

Purple Pucks
For Epilepsy
Kingston Frontenacs
VS
Oshawa Generals

7:00PM

Friday, March 7th, 2014

K-Rock Centre

Tickets can be purchased from
the Epilepsy Resource Centre for **\$12**
at www.epilepsyresource.org

Celebrate Epilepsy Awareness Month
with the **Frontenacs!**



100 Stuart Street
1-613-542-6222
www.epilepsyresource.org





Purple Pancakes For Epilepsy

Date: Saturday, March 22nd, 2014

Time: 9 - 11AM

Location

Kingston: Loblaws at Kingston Centre
1100 Princess Street, Kingston

Gananoque: St. Andrew's Presbyterian Church
175 Stone St., Gananoque

Admission: By donation

Support epilepsy awareness by coming to
our **pancake breakfast!**
Don't forget to wear purple!




**THE EPILEPSY AND SEIZURE
DISORDER RESOURCE CENTRE**
 OF SOUTH EASTERN ONTARIO

100 Stuart Street, Kingston Ontario K7L2V6 ~ Phone: (613)542-6222 ~ Fax: (613) 548-4162
 admin@epilepsyresource.org ~ www.epilepsyresource.org

Purple Day 2014 A Month of Epilepsy Awareness



Purple Pucks for Epilepsy – Kingston Frontenacs Epilepsy Game Night

When: Friday March 7th, 2014

Time: 7pm

Location: K-Rock Centre, 1 Tragically Hip Way, Kingston Ontario

This year we are excited to be teaming up with the Kingston Frontenacs for our *Purple Pucks for Epilepsy* event. We will be selling tickets at reduced prices for the game, and hope to have a sea of purple-clad fans cheering as the Frontenacs take on the Oshawa Generals. Contact our office to purchase your tickets!

Purple Pancakes for Epilepsy: Kingston and Gananoque

When: Saturday March 22, 2014

Time: 9am to 11am

Kingston Location: Loblaws, Princess Street Market, 1100 Princess Street

Gananoque Location: St. Andrew’s Presbyterian Church, 175 Stone St. S.

They’re back! The Epilepsy Resource Centre will be hosting two Purple Pancake breakfasts to help raise epilepsy awareness. Please come out and enjoy some “purple” blueberry pancakes and learn more about epilepsy.

Entrance is by donation.

Speaker Night: Brockville

When: Tuesday March 25, 2014

Time: 7pm to 9pm

Location: Community & Primary Health Care (CPHC), 2235 Parkedale Avenue, Brockville

Topic: **Living Well with Epilepsy: Stories and Strategies**

Presenter: Susan Harrison, Executive Director of the Epilepsy Resource Centre and YOU!

Come out to learn some tips and strategies about living well with epilepsy and have an opportunity to share your personal insights and stories.



Purple Day for Epilepsy

When: Wednesday March 26th, 2014

Time: All day





PURPLE DAY For Epilepsy March 26



Purple Day 2014 Celebrate Purple Day All Month Along!

It's that time of year again! Purple Day is quickly approaching. This year we are excited to be teaming up with many people to help increase the awareness of epilepsy in the communities that the Epilepsy and Seizure Disorder Resource Centre serves.

Having struggled with epilepsy herself, nine year-old Cassidy Megan of Nova Scotia was determined to find a way to bring attention to epilepsy and to help others understand the struggles of living with epilepsy. Her determination sparked a worldwide event, spreading international awareness in many countries around the world.

Epilepsy affects about 300, 000 Canadian's and approximately 65 million people worldwide. For Purple Day 2014 we are hosting several exciting and fun filled events across the region:

- * **Purple Pucks for Epilepsy: A Kingston Frontenacs Hockey Night**
- * **Purple Pancakes Breakfast for Epilepsy in Kingston**
- * **Purple Pancakes Breakfast for Epilepsy in Gananoque**
- * **A Speaker Night Presentation with Susan Harrison, Executive Director of the Epilepsy Resource Centre and YOU!**
- * **Wear Purple on Purple Day - March 26th**

Don't forget that in 2012, on June 26th, the Purple Day Act received Royal Assent, establishing March 26th as a legally recognized day for epilepsy awareness in Canada. The bill, Bill C-278, recognizes Purple Day as a day each year when Canadians wear purple to promote a greater awareness of epilepsy and support the 300,000 Canadians living with the disorder. So remember to wear Purple on March 26th to show your support for epilepsy awareness in Canada and around the world.

For more information about these Purple Day month events that the Epilepsy Resource Centre is hosting please visit our website for more information at www.epilepsyresource.org or contact our office by phone, (613) 542-6222 or by email, admin@epilepsyresource.org. You can also find us on Facebook, Epilepsy and Seizure Disorder Resource Centre.



