

December 2018



EPILEPSY AND SEIZURE ASSOCIATION OF MANITOBA

Epilepsy Educator

News from

ESAM

Happy Holidays

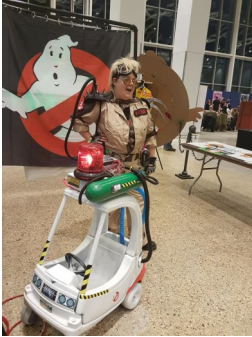
ESAM Holiday Gathering 2018.

Thank you to everyone
for joining us in
celebrating the
holiday season!



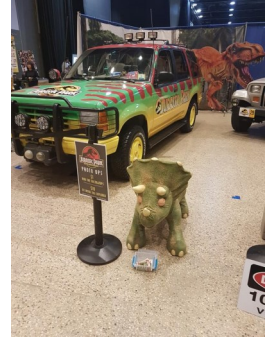
*From all of us here at ESAM, we wish
everyone a safe and happy holiday season!*

C4 Central Comic Con 2018



Thank you to all our volunteers who helped us at Comic Con this year. We had a great time, and we had over 200 people stop by our table! What a fun way to help promote awareness of epilepsy/seizure disorder.

Thank you to C4 Central for including ESAM in the event! We are looking forward to C4 Central Canada Comic Con 2019!



Thank you Michelle Maryk!



Michelle Maryk, a.k.a. “Flexy Michelle” hosted a Barre and Yoga Class fundraiser in support of ESAM.

“As someone living with epilepsy, I am grateful and fortunate enough to be able to say that I have been seizure free for over 5 years! Living with epilepsy strips one from their independence and capacity to perform daily tasks that we take for granted. The development of this condition was most likely triggered by a car

accident I was in, in Cozumel, Mexico. Post car accident, I developed aphasia, a condition where my language was affected due to head trauma. However, the seizures did not manifest until 3 years later.”

Michelle held a Barre and Yoga Karma class on November 25th at the East St. Paul Arena and sold beautiful Epilepsy Awareness bracelets as well.

Michelle raised \$350.00 in support of ESAM.

Thank you for your generosity and support, Flexy Michelle!!!

Purple Pumpkin Project 2018



ESAM participated in The Purple Pumpkin Project again this Halloween. We painted pumpkin purple, and on Halloween, we set up a display and handed out epilepsy resources. We were thrilled to have CTV news stop by and interview us about The Purple Pumpkin Project!

Interested in viewing the clip? The interview can be found at <https://www.ctvnews.ca/video?clipId=1528646>



Internal Body Clock May Affect Timing of Epileptic Seizures



THURSDAY, Sept. 13, 2018 (HealthDay News) -- Circadian rhythms, the 24-hour body clocks that regulate a person's sleep-wake cycle, may affect the timing of seizures in roughly 80 percent of epilepsy patients, researchers report.

These findings, which shed new light on seizure patterns, could help doctors treat the condition more effectively, the researchers said.

"Understanding the cyclic nature of diseases is vital for treating diseases like epilepsy that continuously fluctuate in their severity," said senior study author Dr. Mark Cook, a professor at the University of Melbourne in Australia.

"The human body is a collection of thousands of clocks, each cycling in accordance with their own pacemaker. For example, some cells can track time with millisecond accuracy, while hormonal cycles might have longer periods of hours, days or more," he explained. "Combined in the body, the presence of all of these cycles has a fundamental effect on our health."

Cook and his colleagues found that for about 80 percent of people with epilepsy, the timing of their seizures may be associated with their internal body clock.

The study used data from a seizure tracking website and mobile phone app used by more than 1,000 people with epilepsy who experienced frequent seizures.

The scientists also examined data from a small study of 12 people with epilepsy who wore a device that recorded the electrical activity in their brain.

Statistical analysis was used to identify trends in the frequency of seizures among the patients over time, from six hours to up to three months.

The researchers found a link between circadian rhythms and seizures among 80 percent of those who used the website and app. The same was true for 92 percent of those who had their brain activity recorded.

Cook and his team noted that between 7 and 21 percent of the website and app users had weekly rhythms, while 14 to 22 percent had cycles that were longer than three weeks.

