALL need someone who understands.

Did You Know?

- *It is not possible to tickle yourself. The cerebellum, a part of the brain, warns the rest of the brain that you are about to tickle yourself. Since your brain knows this, it ignores the resulting sensation.*
- *Once a human reaches the age of 35, he/she will start losing approximately 7,000 brain cells a day. The cells will never be replaced.*
- *Over 80% of the brain is water.*
- *The human brain has about 100,000,000,000 neurons.*

The local high school has a policy that the parent's must call the school if the student is to be absent for the day. Kelly, deciding to sneak off and go to the mall with her friends waited till her parent's had left for work and called the school herself.

Kelly: "Hi, I'm calling to report that Kelly unable to make it to school today because she is ill."

Secretary at high school: "Oh, I'm sorry to hear that. I'll note her absence. Who is this calling?"

Kelly: "This is my mother."

Bits and Pieces

Hot Links

This quarter, a theme! We've gathered a collection of Epilepsy chat sites and message boards. Want to talk with someone about their experience with epilepsy? Want to share yours? Give these sites a look.

Epilepsy Foundation eCommunities

<http://www.epilepsyfoundation.org/ecommunities/>
(Multiple rooms to choose from)

Epilepsy Action Online Community

<http://www.epilepsy.org.uk/connect/index.html>

MSN Groups Epilepsy Community

<http://groups.msn.com/theepilepsychat>

The National Society for Epilepsy Message boards

<http://www.epilepsynse.org.uk/pages/contact/threaded/>

Yahoo Groups Epilepsy Chat

<http://health.groups.yahoo.com/group/epilepsychat/>

The Epilepsy Message Board

<http://www.healthboards.com/epilepsy/>

ICQ Message boards - Epilepsy

http://web.icq.com/boards/browse_folder?tid=1873

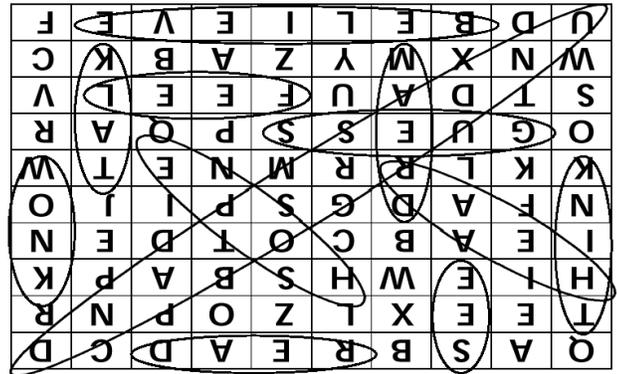
Disclaimer: Epilepsy Newfoundland and Labrador is not responsible for information and advice contained in the above listed newsgroups, Web-sites or on-line discussion groups. All obtained information should be carefully verified before any changes in therapy or management of epilepsy are made.

Puzzle Answers

1. Biology, 2. Physics, 3. Medicine, 4. Neurology, 5. Psychology

4. Ideally	1. Brainiest
3. Mentality	2. Double Header
7. No Brainer	6. Head to Head
8. Hideaway	5. Elemental

Captain Frank was bald!



Donation Form

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: _____

Address: _____

Telephone: _____ Email: _____

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
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