



## EDR COMMUNIQUE

Epilepsy Durham Region

December 2005

### Epilepsy Durham Region Launches New Website

We are more than excited to inform our members of our newly launched website: [www.epilepsydurham.com](http://www.epilepsydurham.com)

The site became live on November 5th, 2005. In this relatively short period of time we have had more than 3,100 individuals view the site.

We express our sincere appreciation to the many stakeholders who continued to review the site, added their suggestions and comments.

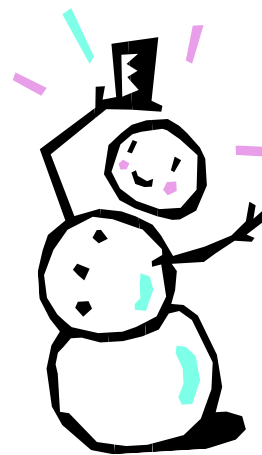
Please take a few minutes to review the site. If you find an informative site in your travels and would like to share it

with members, please forward the information and we will link to the site. Upcoming events will be posted so be sure to visit us regularly for the most up-to-date information about EDR.

If you do not have access to the internet at home, all public libraries have online services which are free to all residence.

To celebrate and promote our new website, we have created bookmarks to be distributed throughout our community. We have enclosed a copy for you.

For your convenience, donations can now be accepted online.



Seasons Greetings

#### *Lora The Lavender Labrador.*

*We are so pleased to announce that Lora has officially received her registered Trade Mark status. Special thanks to Mr. Richard Mazar for donating his time .*

*Lora makes the perfect stocking stuffer. Have you ordered your Lora dog along with your wrist bands.*

*Lora is now available at the DRAGONFLY Home and Garden Accents 124 Brock Street North, Whitby;905-430-2699*

#### *To Our Champions, we Thank You,*

*Mr. Mike Murray, Sobey's*

*The Oshawa Kicks Soccer Club*

*The Kinsmen Club of Pickering*

*The Royal Canadian Legion Branch 112*

*CAW Family Auxiliary #27*

*Knights of Columbus N. 4895*

### Dr. McIntyre Burnham Visits EDR

Wednesday, November 16th, 2005 saw EDR host its 18th Annual General Meeting. Dr. Burnham, Director of Epilepsy Research at the University of Toronto presented "The Spectrum of Epilepsy". Participants found

the meeting to be very informative as many new insights were shared about the behavioural aspects associated with epilepsy. Dr. Burnham has given his permission to add his lecture notes to the EDR website, so

be sure to visit us online. It posted under educational brochures: [www.epilepsydurham.com/pamphlets.html](http://www.epilepsydurham.com/pamphlets.html). Once again we thank Dr. Burnham for attending our AGM.

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## **EDR Membership Campaign Continues, It's not too late for renew your membership**

Thank you to those who have renewed your membership and a very warm welcome to those of you who have recently joined the EDR Family. Epilepsy Durham Region is a community-based volunteer organization whose mission is to promote independence and optimal quality of life for children and adults living with seizure disorders through education, service and advocacy. It is the primary focus of this community office – with your support; to direct our efforts to awareness of epilepsy and challenge outdated attitudes that have resulted in so many barriers to so many people.

If you have your seizures under control, we especially need your help to assist

those who are still struggling with active seizures. We need everyone; no matter to what degree you have been touched by epilepsy to be involved, after all if we don't advocate for each other, how can we expect others to advocate for us? Lets not be hidden and isolated from each other. For too long people with epilepsy and their families



Working together ensures everybody achieves more

have been hesitant to speak of their disorder publicly due to misconceptions that surround this disorder. Because no one spoke out, it is often difficult for the public to understand that individuals with epilepsy are no different than you or I and that anyone has the potential to have a seizure. The circle of secrecy and shadows continued for a long time. It is by stepping out of the shadows that epilepsy will be understood and the stigma will be eliminated.

## **EDR Salutes its Volunteers December 5th, International Volunteer Day**

Volunteer Canada reminds us that volunteering is the most fundamental act of citizenship and philanthropy in our society. It is offering of time, energy and skills of one's own free will. Volunteers impact virtually every aspect of our organization, and for that we are truly grateful. We can never repay you for your kindness, we celebrate you and honour your

**Volunteers Donated 703  
hours to Epilepsy  
Durham Region in 2005**

contributions. This year has seen a explosive growth in the kindness of individuals stepping forward to assist Epilepsy Durham Region.