They also found that 64 percent of the patients had more than one type of cycle associated with their seizures. It's unclear if weekly seizure cycles occur naturally or if they are influenced by a patient's environment.

The study showed that seizures linked to a circadian cycle had various peak times, but more occurred at about 8 a.m. and 8 p.m. Among those with weekly cycles, more people had seizures on Tuesdays and Wednesdays. These results were consistent among

<https://www.myepilepsyteam.com/resources/internal-body-clocks-may-affect-timing-of-epileptic->

Internal Body Clocks May Affect Timing of Epileptic Seizures, continued from page 4

men and women, regardless of the type of epilepsy they had.

The researchers concluded that circadian cycles regulate the likelihood of seizures -- not the other way around. They pointed out that more studies are needed, but they suggested the findings could help patients predict seizures and better manage their condition.

The study was published Sept. 12 in The Lancet Neurology journal.

"The ubiquity of seizure cycles indicates that this is an important clinical phenomenon that affects most patients. This means it could be an important way to improve treatment for many people with epilepsy," Cook said in a journal news release.

Cook noted that seizure drugs may also be more or less effective at different times of day, depending on how they are metabolized by the body. The researchers added that seasonal changes, holidays and daylight saving time could also affect seizure patterns.

Thank you Club 373



Thank you Club 373 for the generous donation, and for your ongoing support of ESAM!



Game-iToba Tabletop Gaming Convention



ESAM was invited to attend the first annual Game-iToba Tabletop Gaming Convention, held November 16-18 at Bronx Park Community Centre.

ESAM staff were on hand to answer questions and distribute resources on epilepsy/seizure disorder.

Thank you Game-iToba for the opportunity to promote awareness of epilepsy/seizure disorder.

Noteworthy

WE HAVE
— BEEN —
BUSY

In addition to the events already listed in the newsletter, here is an example of just some of what we've been busy with.

*Volunteer Manitoba Student Recruitment Fairs at Manitoba Institute of Trades and Technology and the University of Manitoba.

*Epilepsy Information sessions facilitated at Turning Leaf and Academy of Learning.

In the months of September, October and November, ESAM received roughly 60 intake calls, emails or Facebook messages.

In the months of September, October and November, ESAM facilitated over 130 ongoing support phone calls, and received over a dozen requests for information.

Purple Day Bunny Hop



Do you work for a daycare or nursery school, or have a child in daycare or nursery school? Have we got a fundraiser for you!

The Purple Day Bunny Hop

How it works: Daycares, nursery schools, preschools, and Kindergarten classes register to participate in the Bunny Hop.

ESAM sends out Purple Day bracelets, sponsorship sheets and colouring sheets..

On, or around, Purple Day, March 26th, the children do the "Bunny Hop" for epilepsy. As roughly 1 in 100 people in Canada will develop epilepsy, the kids are asked to complete 100 hops throughout the course of the fundraiser. Children ask family members to sponsor them in the Bunny Hop.



A fun and energetic way to help raise awareness of epilepsy/seizure disorder, and help to raise funds for ESAM.

For more information, please contact ESAM offices at 204-783-0466 or epilepsy.seizures@gmail.com.

Thank you Wawanesa

ESAM would like to send a very big thank you to Wawanesa Insurance for their ongoing generosity and support!



Wawanesa
Insurance

Sweet Impressions, “Bake The World A Better Place” Campaign



We've been selected as the Charity of Choice for the “Bake the World A Better Place” campaign!!

For the months of January, February and March (2019), for every “Bake the World A Better Place” cookie purchased at Sweet Impressions, ESAM will receive 100% of the profits.

Sweet Impressions will also promote ESAM on their social media platforms, helping us to raise awareness of epilepsy/seizure disorder.

Cookies are \$2.00 each, and can be purchased at Sweet Impressions, located at 669 Stafford Avenue.

Thank you Sweet Impressions for this amazing opportunity!!!♥

ESAM Office Closing For The Holidays



ESAM Offices will be closed for the holidays!

We will be closed from December 25-January 4th.

We will be back in the office on Monday, January 7th, 2019.

EPILEPSY AND SEIZURE ASSOCIATION OF MANITOBA

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