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# It's Not Who I Am

## The Third National Walk For Epilepsy, March 28

Epilepsy is the third most-common neurological condition after Alzheimer's disease and stroke. It affects more than three million Americans, but few people know that it can affect anyone, anywhere at any time.

I will be attending the Third Annual National Walk for Epilepsy. I am going by the team It's Not Who I Am. I am currently looking for sponsors for the walk. If you want to sponsor me please visit:

[http://efa.convio.net/site/TR/Walk/walk?px=1127262&pg=personal&fr\\_id=1840](http://efa.convio.net/site/TR/Walk/walk?px=1127262&pg=personal&fr_id=1840) and click on the link "Make a Gift" (under the thermostat). If you are also planning on attending the National Walk and are not on a team yet you can also

join my team here as well.

The walk will begin at the main stage on the National Mall at 8:15 am. Participants will move from the stage area to the start line and walk along the National Mall. A post Walk celebration will commence back on the Walk site. Be sure to visit our site often for updates on other activities occurring after the Walk.



From the 2nd National Walk for Epilepsy I am in the yellow.

## Important Dates

**March 13-14**—Appearing in Annie Jr. New Paltz Middle School

**March 20**—Grand Opening of the Epilepsy Foundation of Northeastern New York Satellite office, Highland New York

**March 28**—Participating in the 3rd National Walk for Epilepsy, Washington D.C.

**March 29-April 2**—Participating In Kids Speak Up and Visiting Congress, Washington D.C.

**April 25**—Sara's Walk and 5K Sprint Kick off Breakfast, Apple Bee's Restaurant, Kingston, N.Y.

**May 2**—Sara's 4th Annual Walk and Sara's 5K Sprint for Epilepsy, SUNY New Paltz.

## Historical Facts About Epilepsy

Epilepsy has been around since the dawn of time. It's taken many people centuries to understand and cope with what epilepsy truly was and how it effected people. Here are some facts about epilepsy:

2000 BCE, an ancient Babylonian medical textbook gave a precise description of epilepsy and other types of seizures.

1500 BCE, epilepsy was written about in ancient Indian medical textbook.

400 BCE, Hippocrates stated epilepsy as being a 'Sacred Disease' and is caused by a brain disorder. Doctors didn't believe his reasoning for an-

other 200 years.

In 1494, a handbook on witch hunting, Malleus Maleficarum, written by two Dominican friars under papal authority, stated seizures were a characteristic of witches.

In 1857, bromide became the world's first effective anti-epilepsy medication.

In 1980, the last U.S. state abolished the law forbidding epileptics to marry.

In 1985, the last U.S. state revoked the law allowing people to sterilize epileptics

4 months-ago, all epileptics were put

under the full protection, legal and equal rights of the A.D.A Amendments Act of 2008. This was why I visited Congress last year for Kids Speak up.

Most of these facts are pretty recent, dating back to the late 1900's. What people don't understand about epilepsy takes those who do hundreds of years to get through to them.

We have come a long way, but still have miles to go. It is important that those of us with epilepsy and those of us who support others with epilepsy continue to raise awareness to better the lives of those with epilepsy.

## Epilepsy Q & A—

**Q:** How is epilepsy treated?

**A:** Epilepsy may be treated with drugs, surgery, a special diet, or an implanted device programmed to stimulate the vagus nerve (VNS therapy). Of these treatments, drug therapy is by far the most common, and is usually the first to be tried. A number of medications are currently used in the treatment of epilepsy. These medications control different types of seizures. People who have more than one type of seizure may have to take more than one kind of drug, although doctors try to control seizures with one drug if possible. A seizure-preventing drug (also known as an antiepileptic or anticonvulsant drug) won't work properly until it reaches a certain level in the body, and that level has to be maintained. It is important to follow the doctor's instructions very carefully as to when and how much medication should be taken. The goal is to keep the blood level high enough to prevent seizures, but not so high that it causes excessive sleepiness or other unpleasant side effects.