

March 2019



EPILEPSY AND SEIZURE ASSOCIATION OF MANITOBA

# Epilepsy Educator

## News from



### Winnipeg Transit Purple Day Bus Ad



With the support of the Winnipeg Transit Community Bus Program, ESAM was able to once again receive free Purple Day advertising for the entire month of March!

We received one ad on the outside of the bus and two on the inside.



Thank you for your ongoing generosity and support Winnipeg Transit!

## Purple Day at St. Vital Centre

---



ESAM Staff and volunteers will be at St. Vital Centre for **Purple Day**.

We will be at the Community Booth, near The Bay from 10:00AM to 9:00PM. We will have resources on epilepsy/seizure disorder and Purple Day pins and bracelets on hand to distribute.

Stop by, say hello and enter our free draw to win a gift basket. We look forward to meeting you on Purple Day!

## Brandon Epilepsy and Seizure Support Group Bids Farewell To Facilitator

---



The Brandon Epilepsy and Seizure Support Group held a thank you and farewell get together for long time volunteer and group facilitator Sheena Kent.

ESAM would like to thank Sheena for her many years of volunteerism and commitment with the Brandon Epilepsy and Seizure Support Group. We wish you all the best in your future endeavours, Sheena.



Unfortunately, Sheena's departure leaves the group without a facilitator. If anyone is interested in volunteering with the support group, please contact the ESAM office.

## Purple Day Karma Class Fundraiser

---

Purple Day  
Tues March 26  
Epilepsy Awareness



Hot Core Karma Class  
Hot Yoga Winnipeg  
8:00 - 10:00 pm  
\$5 donation

Michelle Maryk, aka Flexy Michelle is hosting a Purple Day Hot Core Karma Class in support of ESAM. The class will include a hot core yoga class followed by a short presentation of Michelle's experience in living with epilepsy and her journey to becoming a self-proclaimed epilepsy warrior.



Michelle is selling epilepsy awareness bracelets in support of ESAM. *Electra* is a custom designed bracelet made specifically for Purple Day 2019. These amethyst chains of love are \$40 and proceeds are donated to ESAM. Contact Michelle at [flexymichelle@gmail.com](mailto:flexymichelle@gmail.com) to purchase a bracelet or register for the class.

<https://www.eventbrite.com/e/purple-day-karma-class-tickets-58687902095>

## Ron Dixon Memorial Technical Scholarship

---



The deadline to apply for the Ron Dixon Memorial Technical Scholarship is rapidly approaching!

The purpose of the Ron Dixon Memorial Technical Scholarship is to assist students with learning restrictions in their pursuit for technical education and training.

The application form can be found on our website.

# A Pouty Frown Can Offer Vital Clue for Your Epilepsy Diagnosis

---



January 25, 2019 / [Brain & Spine](#) - ‘Ictal pouting’ is subtle sign of frontal lobe seizures

Sometimes a frown is just a frown. But, surprisingly, sometimes it’s a vital clue your family or friends may notice when you’re having a seizure. Pinpointing that small sign may help your doctor understand your epilepsy better.

If a distinctly pouty frown appears suddenly in the middle or beginning of a seizure, often along with other unusual behaviors, it could mean you’re having a frontal lobe seizure.

Known as ictal pouting, this symptom occurs only during a certain type of epileptic seizure. Recognizing it can be critical to receiving proper medical care, says neurologist and epilepsy specialist Ahsan Moosa Naduvil Valappil, MD.

“When considering whether someone is a candidate for epilepsy surgery to treat uncontrolled epilepsy, we need to understand where the seizure is coming from in the brain,” he says.

The single most important thing to look for is what you’re doing during the seizure.

## What is ictal pouting?

Ictal pouting is a subtle symptom those close to you could easily overlook if your arms and legs are moving a lot during a seizure or if you’re exhibiting other unusual behavior, such as continuously walking around or randomly picking up things.

“You have to really look for it,” Dr. Naduvil says. “With all the other behaviors and distractions, you could miss it.”

Ictal pouting typically looks like a symmetrical frown with both corners of your mouth turned down and your chin contracted.

Dr. Naduvil compares it to the expression of an unhappy toddler: “It’s similar to a young child’s look of displeasure, disappointment, disapproval, disagreement, doubt, distress or disgust.”

## Does it happen with all seizures?

No. Ictal pouting is a symptom of some frontal lobe seizures. Symptoms during a seizure depend on the area of the brain that’s activated by the surge in brain electrical activity that happens in a seizure. Pouting during a seizure often indicates activation of the anterior cingulate cortex (ACC), the brain area that plays a role in attention, decision-making, impulse control and emotion.

It’s possible you’ll stay conscious during these seizures, but you can’t control your movements or communicate.

