



March is Epilepsy Awareness Month

Info about many activities to celebrate and bring awareness can be found at this URL: <https://edmontonepilepsy.org/marchepilepsy2022/>

SCHOLARSHIPS

<https://edmontonepilepsy.org/scholarships/>

Garry Hannigan Memorial Scholarship Fund and **Life Enhancement Scholarships for Youth**: These Scholarships, to a maximum of \$500 each, are available for Youths of any age, up to the age of 18, to assist them in participating in Sports, or Recreational Activities that will enhance their development as individuals.

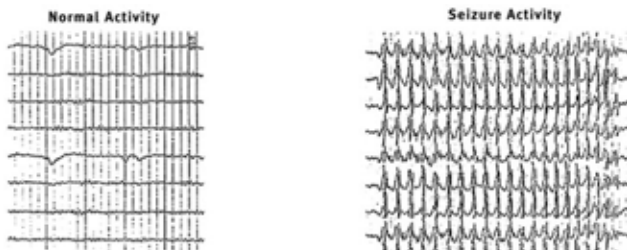
WHAT IS EPILEPSY?

Epilepsy is a neurological disorder of the central nervous system, specifically of the brain. It is characterized by the tendency to have recurrent seizures. A single seizure generally does not constitute epilepsy.

<https://www.canadianepilepsyalliance.org/about-epilepsy/explaining-epilepsy/>

WHAT IS A SEIZURE?

A seizure occurs when the normal electrical balance in the brain is lost. The brain's nerve cells misfire: they either fire when they shouldn't or don't fire when they should. The result is a sudden, brief, uncontrolled burst of abnormal electrical activity in the brain. Seizures are the physical effects of such unusual bursts of electrical energy in the brain.



During a seizure, out-of-sync signals from the brain travel along the nervous system pathway to sensors, like the nerves that sense light in the eyes or the nerves that flex muscles. These misfiring signals may keep the brain from understanding what the eyes see, so the person stares during a seizure. Or they may affect leg muscle tone and cause a person to fall down. The type of seizure depends

on how many cells fire and which area of the brain is involved. A seizure may be an alteration in behaviour, consciousness, movement, perception and/or sensation.

There are many types of seizures. Most seizures end in a few minutes. These are general steps to help someone who is having any type of seizure:

- Stay with the person until the seizure ends and he or she is fully awake. After it ends, help the person sit in a safe place. Once they are alert and able to communicate, tell them what happened in very simple terms.
- Comfort the person and speak calmly.
- Check to see if the person is wearing a medical bracelet or other emergency information.
- Keep yourself and other people calm.
- Offer to call a taxi or another person to make sure the person gets home safely.

Do I call 911?

Seizures do not usually require emergency medical attention. Only call 911 if one or more of these are true:

- The person has never had a seizure before.
- The person has difficulty breathing or waking after the seizure.
- The seizure lasts longer than 5 minutes.
- The person has another seizure soon after the first one.
- The person is hurt during the seizure.
- The seizure happens in water.
- The person has a health condition like diabetes, heart disease, or is pregnant.

How to help during a seizure

Protect the person from injury.

- Keep him or her from falling if you can, or try to guide the person gently to the floor.
- Try to move furniture or other objects that might injure the person during the seizure.
- If the person is having a seizure and is on the ground when you arrive, try to position the person on his or her side so that fluid can leak out of the mouth. But be careful not to apply too much pressure to the person's body.
- Do not force anything, including your fingers, into the person's mouth.
- Do not try to hold down the person. This can cause injury, such as a dislocated shoulder

It is important to maintain a healthy and well-balanced lifestyle. Monitoring what may trigger a seizure is helpful for people with epilepsy. Lack of sleep or stress can



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affect seizure control. Eating regularly and maintaining a well-balanced and nutritious diet are also important. A poor and irregular diet may affect seizure medication levels. Excessive alcohol consumption and subsequent withdrawal and use of street drugs can trigger seizures. Some women experience an increase in seizures around the time of menstruation. This is referred to as catamenial epilepsy. In those with photosensitive epilepsy, flashing or flickering lights may induce seizures. Be cautious around the use of computers, video games, television etc...

There are specific health-related issues associated with particular groups of individuals including seniors, children and women, that should be discussed with a physician.

