

EPILEPSY ASSOCIATION OF OKLAHOMA

Get ready for spring!

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Epilepsy
Association
of Oklahoma

Comprehensive Epilepsy Program

Le Bonheur's epilepsy program is a National Association of Epilepsy Center Level IV Accredited comprehensive program, the highest level and one of only a few in the United States. Each year they treat more than 1,300 children with epilepsy and other seizure disorders. Their patients have some of the highest seizure-free rates in the country.

For the evaluation process, a multi-disciplinary team will evaluate the child when admitted to their state-of-the-art Epilepsy Monitoring Unit (EMU). Testing

will record, diagnose, and determine an individualized treatment plan.

Ten patient rooms are equipped for epilepsy monitoring with wireless technology that provides constant EEG monitoring, even when a child is out of the bed.

We know that seizures occur when kids are just being kids. They want their EMU patients to be as comfortable and active as normal while being evaluated.

Triathlon

Chad Liddell is putting on a triathlon in Bartlesville, OK. The proceeds will go the **Epilepsy Foundation**, but the Epilepsy Association of Oklahoma will be sponsoring and volunteering at the event. Visit <http://earlysignup.com/bartlesvilletri> to sign up.

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- New Therapy

Get ready for spring!

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E-mail: epilepsy-ok@prodigy.net

Website: www.okepilepsy.org

VOLUNTEERS NEEDED

Want to get plugged in but don't know how?

The Epilepsy Association of Oklahoma is always looking for new volunteers. It's an excellent opportunity to meet fellow people and be involved with something great.

If you're interested, contact Jenniafer Walters by phone at (405) 271-3232 or by email: epilepsy-ok@prodigy.net

Support Groups

At the Moore Hospital a support group is being held on the 3rd Thursday of each month. For more information, contact Pat Sharp at (405) 527-9886 or by email at patsharp@windstream.net. The physical address is 700 S Telephone Rd, Moore, OK 73160

Also, Paul Elliot is forming a support group in Tulsa. For more information you can contact him at (480) 321-5106. This is a great opportunity for those in Tulsa who have been wanting a support group so definitely look into it if you desire.

This upcoming month, a support group will be held for young adults—ages 16 to 25—that is being formed by Olivia Kavanagh and BreAnn Allen. Time and date is to be announced. If you have questions, contact Olivia at (405) 919-4968 or BreAnn at (405) 639-9897.

Point of Interest

Visit the website for Office of Disability Concerns at www.odc.ok.gov or call (405) 521-3756 or 1-800-522-8224. They also have an email address: dalene.barton@odc.ok.gov.

Eating Healthy and Epilepsy

Eating right is associated mostly with losing weight and having a healthy diet. What most people don't know, is that eating right can affect seizure activity.

Living and eating right can help with seizures. A common vitamin issue is lack of the dosage your body needs. Next time you see your neurologist, have your neurologist check your levels through blood tests. It can definitely change your life.

Keep an eye on your protein levels and remember: The better you eat and exercise, the better you'll feel and the better your epilepsy will be.

Shout Out of Appreciation

A Candlelight Concert was held in Ft. Smith, Arkansas. Ashley Cass, you put a concert together to raise awareness for epilepsy THANK YOU. Ashley's son, Matthew, went above and beyond for this event. He helped his mom who has epilepsy. Matthew, THANK YOU for being a HERO that day for us and every day for your mom. You personally reached out to people to raise awareness for epilepsy. You're awesome!



I would like to give a BIG SHOUT OUT to OWASSO, OKLAHOMA

Dale Davis and Shelia Hudson put together a 5krun/walk in March 2013.

They raised \$1,800 for the Epilepsy Association of Oklahoma and I have to say it was an amazing event. The weather was terrible but that did not stop Oklahoma people from coming out and supporting Epilepsy and raising awareness. The support we had from sponsors and people donating their personal time, I love Oklahoma people.... They have a BIG heart and CARE, so for that "THANK YOU."

President of the Epilepsy Association of Oklahoma

Jenniafer Walters

ScanMedQR

ScanMedQR is a new technology that can change your life if you take meds, allergic to medication, have a disorder and or medical problem. This can be used for children, adults, and aging parents. ScanMedQR is about: SPEED, LIVES, TIME. This wristband bracelet and card with QR can carry everything that the EMT will need.

ScanMedQR is the leading medical alert ID solution that gives our members the ability to carry and edit their own Emergency Health Record. Within seconds, the member's profile displays medical conditions, physician name and number, allergies, medications with dosages, contact names and numbers, and unlimited additional vital information.

So look for ScanMedQR in the next few months on our website, www.okepilepsy.org. If you purchase from our website with our code, you'll get a discount and a small donation will be donated to us.

I have lived with epilepsy since the age of 13. And, fortunately, or sometimes unfortunately, my seizures have always been nocturnal. I go to bed at night, fall asleep and the next thing I know, I'm awake in a place that I don't recognize and if friends or family are there, I don't recognize them either.

Living alone, makes living with this illness even more difficult. Coupled with Type I Diabetes duplicates the difficulty! Both of these illnesses have a severe impact on the brain. If I require medical attention after a seizure, I will be very confused because my brain has just been "scrambled" by an epileptic episode. Or, if I'm hypoglycemic and my blood sugar is around 20, the situation is dire since there is no one else around, I am solely responsible for getting help for myself. Putting in a phone number or trying to go through my contact list is challenging and sometimes I just cannot do it!

This prompted me to write my relevant information on an index card like my illnesses, what medications and dosages, allergies, doctor's name and hospital preference and my family's contact information. It made "communicating" with First Responders so simple for me and they loved it. I had more than one paramedic tell me that he wished everyone would take the time to do what I had done.

But occasionally, with all the chaos that sometimes goes on, if no one grabs my bag with my index card in it, my information is left at home. That's when my oldest son started to toss around ideas about either carrying something or wearing something that contained my vital health information and for those like me who live alone, it's more advantageous to wear something so it is not left behind. We both had worked in technology fields and we both knew that QR (quick response) codes were starting to make their way to the US from Japan and it proved to be just what was needed. It gave us the capability to expound on health issues and to give more information than less which is what standard medical alert devices require!

Since I had such a lengthy history with First Responders and Emergency Rooms, I made a list of the typical questions that will be asked by medical personnel, for example "When was your last seizure?" By virtue of the profile being "date-stamped" when revisions are made, it makes it important to keep your information current. Medical personnel can rely on the information especially in the event you are unable to speak for yourself, the card (or band) does it for you.

I know with chronic illness, it is especially important to get vaccinated. I use the "Special Instructions" field to date-stamp my vaccinations and any major but infrequent lab work (heart cath) that may prove to be important.

"Vaccinations" will be an add-on in the near future that all ScanMed QR customers will receive gratis as an existing customer.

Please visit our website today. <https://scanmedqr.com>.