



**BC Epilepsy
Society**

E-NEWSLETTER

*Improving lives.
Inspiring courage.*

June 18, 2014

Sleep and Epilepsy Lecture

WEDNESDAY, JULY 16TH

Sleep disorders tend to be more common in people with epilepsy. Sleep deprivation can also lead to seizures. To address these issues the BC Epilepsy Society has organized a lecture about sleep issues and epilepsy on Wednesday, July 16th.

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 \$10 or 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 lectures for September, October, and November will be on the topics of genetics, medications, and memory.

Health Canada Wants Your Feedback

DRUG SHORTAGE QUESTIONNAIRE

Shortages of epilepsy medications in Canada have been an ongoing problem over the past several years. These have occurred with little or no warning.

Most people with epilepsy cannot simply change their medication on short notice. When changes are needed, they are usually done gradually over weeks or months. If a person with epilepsy suddenly has to stop, reduce a dosage, or switch to another

medication it can trigger a prolonged or severe seizure.

Due to concerns from patients, health care providers, and non-profit health organizations, Health Canada is holding a public consultation on the issue of drug shortages.

This includes an online questionnaire. It asks for your opinion on how the government should deal with drug shortages. Any Canadian is eligible to give feedback – whether they have been affected by a drug shortage or not.

The questionnaire has nine questions and takes approximately 10 to 20 minutes to complete. The deadline to submit it is July 5, 2014.

Your feedback is very important. This will help ensure that people with epilepsy have access to the medication that stops their seizures.

[Click here](#) to read background information about this issue from the Canadian Epilepsy Alliance.

[Click here](#) to complete the online questionnaire.

For more information about this issue please contact Elvira Balakshin, Program and Communications Coordinator at the BC Epilepsy Society at 604-875-6704 Ext. 11 or at outreach@bcepilepsy.com

Keeping You Up-To-Date

NEW INFORMATION AND RESOURCES

Membership Renewals

This is a reminder that memberships for the Spring 2013 to Spring 2014 membership year have expired. Membership is \$10 for an individual or \$50 for an organization. Memberships are valid until Spring 2015. Download the [membership form](#) to mail or fax it to us, or call our office at 604-875-6704 to sign up by phone. [Click here](#) to read about membership benefits.

Georgia Straight Newspaper Article About Epilepsy

We helped collaborate with a writer at the Georgia Straight newspaper to put together an article about epilepsy and seizure first aid. This also included information about seizure response dogs. [Click here](#) to read the article. For more information about seizure response dogs check out our newly updated information sheet called [Seizure Response Dogs](#).

SeizureTracker.com

The website called www.seizuretracker.com offers a free smartphone app that allows you to record your seizure frequency, medication side-effects, and seizure triggers. The information can be downloaded to your computer and be printed in a graph and table format. This will give you and your doctor a better understanding about your

epilepsy. [Click here](#) to find out more.

Will I Always Have Seizures?

This article from epilepsy.com helps to clarify the complex answer to this question through statistical analysis and from studies of particular population groups.

Subsidies for Kids Camps

Subsidies are available to help send kids with epilepsy to accessible overnight or day camps. These reimburse the camp costs up to \$150 and are awarded on a first-come, first-served basis. Recipients must be a current [member](#) of the BC Epilepsy Society to be eligible. [Click here](#) for more information.

Men With Epilepsy Blog Post

Our latest blog post is about specific issues that men with epilepsy may face. [Check it out.](#)

We Keep Your Email Address Confidential

We would like to reassure you that the BC Epilepsy Society is compliant with the Canadian Anti-Spam Legislation as it applies to charities. We keep your email address private. We do not sell or release your email address to other sources. If you wish to unsubscribe from our e-newsletter and e-news alerts click the [unsubscribe](#) button at the end of this email and you will be removed immediately. [Click here](#) to read about our privacy guidelines.

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The BC Epilepsy Society is a non-profit, charitable organization, which provides education, advocacy, and support.