



# It's Not Who I Am

# Epilepsy in the News

It still feels like yesterday that I visited Washington D.C. to talk with my representatives about the need for more epilepsy support. I had gone with other kids from all over the country twice to participate in the Epilepsy Foundations Kids Speak Up program.

I am so happy that other young adults have also taken on the cause, One young lady who will be part of KSU this year is twelve-year-old Kaylee Smith.

Over the last several months, Kaylee has raised \$10,000 to fight epilepsy.

Not only does she have this disorder, but her nine-year-old brother had epilepsy as well. She's been fighting for a cure ever since her brother drowned during a seizure in the bathtub in August.

Kaylee will be going to Washington to meet with lawmakers about epilepsy funding at the Kids Speak

Up program this March. She will be trained by the National Epilepsy Foundation before she speaks with lawmakers. Kaylee and the other participants are in for a life changing experience!

People like Kaylee Smith are an inspiration to those of us with epilepsy. I'm sure she and everyone else attending the program will help make a difference in the epilepsy world. Way to go Kaylee!

## Letters From Meagan

One of my biggest supporters, a sweet, bright, and amazing young girl named Meagan, wrote me a letter after having read my book "Being Sara" (I had written a little note for her in it as well). Meagan has epilepsy and helps raise money for it as well. I loved her letter so much, that I wanted to share it with everyone. Thank you Meagan!

"Dear Sara,

Thank you for all you said about me. You are my hero and a big inspiration to me! I read your whole book in two days! It was so interesting. My favorite chapter is "Brain Power" and "Nothing is impossible." I hope you get to raise a lot of money for your walk. I'll be there to raise money for research. I'm going to try to beat my goal. Last year I raised over \$200. This year I hope to raise \$300. Hope to see you soon.

From,

Meagan

P.S. I'm already reading the book again!"

Again, thank you so much Meagan! I am glad you enjoyed my book and that there are people like you who want to raise awareness and money to help others. Meagan is an inspiration to me! I can't wait to see her at my next Sara's Walk and 5K Sprint for Epilepsy in June. I hope to see you at Sara's Walk and 5K Sprint as well.



### Q. What should I consider if there has been only a single seizure?

A. When a child or adult has never had a seizure before, the first seizure is usually followed by a careful medical evaluation to help the doctor decide whether to recommend treatment with seizure-preventing drugs, or to wait and see whether it occurs again. The most important factor in deciding whether to begin drug treatment for a single seizure is the probability of further seizures. Physicians use both diagnostic tests and careful evaluation of the seizure itself to determine how likely it is that the patient may have more seizures in the future. Age, family history, and possible causes of the seizure are among the factors that are considered. Non-medical issues, such as loss of driver's license or worries about impact on employment, may also enter into the decision. In many cases, the doctor will recommend waiting to see if another seizure occurs before beginning treatment.