Common Seizure Triggers

While some people are not able to identify specific events or circumstances that affect seizures, other are able to recognize definite seizure triggers. It is useful to learn your seizure triggers so that seizures can be avoided. Some common triggers include:

- Forgetting to take prescribed seizure medication
- Lack of sleep
- Missing meals
- Stress, excitement, emotional upset
- Menstrual cycle/hormonal changes
- Illness or fever
- Low seizure medication levels
- Medications other than prescribed anticonvulsant
- Flickering lights of computers, televisions, video games etc...
- Excessive alcohol consumption and subsequent withdrawal
- Street Drugs (e.g. cocaine, amphetamines, ecstasy, LSD, withdrawal from marijuana)

The Voice - Epilepsy with Katrina Breau Podcast

In November 2021, we spoke with VAD's President about her journey with Epilepsy. Listen to the podcast to hear all about it!

<https://www.buzzsprout.com/1678687/episodes/9617908>



MARCH FUNDRAISING CAMPAIGN AND 50-50 RAFFLE AT OIL KINGS GAME

On March 27, 2022, the Edmonton Epilepsy Association invites everyone to attend the Oil Kings home game at Rogers Place. If attending the game in person is not your thing, there are other ways you can help us:



- Purchase our ticket vouchers at reduced price.
- Volunteer with us to sell 50-50 tickets in person.
- Purchase 50-50 tickets, in person and online, on March 27, 2022 and help us reach our \$6,000 goal!

<https://edmontonepilepsy.org/OILKINGS2021/>

MARCH 26, 2022 INTERNATIONAL PURPLE DAY!

March 26 is International Purple Day! Learn all about this special day at <https://www.purpleday.org/>. This year the day falls on a Saturday! At the EEA we welcome everyone to help us celebrate the day by sharing your pictures in purple and so many other things! We hope you will join us.

Purple Lights at the High Level Bridge in Edmonton, Alberta – we are looking for anyone who can share their own pics about this landmark. We will light the bridge in purple on March 27, 2022!

LIGHT THE NIGHT – This is a CEA national event – join the live broadcast across Canada, of many landmarks lit in purple. Learn more <https://www.canadianepilepsyalliance.org/light-the-night/>.

Share your purple pics with us on social media! – Share purple pictures on social media and tag us along with these hashtags: #EEA, #purpleday, #purpleday2022



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Full Participation - Accessibility - Equity



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BANNERS ON BRIDGES!

Look for the four Epilepsy Awareness Month banners on bridges around Edmonton! We are looking for volunteers to help us set them up and take them down.



The Edmonton Epilepsy Association will show their banners on four bridges in the Edmonton area, between March 6 and April 2, 2022. If you happen to drive by, and if it is safe to do so, take a picture of the banner and share it with them! This is their way to create awareness about epilepsy!

To celebrate and create increased awareness about Epilepsy during the month of March, the EEA will run a series of special initiatives that we hope you can assist us in promoting. All details about these initiatives can be easily found on our website.

- *Lighting of the High-Level Bridge in Edmonton, on March 26, 2022*
- *Lighting of the Alberta Legislature Grounds, on March 26, 2022*
- *Proclamation of March 26, 2022 as Purple Day, the day dedicated to people living with Epilepsy, by Edmonton Mayor, Amarjeet Sohi*
- *"1 in 100" social media postings campaign with the Canadian Epilepsy Alliance (CEA)*
- *Run two live Kids on the Block shows on Purple Day, March 25, 2022 freely available online at 10:00 and 12:00 a.m. MST*

Epilepsy Awareness Month will wrap up on International Purple Day, March 26th, with participation by everyone to the live broadcast of Light the Night!, a social media event coordinated by the Canadian Epilepsy Alliance, CEA.

<https://edmontonepilepsy.org>



MARCH IS EPILEPSY AWARENESS MONTH

LEARN ABOUT EPILEPSY

- Learn about epilepsy at the Edmonton Epilepsy Association - www.edmontonepilepsy.org

ACCESS EPILEPSY RESOURCES

- Get free epilepsy information booklets
- Book a Kids on the Block Online Show!
- Book on-demand webinars for teacher and staff about epilepsy first aid!

CELEBRATE PURPLE DAY!

- March 26 is Purple Day! Canada's official day for Epilepsy!
- Join the EEA with activities to show your purple!

