

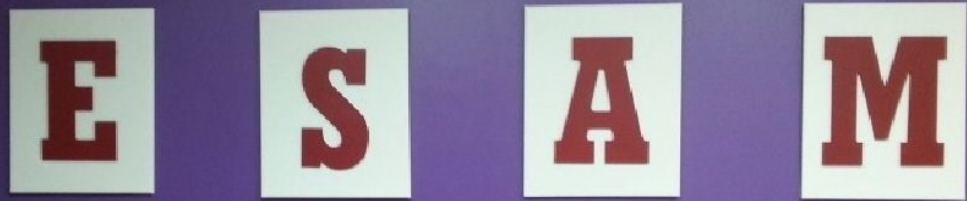
August 2018



EPILEPSY AND SEIZURE ASSOCIATION OF MANITOBA

Epilepsy Educator

News from



AGM 2018

ANNUAL GENERAL MEETING

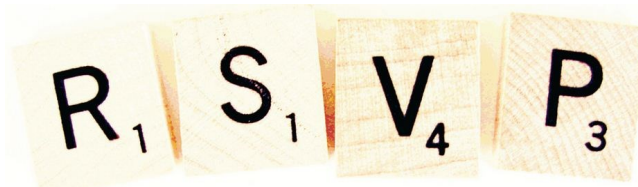
Date: Thursday September 6th 2018

Time: 6:00PM-9:00PM

**Location: Windsor Community Centre
99 Springside Drive**

The speakers for the event are from LivaNova, and will be presenting about the treatment of 'hard-to-treat' epilepsy. Come join us to learn about Vagus Nerve Stimulation and its role in providing options for those who continue to experience seizures. There will be a 1 hour presentation plus lots of opportunity for questions.

Meeting portion will follow the presentation.



To RSVP, please contact ESAM offices: 204-783-0466

Email: epilepsy.seizures@gmail.com

Heat and Your Health

Heat events or “heat waves” occur when weather conditions combine to create higher than normal temperature and/or humidity levels over a period of several days.

Heat affects the body’s ability to regulate its temperature and it can become overworked if exposed to heat for too long. This can lead to dehydration, heat exhaustion, other serious illnesses or even death. While the health risks related to heat are higher for certain groups, such as older adults, young children, people taking certain medications and people with chronic conditions, everyone is potentially at risk.

How does heat affect my health?

Your body is always trying to keep a consistent temperature (about 37°C or 98.6 °F) but becomes overworked if you are exposed to heat for too long. This can lead to dehydration, exhaustion, heat stroke (sun stroke), other serious illnesses or even death. Fortunately, most heat-related illnesses can be prevented or treated if you are aware of the risks and symptoms and take action to protect yourself and others.

When it’s hot out, everyone is at risk for heat related illnesses. However, the health risks are greatest for: older adults,

infants and young children,

people with chronic conditions, such as breathing difficulties or heart problems,

people who work or exercise in the heat (even if they are healthy), or

other vulnerable people, like the homeless.

Anyone can put themselves at risk by over-exercising in hot weather because the body has to work even harder to stay cool.

Some medications can also increase your risk, so it’s important to ask your doctor or pharmacist whether the medication you’re taking affects your ability to cope with heat.

The infographic is a vertical split graphic. The left side is yellow and represents Heat Exhaustion, while the right side is red and represents Heat Stroke. A central figure of a person is split vertically, with the left half yellow and the right half red. Various icons (stars, lightning bolts, sweat drops, thermometer, nausea, pulse lines, cramps) are placed on the figure to indicate symptoms. At the bottom, there are two boxes with treatment instructions. The right side also includes a 'CALL 911' instruction.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temp. above 104° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

HEAT EXHAUSTION

- Get to a cooler, air conditioned place, and rest
- Drink water if fully conscious
- Take a cool shower or use cold compresses

HEAT STROKE

CALL 911

- Take immediate action to cool the person until help arrives

<https://www.gov.mb.ca/health/publichealth/environmentalhealth/heat.html>

Central Canada Comic Con 2018



ESAM is booked to attend Central Canada Comic Con!

When: October 26th, 27th & 28th 2018

Where: RBC Convention Centre, 375 York Ave.

We will be setting up an awareness table for the duration of the event. If you are planning to attend Comic Con, stop by and say hello!

Purple Pumpkins For Epilepsy

Autumn is rapidly approaching, and so is Halloween!

Help promote awareness of epilepsy/seizure disorder this Halloween and paint your pumpkin purple.



Send us a picture and we will post it on our Facebook page as part of our Purple Pumpkin album.. This Halloween, help us start conversations about epilepsy!



MSAR Elite Service Dogs, Spotlight on Seizure Service Dogs



SPOT LIGHT ON - Service Dogs - Seizures

K9's - Bella (Lab), Jerry Springer (Springer Spaniel) and Molly (Golden)

We (MSAR) get many emails and messages regarding service dog functions and one of the most misunderstood is the seizure detection / alert and seizure response dogs. They are two very different types of dogs and can vary greatly in price, training, certification and aftercare.

Service Dog Definition:

"A canine specifically trained to minimize functional limitations of a person with a disability."