Upcoming Brockville Speaker Night Presentations

The Epilepsy Resource Centre has been hosting a series of Speaker Nights in both the Kingston and Brockville areas. We have two upcoming Speaker Night Presentations in Brockville scheduled. Whether you are an individual living with epilepsy, care for someone with epilepsy, or are a member of the community who wants to know more, our series of Speaker Nights will offer you great information and discussion about epilepsy.

Everyone is welcome to attend!



Wednesday, February 12, 2014

Topic: Epilepsy and Your Child

Presenter: Dr. E. Athen MacDonald

Time: 7pm to 9pm

Location: Community & Primary Health Care (CPHC), 2235 Parkedale Avenue, Brockville

Tuesday, March 25, 2014

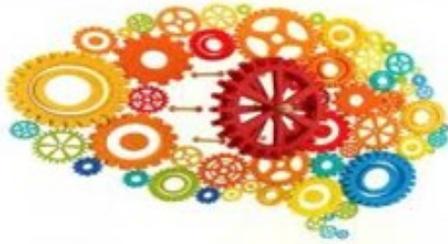
Topic: Living Well with Epilepsy: Stories and Strategies

Presenter: Susan Harrison, Executive Director of the Epilepsy Resource Centre and YOU!

Time: 7pm to 9pm

Location: Community & Primary Health Care (CPHC), 2235 Parkedale Avenue, Brockville

If you are interested in attending these events, please RSVP to (613) 542-6222 or by email to admin@epilepsyresource.org.



Cogmed Study

A study to assist in improving working memory with Children with Epilepsy

A research team at the Hospital for Sick Children (Toronto, ON) is currently investigating whether an interactive computer-based intervention program (Cogmed), proven to improve working memory for individuals with ADHD, is also effective for individuals who experience seizures. Working memory refers to our ability to hold and manipulate information briefly in our mind, and helps us with many other cognitively demanding tasks such as solving problems, focusing attention, as well as planning and organizing activities. Research has demonstrated that individuals who have frequent seizures often experience difficulties with working memory, and may have trouble performing in academic and social settings as a result.

The researchers are looking for families who have a child between 8 and 15 years old who is diagnosed with epilepsy, has had at least one seizure while on medication in the past 6 months, and is interested in participating in Cogmed training. In addition to training (which is completed at home), your involvement in the study would include two assessments on separate occasions (before and after training) in Kingston in order to measure changes in working memory capacity due to training. During the assessments, your child is asked to participate in various games and activities, and parents are asked to complete brief questionnaires. In order to participate, you will require a note from your child's neurologist stating the type(s) of seizures, medications, and age or year of diagnosis.

The researchers will travel to the Kingston area to conduct the pre and post-intervention assessments. For more information about the study, please contact Nisreen (Clinical Research Project Assistant) at 416-813-8325 (Ext. 2), or via email at nisreen.khambati@sickkids.ca. We



Ketogenic Diet Pill OBI - EPLink Research Project



Nowadays, there is a variety of medication that can be taken to help control seizures. However, for some people, medication does not work. This is when they turn to other methods such as a ketogenic diet. A ketogenic diet is a special type of diet that requires the intake of lots of fats, low carbohydrates, and no sugar. Essentially, with this diet, the body will be powered by fat rather than sugar. Studies have shown that two-thirds of children under the ketogenic diet become either seizure-free or have their seizure counts reduced. The difficulty with the ketogenic diet is that it must be strictly monitored.

Studies have shown that when a person is on the ketogenic diet, their brain is powered by ketone bodies instead of glucose (sugar). These ketone bodies were found to be causing a reduction in seizures. Dr. McIntyre Burnham, a professor in Pharmacology at the University of Toronto has been studying the mechanism of how the ketogenic diet affects seizures. His research focuses on acetone, one of many ketone bodies, and its anti-seizure effect. Dr. Burnham is designing acetone analogues and testing them in the EpLink Drug Development Platform. His goal is essentially to create "the ketogenic diet in a pill" to control the seizures resistant to anti-seizure drugs.

If this pill can mimic the effects of being on a ketogenic diet then it will be much easier for people on this diet as they can resume their regular eating lifestyle.

For more information on EpLink please visit their website at <http://eplink.ca/>.

Source: <http://www.eplink.ca/research-projects/pharmacotherapy/acetone-analogues-as-novel-anticonvulsants/>

Seeking Participants with Epilepsy Language & Literacy Project



The Language and Cognition lab at Trent University is seeking participants in the Kingston and surrounding areas for a project that investigates the cognitive processes (e.g., reading and language) of children who have epilepsy. They are looking for families who have a child between the ages of 7 and 13 who is diagnosed with epilepsy to participate in the project.

Parents would be asked to participate in a short (by phone/in person) interview to provide some basic medical information about their child. However, families are not expected to travel for these in person interviews. The research team will arrange for space and travel to the Kingston area to meet with interested participants.