---

<https://health.clevelandclinic.org/a-pouty-frown-can-offer-vital-clue-for-your-epilepsy-diagnosis/>

# A Pouty Frown Can Offer Vital Clue for Your Epilepsy Diagnosis, continued from page 4

---

## What role does ictal pouting play in diagnosis?

Because ictal pouting occurs only with seizures that affect the ACC, it can point your doctor to the right diagnosis. It's particularly revealing if it appears within the first 10 seconds of the seizure and lasts five seconds or longer.

It can help doctors focus their attention on the ACC and surrounding brain regions as a possible source of the seizure. Sometimes they may take a brain MRI to look for a small scar in that area. At other times, ictal pouting may prompt doctors to place electrodes in or near the ACC to pinpoint where in the brain your seizures originate.

## How do you treat frontal lobe epilepsy?

Typically, your doctor will try anti-seizure medication first. Between 60 and 70 percent of patients become seizure-free after trying one or two of these medications, Dr. Naduvil says.

If seizures continue after you've tried two or more medications, surgery may be an option. This typically involves removing or isolating a part of the brain that's responsible for generating seizures.

Identifying the brain area responsible for generating seizures is complex and requires a diverse team of epilepsy specialists and various brain imaging tests. In some cases, brain mapping (placing electrodes directly on the brain) is needed to find where seizures start.

Once the seizure-generating brain area is identified, the next step is to determine if it's safe to remove it. If this area isn't responsible for other important functions, a neurosurgeon can remove it safely.

Overall, 50 to 80 percent of surgery patients become seizure-free, Dr. Naduvil says. Results vary based on many factors, including the cause of epilepsy and the type of surgery.

"If left untreated, patients with uncontrolled epilepsy experience a loss of independence," he says. "If they lose their awareness, they can't drive. It directly affects their quality of life."

**The bottom line:** Ask your friends and loved ones to watch closely for any unusual signs the next time they think you're having seizure. It may be as simple as a frown, but this may be a clue to the source of your seizure.

## Sweet Impressions Fundraiser Ending Soon

---



There is still time to stop by Sweet Impressions Bakery and pick up your “Bake The World A Better Place” cookies!

Until March 31, 100 % of the proceeds of each cookie, priced at \$2.00 each, purchased is donated to ESAM.



Stop by the bakery located at 669 Stafford Avenue to purchase your cookies.

## 2019 Purple Day Bunny Hop

---



ESAM has received an amazing response to the 2019 Purple Day Bunny Hop.

We would like to thank the daycares, preschools, nursery schools and kindergarten classes across Manitoba who have registered to participate in the event.

We are thrilled to share that 26 centres across Manitoba will be participating this year, over 1300 children hopping in support of Purple Day and Epilepsy Awareness!

# Maurice Dumontier Memorial Golf Tournament

---



The 27th Annual Maurice Dumontier Memorial Golf Tournament (aka The Moe) preparations are underway!

Tournament date: Saturday June 15, 2019

Help support the tournament by donating a prize for the silent auction, sponsoring a hole or golfing in the tournament! Contact Sara for information on the tournament:

[esam@manitobaepilepsy.org](mailto:esam@manitobaepilepsy.org) or 204-783-0466

Registration forms for individual and team golfers will be up on our website soon!

## Canadian League Against Epilepsy Annual Scientific Meeting To Be Held in Winnipeg

---



The Canadian League Against Epilepsy's 2019 Annual Scientific Meeting will be held in the diverse and multicultural city of Winnipeg!

The CLAE Annual Scientific Meeting brings together our members to learn and apply key advances in the field of epilepsy. This meeting is more than a scientific meeting — it is also an eventful get-together coupled with an unparalleled networking opportunity. Canadians are at the forefront of key breakthroughs, leading the world in epilepsy research.

WINNIPEG



MANITOBA

# Membership Renewal Time!

---

**April 1 2019-March 31 2020**

## **Membership – Epilepsy and Seizure Association of Manitoba**

**4 – 1805 Main Street Winnipeg, Manitoba R2V 2A2**

**Name: (Please  
Print)** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Postal Code:** \_\_\_\_\_ **Telephone:** \_\_\_\_\_

\_\_\_\_\_ **I would like to renew my membership to the Epilepsy and Seizure Association of Manitoba for the year April 1 2019-March 31,2020. Cost is \$10.00.**

\_\_\_\_\_ **I am a new member and would like to join the Epilepsy and Seizure Association of Manitoba for the year April 1 2019-March 31 2020**

Please send my newsletter to me:

\_\_\_\_\_ By regular post, to the address I listed above

\_\_\_\_\_ By email. My email address is \_\_\_\_\_

\_\_\_\_\_ I would prefer not to receive a newsletter