Before getting a Seizure Detection / Alert Dog or a Seizure Response Dog we recommend that you investigate all the options before getting a dog. Once you get a dog you have to feed, care, play, maintain and monitor this dog - is this going to help or add stress to your life.

So we recommend:

Start with your medical team and get as clear a diagnosis as possible for your child - how severe, often and type are the seizures.

Speak to your local or provincially related association - here in Manitoba we refer people to Epilepsy and Seizure Association of Manitoba (esam@manitobaepilepsy.org) - they are a wealth of information and a great contact for resources.

Try products specifically made for seizures.

We feel once you have this foundation of information, then research and see if you need a seizure detection / alert or a seizure response dog.

The difference is:

Seizure Detection or Alert Dog (\$50,000 plus)

On average, these predictions or alerts are made 10-30 minutes before the seizure, giving the person with the seizure disorder an opportunity to move to a safe place or position, take medication, call for help, or notify friends, coworkers, or family of the impending seizure so they can be checked on later or during the seizure. These dogs are very expensive to train and few and far between. You may get luckily and have a family pet that fits the approximately fifteen percent of dogs that naturally are able to predict seizures before they occur. If you have this type of dog you then seek trying to turn this dog into a service dog. That being said a seizure detection dog for our organization is for critical to life cases and one method of training is like any another detection dog on the popper box and search room system - just like narcotics or explosives. Another method is the stocking method of the dog continually watching for visual cues that change in the individual and some dogs can do both. To maintain this detection monthly communication with the service dogs team, 6 month evaluations and yearly certifications are required. We recommend that if at all cost try to get a service dog provider that can provide this type of support. It is very extensive and costly but someone's life may be at stake so the utmost oversight is recommended. Also no dog can detect 100% of the time every time, the average trainable detection rate is 90% and some super dogs can go higher such as Bennie 92% or the genius Jerry at 94%. So if anyone tells you that they can guarantee a seizure detection dogs ability all the time I would suggest you be skeptical and ask questions.

MSAR Elite Service Dogs, Spotlight on Seizure Service Dogs

How these dogs detect seizures:

Humans have five or six million smell receptors compared to a rabbit that has 100 million of these olfactory receptors, and a dog 220 million plus. Thus a dog is able to smell minute changes in the person's biochemistry, and / or they are able to detect fine motor changes or facial expression changes that are not noticeable to the human eye. And actually a dog is the only animal on the planet that is able to identify this in humans.

The dog must live through the seizure with the person to alert to that specific scent and then conditional re enforced for this task.

Seizure Response Dog (\$30,000 and possible more depending on tasks)

The dog is trained to perform tasks during or following a seizure to assist the team. These tasks (but not limited to) may include rolling the person over to create an open airway, clearing vomit from the mouth, getting assistance or a care giver, operating a panic or call button on a phone, blocking or stopping the person with *postictal (note) disorientation from stairs and intersections, helping the person to get up or rise, helping with *postictal balance issues, guiding the disoriented person to a preset location, exit, care-giver, coworker etc. This may be the best option of service dog for most people with the hope that the dog may turn into a seizure detection / alert dog after a bonding period of six months, we have seen this happen for about 50% of the cases after placement.

So I would recommend plenty of research and discussion on which suites your needs the best. When researching a service dog provider ask to speak to people that have these type of dogs and ask to see their dogs - this will tell you how they train and treat their dogs. And for anyone that has every contacted our organization MSAR, they know that the first thing we try to do is talk you out of getting a service dog. Many people are simply desperate for assistance and may want to try anything and everything without weighing the ongoing commitment needed for a dog. We understand this and try to slow down all inquiries so that clear, precise decisions are made which to best protect the potential recipient and the dog.

Thank you

Written by
George Leonard
Certified Master Dog Trainer
Elite SAR / Recovery K-9 Team
First Nations Constable and K-9 Handler
Head K-9 Trainer for MSAR

2018 Maurice Dumontier Memorial Golf Tournament



We would like to thank our sponsors and donors who contributed to the Maurice Dumontier Memorial Golf Tournament

3M	Grand Prix Amusements	Red Bomb Fireworks	Dartpocalypse
4imprint.ca	Granite Hills Golf Club	Rumor's Restaurant	ENG-Tech Consulting Ltd
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GHY International	Rae and Jerry's Steakhouse		
Glenwood Draperies	Rainbow Stage		
Golf Town	Rave Massage		

Volunteer Board Members Needed

Get involved! Board members needed!



Are you passionate about helping to raise awareness of epilepsy/seizure disorder in Manitoba, committed to the continued provision of support and services to people impacted by epilepsy/seizure disorder? Then do we have an opportunity for you.....

ESAM is currently seeking volunteer board members! We welcome the opportunity to meet new individuals, hear new ideas and new thoughts on how we can help people living with or impacted by epilepsy/seizure disorder.

The time commitment required is one evening per month for attendance at the general meetings. Additional commitment of volunteering at fundraisers/events whenever possible.

If you are interested in joining the board, or have any questions about joining the board, please contact ESAM offices at :

Phone: 204-783-0466

Toll Free Phone: 1-888-780-3726

Executive Director Email: esam@manitobaepilepsy.org

Administrative Email: epilepsy.seizures@gmail.com

EPILEPSY AND SEIZURE ASSOCIATION OF MANITOBA

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