



**BC Epilepsy  
Society**

E-NEWSLETTER

*Improving lives.  
Inspiring courage.*

August 19, 2015

## **Epilepsy Information for Schools**

Going back to or starting school is an exciting time for children and parents. However, it can also be overwhelming.

You can help avoid back-to-school stress by utilizing the school related resources that we offer as part of our [Partners in Teaching program](#). These include information materials, DVDs, seizure awareness workshops, and student resources. Below are some examples:

### **Information Sheets**

[Epilepsy Fact Sheet](#): This answers common questions about seizures and epilepsy. It is an excellent overview for those who have no or limited knowledge of epilepsy.

[Seizure Types and First Aid](#): This includes descriptions of different types of seizures and first aid. This includes absence seizures and other types of non-convulsive seizures.

[School and Parent Partnerships](#): This gives an overview of school support services as well as practical advice and strategies to effectively communicate with school personnel.

[Understanding Students with Epilepsy: Tips for Teachers](#): This describes the impacts of seizures on learning and gives suggestions about how to support children with epilepsy in the classroom.

### **DVDs**

[Epilepsy and Seizure Information for Schools](#): This explains facts about seizures and epilepsy, seizure types, first aid and safety considerations, teaching strategies, and personal stories from children and families who are affected by epilepsy.

### **Workshops**

Our free educational workshops go over seizure types and first aid, safety considerations, and ways that school staff can support the academic and

developmental needs of people with epilepsy. They are an excellent addition to professional development days or staff meetings. [Click here](#) for a letter that you can give to your child's school about these.

## **Student Resources**

We provide a variety of materials that can be used within the classroom to help educate students about epilepsy. These include activity sheets, handouts, books, DVDs, and comics designed for different age groups. [Click here](#) for a sample of the student resources available.

For more information about our school resources, please contact Elvira Balakshin at 604-875-6704 Ext. 11 or email [outreach@bcepilepsy.com](mailto:outreach@bcepilepsy.com)

---

## **Upcoming BC Epilepsy Society Events**

### **Online Support Group Meeting: September 14**

Due to the Labour Day holiday, our September online support group meeting has been moved to Monday, September 14<sup>th</sup> from 7-8 pm. Be sure to log-in for a live discussion with others about aspects related to epilepsy. Each month the group talks about a different topic to keep meetings fun and interesting. To register, please contact Jas Lachar at [services@bcepilepsy.com](mailto:services@bcepilepsy.com) or at 604-875-6704 at least three business days prior to the meeting date.

### **Shakin' Not Cured Gala Fundraiser: November 10**

Our annual James Bond themed gala fundraiser called Shakin' Not Cured will be back in action on Tuesday, November 10<sup>th</sup>. This year it will take place at the Vancouver Aquarium. Tickets are \$100. Your ticket includes access to a free signature martini, hors d'ouerves, live music, Blackjack and Roulette tables, and the chance to bid on premium auction items. [Click here](#) for more information and stay tuned for more details!

### **Family Epilepsy Education Day Conference: November 21**

We are hosting a large and comprehensive epilepsy conference, with the support of medical and social service professionals who specialize in epilepsy, on Saturday, November 21<sup>st</sup> from 9:30 am to 4:30 pm at the Chan Auditorium at BC Children's Hospital.

There will be 7 different sessions on a variety of topics with over 12 different presenters. These range from the structural aspects of the brain, treatments, mental wellness, learning issues, transition to adult health care services, online health literacy, and it will also include inspirational talks from people who have epilepsy. This event is geared towards anyone affected by epilepsy – whether it be adults, family members, or community or school support staff. Stay tuned for the program schedule and registration details. For more information please contact Elvira Balakshin at 604-

## Epilepsy News

### **Music Therapy Could Benefit People with Epilepsy**

Could listening to Mozart help prevent seizures? Researchers at the Ohio State University Wexner Medical Center took EEG recordings of the brains of people with and without epilepsy while they were listening to silence and when they were listening to music.

The findings showed that when the people with epilepsy were listening to segments of music from Mozart and John Coltrane their brainwave activity significantly increased. As well, brainwave activity in people with epilepsy also tended to synchronize more with the music, especially in the temporal lobe, than in people without epilepsy.

The researchers hypothesize that when brainwaves synchronize with the music it could reduce dysfunctional synchronization in the temporal lobe. This could potentially reduce the risk of seizure activity. As well, since music is often used by people to relax and help reduce stress, this could also reduce seizure activity. [Click here](#) to read more about these findings.

### **Epilepsy Medication Manufactured By 3D Printer**

The Food and Drug Administration (FDA) in the United States has just approved a three-dimensional (3D) printed medication. This medication is called Spritam (levetiracetam). It is used for the treatment of seizures in adults and children with epilepsy.

The 3D printing process helps to make the medication more porous – and therefore easier to swallow. This will be particularly useful for children.

This is an exciting development in the future of medication manufacturing. It has even been theorized that one day a person could print their medications at home! [Click here](#) for more information about this development.

### **Women with Autism More Prone to Severe Epilepsy**

Women with autism are nearly three times as likely as men with autism to have severe epilepsy that is not fully controlled by medication.

In a new study published in *Autism Research*, researchers found that women who have both autism and epilepsy tend to have milder autism symptoms, but more severe seizures than men with both disorders.

The researchers stated that women who have both autism and epilepsy are more likely than men with both disorders to have mild abnormalities such as cortical dysplasias. These cause neurons in the top layer of the brain to fail to migrate to the

correct place. Cortical dysplasias are linked to the development of epilepsy. [Click here](#) for more information about this study.

[About Us](#)

[Donate](#)

[Contact Us](#)

### **BC Epilepsy Society**

#2500 - 900 West 8th Avenue | Vancouver, BC | V5Z 1E5  
Phone: 604.875.6704 | Fax: 604.875.0617

#### **Follow Us**



*The BC Epilepsy Society is a non-profit, charitable organization,  
which provides education, advocacy, and support.*