This Spring we saw three of our volunteers recognized for their outstanding contribution. Ms. Joanne Sherman, Mr. Tom Anderson and Mr. Arnold Clarke. Both Joanne and Arnold received special recognition from our MPP and the Mayor of Ajax.

Could you just imagine your community without volunteers? I know that EDR would look very different from what it has become. If you have ever considered donating your talents to an organization, please visit, <http://www.volunteer.ca> or <http://www.volunteerdurham.org> or visit EDR website at [www.epilepsydurham.com/volunteering.html](http://www.epilepsydurham.com/volunteering.html) for volunteer opportunities.

## **Family Services Durham's Family Life Education Program presents... Growing Great Kids! Growing as Parents**

A seminar Series for parents of children up to age 7

### **January 25, 2006:**

Temperament: How Your Child's Personality Affects your parent-child relationship

### **February 23, 2006:**

Body Image: How to Enhance your Child's Adjustment to growing changes in their body

### **March 30, 2006**

Attachment: Keeping a secure connection with your child

### **April 27, 2006**

Play: How to encourage and enjoy play with your child

### **May 18, 2006**

Communication: Promoting language development and positive interactions with your child.

For a complete calendar of topics and to register for these seminars, Contact:  
(905)683-3451.



## Blood Test Can Help Determine Type of Seizure

Using a blood test to measure the level of the hormone prolactin can help determine, in certain clinical settings, whether an epileptic seizure has occurred, according to a guideline developed by the American Academy of Neurology.

The guideline authors reviewed all of the scientific evidence available on use of the prolactin blood test to diagnose seizures and developed evidence-based recommendations. The blood test, which must be used within 10-20 minutes after a seizure, can identify the types of seizures called generalized tonic-clonic seizure

and complex partial seizures in both adults and older children. The level of prolactin in the blood increases after these types of seizures occur. The release of prolactin from the pituitary gland is controlled by the area of the brain called the hypothalamus. Researchers have hypothesized that epileptic seizures may affect the hypothalamus, altering the release of prolactin.

The guidelines found that a prolactin test can be useful in differentiating epileptic seizures versus psychogenic seizures, or seizures caused by psychological problems. There was

not enough evidence to determine whether the prolactin test is useful in evaluating cases of status epilepticus, repetitive seizures, or neonatal seizures.

The guidelines state that the test is useful as an adjunct test, especially in cases where video EEC monitoring is not readily available. Future research needs to be done to determine whether the test is valid for younger children.

The American Academy of Neurology, September 14, 2005

## Special Education Advisory Committee

Under Ontario's Education Act, every student is entitled to a program which meets his or her needs. In Durham, our Special Education Advisory Committee (SEAC) helps the Board of Education representatives protect the rights of students with special learning needs. SEAC provides

### What is SEAC?

information, advice and assistance to parents/guardians whose children may require additional support. SEAC advises and makes recommendations to the Board concerning the establishment and development of special education programmes and services. EDR along with many other

not-for-profit agencies representing children with special needs are represented within this group by two volunteers. Each month our volunteers will bring forth concerns which our members have identified. If you have any concerns relating to your child and his or her needs, please contact our office and we will include them in our monthly report to SEAC.

## Christmas Greetings from EDR Staff

*What is Christmas? It is tenderness for the past, courage for the present, and hope for the future. It is a fervent wish that every cup may overflow with blessings rich, eternal, and that every path may lead to peace.*

*Agnes Pharo*

It's hard to believe that yet another year is coming to a close and the Holiday Season is just around the corner.

It has been a pleasure to meet so many of you; thank you for inviting us into your homes. It has been an honour to get to know you. We send you warm holiday wishes for a very joyous Holiday Season.



Only the very best wishes for a Holiday Season,  
from Dianne and Shelley.