EEA
Ask Me Why

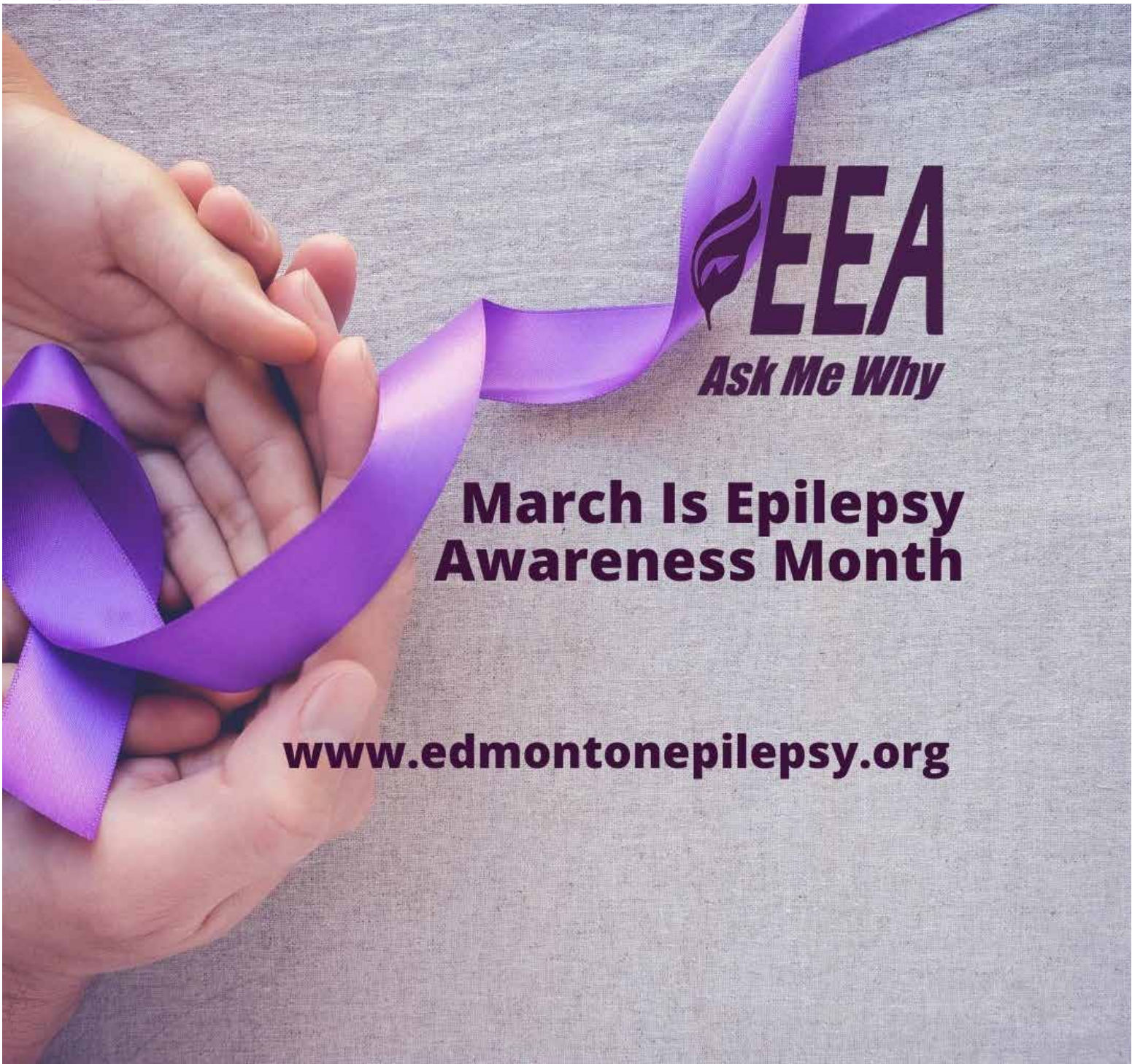
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 **EEEA**
Ask Me Why

March Is Epilepsy Awareness Month

www.edmontonepilepsy.org

300,000 CANADIANS HAVE EPILEPSY AND ARE COMING OUT OF THE SHADOWS



300 000 CANADIENS SONT ÉPILEPTIQUES ET SORTENT DE L'OMBRE

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