The child would then be asked to take part in a series of activities and games that include standardized measures of reading and language. Parents would receive a summary of their child's level of functioning on the standardized measures administered. Assessments such as this can be costly to seek privately and are limited in the school setting (due to waiting lists for services), and do provide a good snapshot of a child's level of functioning. Children would receive small tokens of appreciation for their time.

Interested families can contact Katherine Bailey, Project Coordinator at Trent University in Oshawa by email at katharinebail@trentu.ca or by phone at (905) 435-5102, ext. 5035.

New Epilepsy Specialist in Kingston

We are pleased to announce that individuals with epilepsy in our region will have increased access to specialized care, as a new epileptologist (a neurologist who specializes in epilepsy) has recently started working at Kingston General Hospital. We would like to introduce you to Dr. Lysa Lomax. Dr. Lomax will be sharing patient care for adults with epilepsy alongside Dr. Allison Spiller.

Dr. Lomax attended medical school in Calgary, Alberta, and completed her neurology residency at Queen's University in Kingston. She then obtained further specialized training in epilepsy by completing a fellowship in Melbourne, Australia. Dr. Lomax explained that she chose to specialize in epilepsy because "so many young people are affected by epilepsy, and you can make a huge difference in their lives". She described that by helping her patients achieve seizure control, she hopes to help them achieve their goals of being able to drive, work, and be fully engaged in the community.

Dr. Lomax believes that the greatest under-recognized challenge faced by those with epilepsy is the frequency of mood disorders, particularly depression. She explained that depression is more common in those with epilepsy due to a combination of the effects epilepsy itself on the brain, anti-seizure medications, and having to cope with the stigma of epilepsy.

Dr. Lomax will be providing a presentation in our Speaker Night series on the topic of the Side Effects of Epilepsy, including mood disorders and cognitive challenges. She will be speaking in Kingston on April 29th. Watch our website for details.

We welcome Dr. Lomax to Kingston!

Winter Safety Tips Stay safe this season!

Winter has come again and with the cold and harsh winter weather it is important to remember to stay safe when it comes to having a fun and exciting winter. The following are some helpful tips to stay safe if you have epilepsy or a seizure disorder.

- Keep hydrated – With the combination of dry icy weather outside and the warm heat inside, you actually get more dehydrated than in the summer! Keep a bottle of water next to you to stay healthy and hydrated!
- Stay active – Though it is tempting to stay indoors during the cold weather, don't forget to exercise to keep active. Motivate yourself by working out with a buddy or even heading over to a local gym. Exercise lowers stress, which is a frequent seizure trigger.
- Winter sports – Don't forget to wear a helmet with skiing, snowboarding, skating, etc. Safety comes first!
- Rest more – With short days and long nights during winter, catch up on sleep that you've missed. Plenty of sleep helps lower stress and anxiety levels, and can may help keep your seizures in check.
- Exercise your brain –Don't forget to keep your brain active whether it'd be reading, doing crossword puzzles or even playing board games with friends!

For more information about winter safety precautions you and your family can take, please contact us or discuss your concerns with your family doctor or neurologist. When we remember how to stay safe we can ensure that the winter season is fun and free of any medical injuries or issues.



Did You Know? Fun Purple Day Facts

- Purple Day was founded in 2008, by nine-year-old Cassidy Megan of Nova Scotia, Canada.
- Cassidy Megan created the idea of Purple Day in 2008, motivated by her own struggles with epilepsy. Cassidy's goal is to get people talking about epilepsy in an effort to dispel myths and inform those with seizures that they are not alone.
- Cassidy chose the colour purple after the international colour for epilepsy, lavender. The lavender flower is also often associated with solitude, which is representative of the feelings of isolation many people affected by epilepsy and seizure disorders often feel.
- Cassidy's goal is for people with epilepsy everywhere to know they are not alone.
- On June 26th, 2012, the Purple Day Act received Royal Assent, establishing March 26th as a legally recognized day for epilepsy awareness in Canada.

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Donations

Please send this information form along with your cheque or cash donation to:

Epilepsy and Seizure Disorder Resource Centre of South Eastern Ontario

100 Stuart Street

Kingston, Ontario, K7L 2V6

Phone: (613) 542-6222 ~ Fax: (613) 548-4162

Payment Method: Cheque Cash
Amount: \$25 \$50 \$75 \$100 Other: _____

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You can also donate to the Epilepsy and Seizure Disorder Resource Centre online using a credit card. Please visit our website, www.epilepsyresource.org and click on the CanadaHelps.org logo.

**Tax Receipts are provided for all donations*

Email Address: _____

**Please make all cheques payable to the Epilepsy & Seizure Disorder Resource Centre*