## Epilepsy Durham Region

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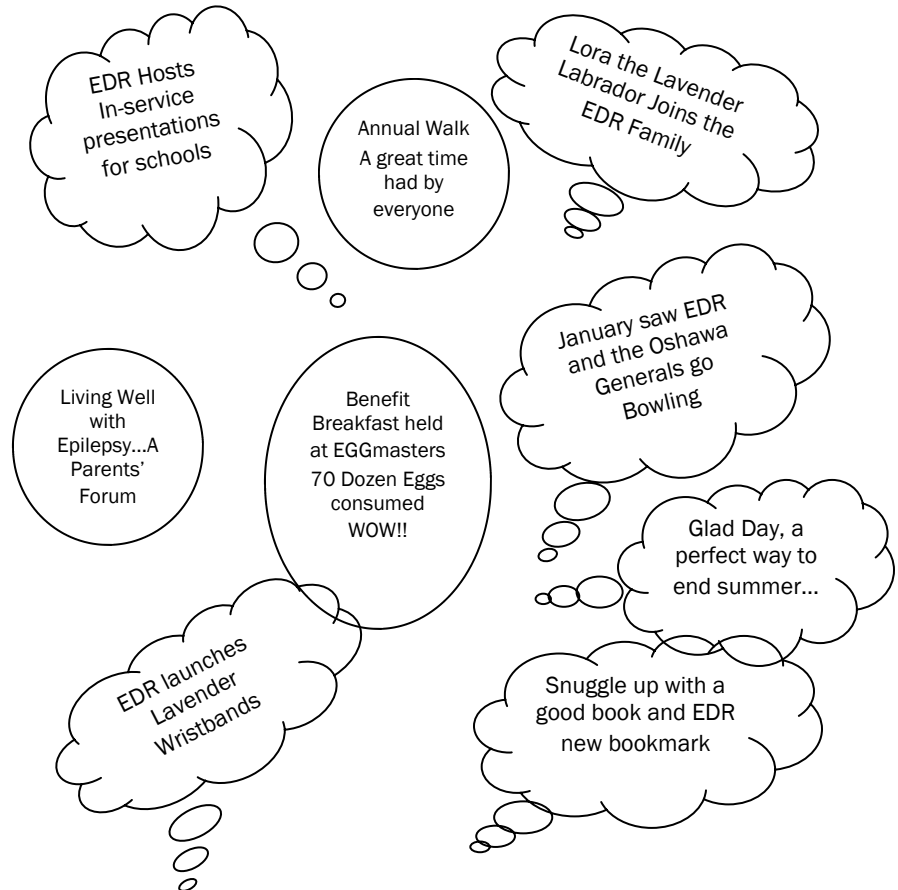
Phone: 905-666-9926  
Fax: 905-666-4529  
Email: [www.epilepsydurham.com](http://www.epilepsydurham.com)

**We're on the web**  
[www.epilepsydurham.com](http://www.epilepsydurham.com)



Epilepsy Durham Region...  
*Fostering Hope and Courage*

## *A Quick look back at our accomplishments*



## **Hold On To Your Socks... In Store for 2006**

**2006 Promises to be as busy and as creative as 2005 for EDR.**

Be sure to mark your calendars with the following dates:

**Thursday, January 26/06** 6:30-8:30—  
Dispelling the Myths of Epilepsy—  
Whitby Public Library (Main Branch)

**Throughout the entire month of March** we celebrate Epilepsy Awareness Month, be sure to order your wristbands and lavender pin early.

**Thursday, March 23/06** 1:00-2:00 –  
Epilepsy & The Older Adult –  
Clarington Beech Centre—Bowmanville

**April 23/06**, Join us for our *Annual Walk of Courage*, Your Pledge forms are included with this letter.

**Thursday, May 25/06-** 1:00-4:00 & 6:30-8:00 Epilepsy & Employment / Disability Tax Credit Session, Pickering Library (Main Branch)

**May 1-5**, Will see EDR volunteers and staff participating in Racing Against Drugs

**Thursday, June 15th**, polish up your golf clubs and join us for our annual golf tournament.

### **DISCLAIMER**

The materials and articles contained in the Epilepsy Durham Region newsletter are not intended to be a substituted for professional medical advice. Always consult your physician, neurologist or health care professional for individual diagnosis and treatment. Articles in our newsletter do not necessarily reflect the opinion or position of, or signify an endorsement by EDR. Epilepsy Durham Region, its employees, board members, medical advisors, volunteers, agents and sponsors do not assume responsibility for inaccuracies or omissions or for the consequences from the use of the information obtained in this newsletter. EDR is not liable for any outcome or damages resulting from information in either a direct or indirect form. We recognized that each individual's experience of epilepsy is different. Consult your physician and/or neurologist with any questions you have.