



erc
epilepsy RESOURCE CONNECTION

arc-sedgwickcounty.org/erc.html

hotline

Epilepsy and Sleep



Sleep is important for all of us because it enhances memory and attention. But according to Carl W. Brazil, MD, PhD, of The Neurological Institute in New York, "Persons with epilepsy are more at risk for sleep related problems because of additional factors that can worsen cognitive function, including seizures, underlying conditions causing epilepsy, and medication effects." Brazil suggests these general bedtime rules for persons with epilepsy:

Go to sleep at about the same time each night, and awaken at the same time each morning. Wide fluctuations between workdays and days off can further impair your sleep. Try not to nap. Restrict naps to about an hour per day, and do it relatively early – prior to 4 o'clock in the afternoon. If you are not sleepy, either don't go to bed or arise from bed. Do quiet, relaxing activities until you feel sleepy and then return to bed.

Avoid doing stimulating, frustrating, or anxiety provoking activities in bed or in the bedroom such as watching television, studying, or balancing the checkbook. Do not drink tea, cola or other caffeinated beverages after about noon. Also avoid chocolate late in the day.

Restrain from smoking in the hour or two before bedtime. If you drink alcohol, limit this to 1-2 drinks per day and do not drink immediately before bedtime. Alcohol actually can interfere with sleep later in the night. (You should discuss with your physician as to how consuming alcohol can affect your seizures.) If you take prescription drugs or over-the-counter drugs that can be stimulating, discuss dosing times with your doctor.

Exercise, particularly aerobic exercise, is good for both sleep and overall health and should be encouraged. Avoid stimulating exercise in the evening. If you are exercising, do this at least 5 hours before bedtime.

For your bedtime ritual, it is important to perform relaxing activities in the hour before bedtime. Make sure your sleeping environment is as comfortable as possible, paying attention to temperature, noise, and light. Do not eat a heavy meal just before bedtime, although a light snack might help induce drowsiness. It is sometimes helpful to place paper and pen by the bedside. If you find yourself worrying about completing or remembering a task the next day, write it down and let it go.



If you awaken and find you can't get back to sleep, arise from bed and do quiet, relaxing activities until you are drowsy. Then return to bed. Place clocks so that the time is not visible from the bed.

↳EPILEPSY.COM

*The best way to prevent misunderstandings about epilepsy at school is to step in early. At the beginning of the year, go talk to your child's teacher and school nurse. Explain that your child has epilepsy. Getting the right information to the right people at school early can make a big difference in your child's school experience. **Be sure to schedule a school alert program puppet show from ERC to teach students about epilepsy and acceptance.** ↵*



BRAIN STORMS:

Bringing Epilepsy Stigma out of the Shadows

A patient education conference

Saturday, November 10, 2007

Wichita State University—

Eugene M. Hughes Metropolitan Complex

5015 E. 29th Street N., Wichita, Kansas

9:30 a.m. – 3:30 p.m.

This free conference is appropriate for persons with epilepsy, their family members; nurses, teachers, social workers, and counselors. Conference includes program, breakfast, lunch and access to the vendor exhibits in our epilepsy resources area.

Please help us by registering prior to the event. Early registration helps to ensure we will be able to accommodate everyone wishing to attend. Register on-line today at:

www.epilepsybrainstorms.org

Partial support of this conference is provided by educational grants from:



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WICHITA STATE
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Seizure status after surgery key to quality of life

People with temporal lobe epilepsy experience stable or improved quality of life after successful surgery to control their seizures, even if they develop some degree of memory decline, a new study shows. But if the surgery doesn't eradicate seizures and memory loss develop, patient experience is a decline in health-related quality of life, Dr. John T. Langfitt of the University of Rochester in New York and colleagues report.



It's possible that people have an easier time compensating for memory loss, for example by keeping lists, than coping with the handicapping effects of seizures, Langfitt and his colleagues suggest in their report, published in the June 5th issue of Neurology. "Memory problems are also less likely than seizures to invite social stigma that can reduce role functioning," they add.

The study included 138 patients with temporal lobe epilepsy who did not respond well to drug treatments. Langfitt and his team followed the patients who underwent surgery to the temporal lobe, the area of the brain where the seizures originated. 82% became seizure-free and remained so 2 to 5 years after the surgery and 36% experienced some degree of memory loss. Among the 25 patients (18%) who continued to have seizures, 11 (8% of the total) also suffered from memory loss. The other 14 patients (10%) remained stable and did not develop memory loss. ↵ REUTERS HEALTH E-LINE

We Do Puppet Shows!

ERC's School Alert Program targets elementary aged students in Sedgwick County Schools. **Students learn seizure first aid, diversity, and acceptance of others.**

For: Pre-K thru Grade 3 Time: 20 — 30 minutes

This free epilepsy presentation is available to schools in Sedgwick County. The show attempts to solve the stigma, misunderstanding and problems children with seizures face. A scripted Kids on The Block puppet show helps children learn about this complicated disorder. During the show, Brian's friend learns first aid after Brian has a seizure while walking home from school. **There is a broad lack of awareness and misunderstanding associated with epilepsy.** You can be the catalyst that makes a difference.



To schedule a program,
call **943-2453**

*Educating Youth to understand epilepsy
and accept their peers who have epilepsy.*

◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ **Adult Epilepsy Support Group**

Meets Second Tuesday of Month,
6:30 PM @ 2919 W. 2nd Street, Wichita

September 11th: "Group Choice"
October 9th: "Overcoming Stigma"

Home School FIELD TRIP

Tuesday, October 23

Join ERC for our first field trip for families of children with epilepsy that are home schooled. We will unite families facing similar challenges with this Home School Field Trip!

**Fall Fun — Pumpkin Patch,
Horse Riding & Corn Maze!**

For more info or to sign up, please call:
943-2453



Please note:

ERC's Halloween Carnival

for

**Saturday, October 20, 2007
has been CANCELLED.**



*We regret any
inconvenience this causes.*

The Arc of Sedgwick County
2919 West Second Street
Wichita, Kansas 67203

Register on-line for the



**Conference
NOV. 10, 2007**

epilepsybrainstorms.org

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