



**BC Epilepsy  
Society**

E-NEWSLETTER

*Improving lives.  
Inspiring courage.*

November 12, 2014

## **Learn About Epilepsy Medications**

### **LECTURE ON NOVEMBER 18TH**

For many people with epilepsy, the appropriate medication and usage can prevent seizures or lessen the frequency of them. In order to educate people about what options are available, we are hosting a lecture about epilepsy medications.

This lecture will take place on Tuesday, November 18th from 7:00 pm - 8:30 pm in the Chan Centre for Family Health Education, Room 2108 at BC Children's Hospital on 4408 Oak Street.

The speaker will be Dr. Sia Michoulas, a neurologist with a background in pharmacology. The lecture will cover the various medications that are used to treat epilepsy – including new medications that have just been approved for use in Canada, how these medications work within the brain, the selection process, side-effects, and drug interactions.

Lectures are \$10 or free with a current BC Epilepsy Society membership. A membership can be purchased at the event. A yearly membership to the BC Epilepsy Society is only \$10.

For more information and to register please contact us at 604-875-6704 or at [info@bcepilepsy.com](mailto:info@bcepilepsy.com)

## **In the News**

### **KEEPING YOU UP-TO-DATE**

#### **Shakin' Not Cured Fund Raiser: Thank You for Your Support**

On Thursday, November 6th we held our second James Bond themed fund raiser called Shakin' Not Cured. We would like to thank all the attendees, sponsors, and volunteers who helped to make this event so successful. Funds raised at this event will help to ensure that we can deliver programs and services to help people with epilepsy and their families. We appreciate your support.

## **New Application Process for the Persons with Disabilities Benefit**

The BC Ministry of Social Development and Social Innovation has introduced a new virtual streamlined application process for Income or Disability Assistance applications for specialized populations. This is meant to deliver services in a more simplified, standardized, and streamlined way. The specialized populations include: people under 19, those in licensed and registered supportive recovery facilities, hospital patients, and those applying from Corrections facilities. More information is available by calling the Ministry at 1-866-866-0800.

## **Update on the Safety of Epilepsy Medications Used During Pregnancy**

The North American AED (Antiepileptic Drug) Pregnancy Registry has announced updated results on their study about the comparative safety of 11 different epilepsy medications taken in monotherapy during pregnancy. These results continue to indicate that the prenatal use of traditional AEDs, such as valproate, phenobarbital, and carbamazepine, are associated with a higher risk of major malformations than use of the newer generation AEDs such as lamotrigine and levetiracetam. However, there is also an increased risk of malformations among infants exposed to topiramate, another newer generation AED. [Click here](#) to read more about these findings.

## **Get Involved in GivingTuesday!**

GivingTuesday is a day for charities, businesses and individuals to get together, give back and support the causes they care about. This takes place annually on December 2<sup>nd</sup>. It is a new Canadian movement for giving and volunteering. It is a day where charities, companies, and individuals join together to share commitments, rally for favourite causes, and think about others. The BC Epilepsy Society is a partner in this campaign. For more information go to [www.givingtuesday.ca](http://www.givingtuesday.ca)

## **New Discovery Shows How Stress Leads to Increased Seizure Risk**

A new study has revealed insights into the link between higher stress levels and an elevated risk of epileptic seizures. Conducted by the Tufts University School of Medicine in Boston, the research identified a potential mechanism underlying changes in neuronal excitability in the hippocampus following chronic stress. Animal test subjects were shown to exhibit an increase in serum corticosterone levels as a result of this, a phenomenon that is associated with increased susceptibility to seizures induced with kainic acid. It was also observed that bumetanide is able to reverse chronic stress-induced increased CA1 neuronal excitability, suggesting this could be a potential means of treating this problem. [Click here](#) to read the study abstract.

---

## **Fun for Kids with Epilepsy**

### **FREE RECREATIONAL OUTINGS**

The BC Epilepsy Society regularly receives tickets to sports, arts, and community events from a variety of sources. This includes Kids Up Front, the Canucks, and the PNE. Earlier this month we had 10 children attend a Canucks game in the private Canucks Community Suite.

A parent of one of the attendees remarked, *"It feels so nice to be singled out and made to feel special when the opposite is usual."*

If you are interested in obtaining free tickets to recreational events for your child or teen, please contact Marlyn at our office at [info@bcepilepsy.com](mailto:info@bcepilepsy.com) or at 604-875-6704 Ext. 10. Ticket recipients must be a current member of the BC Epilepsy Society.

[About Us](#)

[Donate](#)

[Contact Us](#)

### **BC Epilepsy Society**

#2500 - 900 West 8th Avenue | Vancouver, BC | V5Z 1E5  
Phone: 604.875.6704 | Fax: 604.875.0617

#### **Follow Us**



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