



BC Epilepsy Society

August 2017

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WIN: Grand Prize - WestJet Airfare for 2 - or One of Six (6) Deluxe Packages



Providing Seizure Education and Resources for Schools

The BC Epilepsy Society provides - **free of charge** - seizure awareness workshops, information materials, and DVDs for teachers and students. We provide accurate and up-to-date information about epilepsy and seizures.

This includes information about seizure types, first aid and safety considerations, as well as how to support children with epilepsy in the classroom.

The reality is:

- Seizures are common. About 1 out of 12 people will have a seizure in their lifetime.
- Epilepsy, a medical condition that causes recurring seizures, affects approximately 40,000 people in BC. It is more prevalent in children and those with special needs.
- Teachers can be the first to respond to and recognize seizures in students.
- Some seizure types are brief and/or subtle and could be misinterpreted as daydreaming, behaviour difficulties, or clumsiness.
- All students benefit when school personnel have the appropriate knowledge to help ensure a safe and supportive classroom.

To schedule contact: 604-875-6704 | Jasdeep@bcepilepsy.com | www.bcepilepsy.com



Education is the Key to Acceptance

by Marlyn Chow, Support Services Worker, BC Epilepsy Society

Children and youth with epilepsy are at an increased risk of being bullied by their peers. These children are no different than any other child. They just have greater obstacles to face than most people. While many efforts have been made to increase acceptance for people with epilepsy, new media and technology have changed the landscape for bullying. People are being bullied even more today because of social media and selfies that can be widely circulated. It is very difficult for young people to not be affected by social media and dating sites. The situation opens up a whole new set of challenges.

Children who are bullied frequently often do not know how to respond. They struggle with name-calling, put-downs, physical aggression towards them or being excluded. They may:

- Lose confidence and not want to go to school anymore.
- Find it difficult to focus in class and remember what they learn.
- Experience anxiety that causes health concerns such as stomach-aches, headaches, panic attacks, sleeplessness or exhaustion.

Develop serious concerns like helplessness and depression. One of the first things that needs to happen is to address the stigma that is still very much attached to epilepsy. Stigma comes in many forms. It can be from people who still believe cruel and untrue myths about epilepsy that make it seem as if the condition is someone's fault or a punishment. There are teachers who try to stop children from participating in school trips or activities, even though that is against school policies in BC. The BC Ministry of Education policy states “all students with special needs should have equitable access to learning opportunities for achievement, and the pursuit of excellence in all aspects of their educational programs” (*BC Ministry of Education, 2006*). There are also parents of friends who are afraid to handle seizures should they occur while they are in their care. As a result, the child with epilepsy gets excluded from birthday parties, play dates and other social activities.

The more you and your child learn about epilepsy and help to educate others, the better you will be able to fight stigma and bullying. The BC Epilepsy Society has age appropriate books and pamphlets that can assist children and youth

get a better understanding of epilepsy. The BC Epilepsy Society also has a program called Partners in Teaching, this free educational workshop goes over seizure types and first aid, safety considerations, and ways that school staff can support the academic and developmental needs of people with epilepsy. These workshops are available for students, child care providers, recreation leaders, community support workers, and other audiences such as employers and community organizations.

While you can't stop all teasing or bullying, no child should be afraid to go to school or face humiliation or cruelty. It is important to be aware of it, encourage your child to talk about it, and work with teachers and other care providers to prevent it. Everyone has a role to play in promoting positive mental health and wellness. Children who are in a positive school climate and culture take pride in themselves, their school, their accomplishments and the accomplishments of those they are connected to. The following websites can assist you in identifying bullies and whether your child is being bullied and some strategies to help you and your child:

- BC Ministry of Education: www2.gov.bc.ca/gov/content/education-training/k-12/support/student-safety-wellness/keeping-kids-safe-from-bullying-harassment-and-intimidation
- ERASE Bullying: www.erasebullying.ca
- Healthy Schools BC: www.healthyschoolsbc.ca

“No one can make you feel inferior without your consent.”

– Eleanor Roosevelt

References:

BC Epilepsy Society: Partners In Teaching. (2017). Retrieved from

<http://www.bcepilepsy.com/programs/partners-in-teaching>

BC Ministry of Education: Special Education. (2006, July 1). www2.gov.bc.ca/gov/content/education-training/administration/legislation-policy/public-schools/special-education

BC Ministry of Education: Keeping Kids Safe From Bullying, Harassment and Intimidation.

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BC Ministry of Education: ERASE Bullying. (2012). www.erasebullying.ca

Craig W. and H. Yossi (2004). Bullying and fighting: Results from World Health Organization Health and Behavior Survey of school aged children. International Report for World Health Organization

Discontinuation of brand name Frisium (clobazam) tablets in Canada

Lundbeck is discontinuing its brand name Frisium tablets in Canada (DIN [02221799](#)).

Lundbeck estimates that the remaining supply of Frisium for the Canadian market will be depleted by the end of 2018. This estimate is based on current inventory levels and historical usage. The run out date is subject to change if there are unanticipated increases/decreases in demand.

With the advance notice, there is an opportunity for people who are stabilized on brand name Frisium to proactively discuss the situation with your doctor and decide when to switch from the branded product to a generic formulation. Patients, their families and healthcare professionals can contact Lundbeck's Medical Information team at 1-866-880-4636 if they have questions or concerns.

There are two (2) generic products currently marketed in Canada:

DIN	Product Name	Company
02244638	Apo-Clobazam	Apotex Inc.
02238334	Teva-Clobazam	Teva Canada Ltd

Pharmascience Inc has discontinued PMS-Clobazam (DIN 02244474)

Pro Doc Ltée has discontinued Clobazam-10 (DIN 02248454)

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