



**BC Epilepsy
Society**

E-NEWSLETTER

*Improving lives.
Inspiring courage.*

July 10, 2014

Sleep and Epilepsy Lecture

WEDNESDAY, JULY 16TH

Our next lecture will be about the relationship between sleep and epilepsy. It will be next week on Wednesday the 16th at 7:00 pm.

Sleep disorders tend to be more common in people with epilepsy. Sleep deprivation can also lead to seizures. Some people with epilepsy may also have nocturnal seizures (these are seizures that occur during sleep.)

The presenter will be Dr. James Lee. He is a neurologist who works with people with neurological and sleep disorders.

This event will take place:

Wednesday, July 16th

7:00 pm - 8:30 pm

Chan Centre for Family Health Education, Room 2108

Children's and Women's Health Centre of BC

4408 Oak Street, Vancouver, BC

This event is free with a current BC Epilepsy Society membership.

For more information and to RSVP please contact the BC Epilepsy Society at 604-875-6704 or at info@bcepilepsy.com

Our next lecture will be about epilepsy and genetics. This will be held on September 30th. In October and November lectures will be held about memory and medications.

Seasonal Safety Tips

HAVE A SEIZURE-SMART SUMMER

Summer is finally here! As such it is important to consider some safety and health issues that people with epilepsy may have during this season. These can be related to

swimming, travel, and light or heat sensitivity. Below are some tips to help make these activities safer and to help avoid situations that may trigger a seizure.

Swimming

Swim with someone who is familiar with your needs and is strong enough to help you if you have a seizure (e.g. be able to hold your head out of the water). It is preferable to swim in an area that is supervised by a lifeguard who has been informed about your condition. You can also wear a life jacket or floatation device. Note: lakes, oceans, and streams can be more dangerous to swim in due to the unpredictability of the depth and currents. [Click here](#) for more tips on swim safety and what to do if someone has a seizure in water.

Travel

It is important to plan in advance about how to manage seizures and seizure triggers while traveling or in unfamiliar surroundings. This includes how to access emergency medical services, adjusting dosage times of medications, and knowing the regulations about transporting medications (particularly when bringing liquid formulations on a plane). Disruption in sleep schedules, travel insurance, and accessing special transportation or housing accommodations should also be investigated and prepared for in advance. For more information, please read our information sheet [Travel and Epilepsy](#).

Light Sensitivity

If seizures are triggered by bright or flickering lights, light reflecting off splashing water or through trees in a moving vehicle could potentially trigger a seizure. Blue tinted polarized sunglasses worn during outdoor activities may help minimize this risk. [Click here](#) for tips on how to avoid these potential seizure triggers.

Heat Sensitivity

Some people with epilepsy may be sensitive to heat. Stay cool by limiting sun exposure and by dressing in lightweight and light coloured clothing. Another tip is to spend more time in facilities that have air conditioning, such as libraries or malls. For extreme heat intolerance a [cooling vest](#) can help reduce body temperature.

Other Considerations

Be sure to drink more water to keep hydrated and keep a regular sleep schedule. Take breaks when you feel you need them and pace yourself. And of course, don't forget the sunscreen!

In the News

KEEPING YOU UP-TO-DATE

New International Epilepsy Awareness Day

A new international day for epilepsy awareness has been announced. It will be held the second Monday of February each year. This is a joint initiative of the [International Bureau for Epilepsy](#) (IBE) and the [International League Against Epilepsy](#) (ILAE). It is

meant to be a major event celebrated across the globe. [Read more](#) about this campaign.

BC Epilepsy Society Staff Person at Vancouver General Hospital Epilepsy Clinic

It has been confirmed that a staff person from the BC Epilepsy Society will be working part-time out of the Epilepsy Clinic at the Vancouver General Hospital. This individual will assist people with information about resources and support services. This position is expected to start by Fall. We would like to thank the Neurology team at the Epilepsy Clinic for their support in this initiative.

World Cup Games Linked to Increase in Epileptic Seizures

There have been reports that sleep deprivation due to watching the World Cup games have led to an increase in hospital emergency room and doctor visits. The head of the neurology department at Neurosciences Kolkata states, "Since the last week of June, number of epilepsy patients has almost doubled. This can be indirectly linked to sleep deprivation due to the World Cup." [Click here](#) to read an article about this.

New Resource Library Selections

Looking for some good summer reads? Perhaps related to epilepsy? Check out the updated list of our favorite [resource library](#) selections. This includes lots of great books for kids.

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