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It's Not Who I Am

Now also on facebook at:

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Save the Date!

Sara's Walk has raised over \$60,000 for epilepsy education and awareness. Our goal this year is to raise another \$15,000.

I hope that you and many more people will join us on Sunday June 5, 2011 from 12pm-2pm at SUNY New Paltz. I look forward to seeing many walkers, bikers, and runners at this years walk! This walk will be better then the previous five.

We will also have a great raffle with many awesome prizes from local merchants and businesses who support our cause.

Sponsor forms for the walk will soon available to download from my Homepage at www.itsnotwhoiam.com.

This years proceeds will benefit the 'Its Not Who I Am Epilepsy Fund' which is part of the Community Foundation of the Hudson Valley. With their help, all the

money we raise will support educational services throughout the Hudson Valley.

Sara's Sixth Annual Walk for Epilepsy will proceed as planned, rain or shine. With support from people like you, we will hopefully raise more money then ever before to help those of us who live with epilepsy on an everyday basis. Don't forget to save the date!

Seizure-Inducing Videos

Technology has been known to move the world forward. You can talk to people thousands of miles away from you with a touch of a button and play back something to your hearts content. It's also brought new difficulties to those who have epilepsy.

Studies have shown that common videogames that have flashing lights and effects have been known to trigger seizures in those with photosensitive epilepsy. This provokes the issue of adding such effects to these supposedly harmless visual games.

A recent YouTube video of a music star (Kanye) has an organization called Epilepsy Action insisting that it be taken down. After Epilepsy Action received innumerable calls about people having seizures as a result of the music video, the organization got the video removed. Although the video was put back on YouTube, in front of it is now a seizure warning to insure no more epileptics suffer as a result of watching it

While technology is a grand and wonderful thing, sometimes it needs to be accommodated to meet the needs of certain peoples, to insure everyone is happy and healthy. Videos and games alike that have flashy effects are now required to have a seizure warning before their games. This is just a small step in the long run to helping those with epilepsy.



Q. What causes epilepsy?

A. In about seven out of ten people with epilepsy, no cause can be found. Among the rest, the cause may be any one of a number of things that can make a difference in the way the brain works. For example, head injuries or lack of oxygen during birth may damage the delicate electrical system in the brain. Other causes include brain tumors, genetic conditions (such as tuberous sclerosis), lead poisoning, problems in development of the brain before birth, and infections like meningitis or encephalitis. Epilepsy is often thought of as a condition of childhood, but it can develop at any time of life. About 30 percent of the 125,000 new cases every year begin in childhood, particularly in early childhood and around the time of adolescence. Another period of relatively high incidence is in people over the age of 65.

Monthly Quote: "Learning is its own exceeding great reward." - William Hazlitt