

Epilepsy Newfoundland and Labrador

Back in 1983 a mother was talking with her son's doctor. The diagnosis was epilepsy. She was very troubled by the news. What was epilepsy, what would happen, would her son be okay?

The mom decided to learn as much as she could about epilepsy. Searching for support and information, she found little. Something was needed in Nf. & Lab. to provide people with epilepsy, and their families, the help they needed. So she decided to do something about it. She gathered a small team of volunteers, and from their work and dedication Epilepsy Newfoundland and Labrador was born. While small at first, ENL soon began to grow, offering information and services to those in need. Today, we are over 25 years old and remain committed to working for awareness, and understanding.

We offer:

- Info!** - Let us know and we'll mail out a personalized kit to you.
- Newsletter** - Sent quarterly and full of stories, news, & upcoming events.
- Scholarships** - Two \$1,000 scholarships annually for members of ENL.
- Website** - Filled with LOTS of great information www.epilepsynl.com
- Resource Centre** - Borrow books, videos, or storybooks
- Advocacy** - Need some help with a problem or issue relating to epilepsy?
- Info Sessions** - For all ages. Contact us to arrange a place and time.

I Want to Make a Difference!

Name: _____

Address: _____

Telephone: _____ Email: _____

- I would like a FREE information package.
- I would like to become a member of ENL.
- I would like to help by making a donation of \$ _____
 - Cheque enclosed
 - Please charge to my Visa Mastercard

Card Number: _____ Expiry Date: _____

Donate online at www.epilepsynl.com.
An official tax receipt will be mailed for all donations.

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...can make all the difference.

The Power of One Small Idea...

In 2008, Cassidy Megan, a nine year old girl in Nova Scotia learned that she had been diagnosed with epilepsy. She was scared of what was happening to her, and wondered if there were other people going through the same thing. She asked if it would be possible to have a special day at her school so that people with epilepsy would feel less alone. **Lavender** is the internationally recognized colour for epilepsy, however, Cassidy declared that lavender was just a fancy name for purple and that March 26th would be Purple Day.

But it didn't stop at just her school. Her town got involved, then other cities, and other provinces, and countries. Since then, Purple Day for Epilepsy has grown into a worldwide event. Celebrities, politicians, and thousands of people young and old from countries such as the UK, Philippines, South Africa, Israel, Australia, Argentina, the US, Canada, and many others, have worn their purple proudly to let everyone who lives with seizures know that they are not alone. **Cassidy is proof that while you can't do everything, everyone can do SOMETHING.**

How Will YOU Make a Difference?

When Debbie Hanlon learned about Purple Day and the great idea Cassidy had for fostering awareness, she decided that she could make a difference by sending out information and a purple bag for donations to each of her valued clients.

We are not all Cassidy, we are not all Debbie Hanlon, but we can all do something within our own sphere of influence.

What is it that you can do? What is it you're willing to do? More than 10,000 men, women, and children living with Epilepsy in Newfoundland and Labrador are waiting to find out.

Seizures & Your Brain

Every single one of us has a brain with the potential to have a seizure. **In fact one in every ten people at some time in their life will have a seizure.**

Seizures start in your brain. Sometimes the electricity in the brain gets disrupted briefly. When that happens, it will affect normal brain activity which in turn, will affect behaviour. This is known as a seizure. If someone has recurrent seizures, we say they have epilepsy. Seizures will be either convulsive, or non-convulsive.

The **convulsive** ones are pretty easy to spot. Every muscle in the body will stiffen and the person will fall and lose consciousness. The body will start to convulse and breathing may be impaired. They may throw up, look like they are frothing at the mouth, and may lose bladder control. It will usually only last about two to four minutes. After, the person may be confused, tired and aching.

The **non-convulsive** seizures can look like so many different things that it can be a little harder to identify them, unless you know what to look for.

One kind, called an absence seizure can look like the person is staring off into space. It's quick, usually lasting less than ten seconds. The person is conscious but completely unaware, and their eyelids may flutter or eyes roll up. Alertness returns very quickly afterwards.

Another kind is called a complex partial seizure. For about one to three minutes the person will be disoriented and will probably exhibit random, repetitive movements such as lip smacking, or picking at clothes. They will be conscious but completely unaware. This type of seizure can be followed by milder disorientation and confusion as the person comes out of the seizure, or may be followed by a convulsive seizure.

What to Do?

For a Convulsive Seizure

Don't panic!
Time it. More than 5 minutes? Ambulance!
Explain what is happening. Ask for space.
Put something soft under the head.
Roll person to their side to prevent choking.
Clear the area of dangers.
Do NOT put anything in the mouth.
Do NOT restrain.
Speak gently.
Be kind during and after the seizure.

For a Non-Convulsive Seizure

Don't panic!
Time it. More than 5 minutes? Ambulance!
Explain what is happening.
Clear the area of dangers.
Gently guide and protect from hazards.
Do NOT restrain.
Speak gently.
Be kind during and after the seizure.
If person begins shaking, follow the steps for a convulsive seizure.