

ALARMING STATISTICS. EPILEPSY AFFECTS MORE PEOPLE THAN CEREBRAL PALSY, MULTIPLE SCLEROSIS, PARKINSON'S DISEASE, MUSCULAR DYSTROPHY AND BLINDNESS... COMBINED!

SO WHY ISN'T ANYONE TALKING ABOUT IT? THE EPILEPSY CENTRE IS.

What is Epilepsy?

Epilepsy is a relatively common disorder which takes the form of recurring seizures. A seizure occurs when there is a sudden, uncontrolled, surge in the normal electrical activity in all or part of the brain.

Epilepsy can affect anyone at any age but most people with epilepsy will experience their first seizure before the age of twenty.

It is estimated that more than 275,000 people throughout Australia have a diagnosis of epilepsy. However, many people have epilepsy which can be controlled by taking medication and by adopting a sensible approach to their lifestyle.

In 50% of cases seizures are completely controlled.

30–50% have their seizures significantly reduced.

And 20–40% do not attain adequate seizure control.

What is a seizure?

There are many types of seizures. They differ from person to person and range from an almost unnoticeable brief period of unconsciousness, to an alteration of consciousness accompanied by purposeless, repetitive movements. There can be a total loss of consciousness together with involuntary muscle movements. Seizures can last from a few seconds to a few minutes.

What causes Epilepsy?

Some of the known causes of epilepsy are: head injury, brain infections or injury at birth. However, in 50% of cases no specific cause of epilepsy can be found.

About The Epilepsy Centre

The Epilepsy Centre (The Epilepsy Association of South Australia and the Northern Territory Inc) has been providing services and support for people with epilepsy and their families throughout South Australia and the Northern Territory since 1976. It is the centre of operations from which a range of services are offered.

- > Advocacy
- > Community Education
- > Counselling by professional staff
- > Information (Facts Sheets, Books, Videos)
- > Support Groups
- > Quarterly Newsletter
- > Annual camps for children with epilepsy and carers of someone with epilepsy

The Epilepsy Centre is a member of Australia's largest consumer led epilepsy organisation, Epilepsy Australia Ltd.

How to contact us

The Epilepsy Centre
25 Kilkenny Road,
Woodville Park SA 5011
PO Box 12,
Woodville SA 5011
Telephone: (08) 8445 6131
Facsimile: (08) 8445 6387
Helpline: 1300 852 853
Email: enquiries@epilepsycentre.org.au
www.epilepsycentre.org.au

How can you help?

- 1 Become a Member and receive the following benefits:
 - > Free access to our professional staff for advice on epilepsy
 - > Free personal and family counselling, advocacy and guidance
 - > Free loan of videos and books
 - > Free use of our library as well as access to research papers on epilepsy and related conditions
 - > Free referral to and information on a range of specialist community agencies
 - > Priority access to seminars, special offers, activities and camps
 - > Significantly reduced fees for camps and other activities provided by the Association
 - > Access to our wide range of support groups
 - > Free copy of our quarterly newsletter.
- 2 Make a Tax-Deductible Donation to The Epilepsy Centre or the Epilepsy Foundation of SA
- 3 Leave a Deferred Gift to The Epilepsy Centre or Epilepsy Foundation of SA
- 4 Offer Voluntary Help
- 5 Special Events – help by doing your own thing to raise funds on behalf of The Epilepsy Centre

Epilepsy...

It's not what you think! Generalised seizures can be very alarming to an onlooker. It is important to know how to help.

During a seizure

- DO
- > Keep calm.
 - > Move away any objects that may cause injury and loosen tight clothing.
 - > Protect the person's head, for example, by using a cushion or rolled up sweater.
- DON'T
- > Put your fingers or anything else in the person's mouth. A person cannot swallow their tongue.
 - > Try to restrain movement.

After the seizure

- DO
- > Roll the person over onto their side as soon as it is possible to do so. This will help them with their breathing.
 - > Offer support and reassurance when the person returns to consciousness.
 - > Call 000 if the seizure lasts for more than five minutes, another one begins, the person has been injured or you are in doubt.

Membership application and renewal

Name _____

Address _____

Phone _____ Fax _____

Annual Membership Fee (Renewable 1st July each year)

| | | | |
|-------------------------------------|------|-----------------------------------------------|------|
| <input type="checkbox"/> Concession | \$11 | <input type="checkbox"/> Support Organisation | \$22 |
| <input type="checkbox"/> Family | \$22 | <input type="checkbox"/> Other Organisation | \$22 |
| <input type="checkbox"/> Single | \$22 | (GST included) | |

Membership fee enclosed: \$ _____

I wish to make a donation of: \$ _____

(Donations over \$2.00 are tax deductible)

Total enclosed \$ _____

Find enclosed cheque, money order or debit my credit card

| | | |
|-----------------------------------|-------------------------------------|-------------------------------|
| <input type="checkbox"/> Bankcard | <input type="checkbox"/> Mastercard | <input type="checkbox"/> Visa |
| <input type="checkbox"/> Amex | <input type="checkbox"/> Diners | |

Expiry Date _____

Signature _____

By answering the following we can provide better services

What age is the person affected by epilepsy?

| | | | |
|--------------------------------|--------------------------------|----------------------------------|--------------------------------|
| <input type="checkbox"/> 0-5 | <input type="checkbox"/> 6-11 | <input type="checkbox"/> 12-18 | <input type="checkbox"/> 19-30 |
| <input type="checkbox"/> 31-50 | <input type="checkbox"/> 51-65 | <input type="checkbox"/> 65 plus | |

What age are you if you are a carer for a person with epilepsy?

| | | | |
|--------------------------------|--------------------------------|--------------------------------|----------------------------------|
| <input type="checkbox"/> 12-18 | <input type="checkbox"/> 19-30 | <input type="checkbox"/> 31-65 | <input type="checkbox"/> 65 plus |
|--------------------------------|--------------------------------|--------------------------------|----------------------------------|

How would you rate the disorder's impact to the person?

Low 1 2 3 4 5 High

Would you like more information about: (please circle)
 Causes of epilepsy, Diagnosis, Education in schools, Employment, Management (Medication, Trigger Factors), Services for people with epilepsy, Women with epilepsy. Other: _____

Would you like to know more about:

| | | |
|-----------------------------------------|--------------------------------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Deferred Gifts | <input type="checkbox"/> Epilepsy Centre | <input type="checkbox"/> Special Events |
| <input type="checkbox"/> Voluntary Help | <input type="checkbox"/> Financially assisting The Epilepsy Centre | |

All information remains confidential

**Forward to: The Epilepsy Centre,
 PO Box 12 Woodville SA 5011**