



It's Not Who I Am

www.itsnotwhoiam.com

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Snorkel's Seizures

When people hear the word 'Epilepsy', their first thought is that it affects humans, right? Well, that's not always the case.

Eleven years ago, a five-foot long loggerhead turtle (now named Snorkel) washed up on a beach near Cornwall, England.

Among her many health issues was epilepsy, which is quite

dangerous for someone who breathes air and spends a good portion of their life underwater. Currently, her seizures are being controlled by anticonvulsant medications twice a day (a medication also used by epileptic humans).

The thing that makes this story so interesting is what her British Scientist caretakers did for her. Because of her seizures,

her vet thought that she might have a tumor. So, her caretakers spared no expense to take Snorkel on a 320-mile round trip expedition to Gloucester England which was the closest city that has a MRI scanner big enough to accommodate Snorkel.

The scan turned up negative for any tumors, although it did reveal the presence of many eggs that have been dormant for sev-

eral years.

Snorkel's story seems a little odd considering she's a turtle. But this just shows that epilepsy is not biased and can effect anyone, even a twenty-five year old loggerhead turtle. To watch her amazing story, please visit this site:

http://weird-news.aol.com/2011/06/29/epileptic-turtle-brain-scan-tumor_n_886644.html

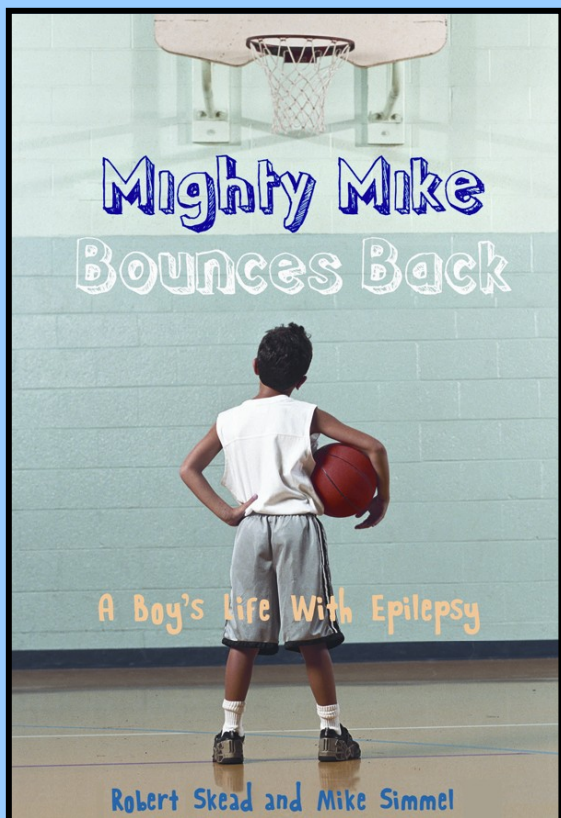


Q: What is Epilepsy?

A: Epilepsy is a neurological condition that from time to time produces brief disturbances in the normal electrical functions of the brain. Normal brain function is made possible by millions of tiny electrical charges passing between nerve cells in the brain and to all parts of the body. When someone has epilepsy, this normal pattern may be interrupted by intermittent bursts of electrical energy that are much more intense than usual. They may affect a person's consciousness, bodily movements or sensations for a short time. These physical changes are called epileptic seizures. That is why epilepsy is sometimes called a seizure disorder. The unusual bursts of energy may occur in just one area of the brain (partial seizures), or may affect nerve cells throughout the brain (generalized seizures). Normal brain function cannot return until the electrical bursts subside. Conditions in the brain that produce these episodes may have been present since birth, or they may develop later in life due to injury, infections, structural abnormalities in the brain, exposure to toxic agents, or for reasons that are still not well understood. Many illnesses or severe injuries can affect the brain enough to produce a single seizure. When seizures continue to occur for unknown reasons or because of an underlying problem that cannot be corrected, the condition is known as epilepsy. Epilepsy affects people of all ages, all nations, and all



Quote of the Day: "A dream without stars is a dream forgotten" – Paul Eluard



**A New Inspiration
Coming to Bookstores!**

Growing up can be tough enough on its own, and it's even harder to grow up with a seizure disorder. The teasing, bullying, insecurity, social stigmas, and more that are attached to it can be gruesome. But there are those that defy adversity, making it a triumph to have Epilepsy instead of a burden. And one of those remarkable people is coming our with his own inspiring autobiography. This person is Mighty Mike

Simmel of the Harlem Wizards Basketball Team.

Mighty Mike was diagnosed with Epilepsy at age two, and was immediately assailed on many fronts by the lack of understand people had toward this disorder. However, the day his father handed him a basketball, his life changed forever. He now stands before all as a famous professional basketball player who also speaks to children all over the country about this disorder to raise awareness.

“Mighty Mike Bounces Back” is the amazing tale of how one boy growing up with epilepsy and learning how to define it, instead of letting it define him.

You can preorder “Mighty Mike Bounces Back” through amazon.com. I can't wait to read it and I hope you all do too!



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**THANK
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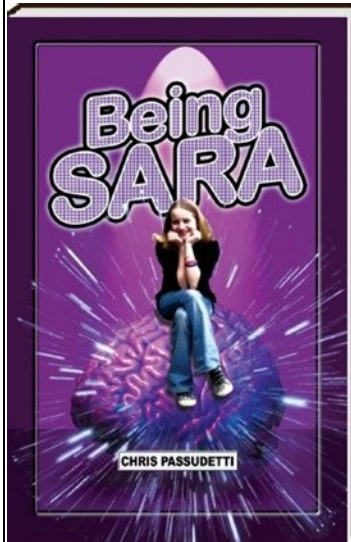
Our Mission

"It's Not who I Am" promotes the idea and belief that nothing is impossible and I will not let my epilepsy define me as a person.

I ask that no one judge a person wrongly because they have epilepsy or anything else that makes them different, but to embrace them as we can learn something new from them and their personal experiences.

Order your own copy of Being Sara

Visit The Epilepsy Foundations Website Store at:
<http://shop.epilepsyfoundation.org/store/p/862-Being-Sara.aspx>
to purchase your copy of "Being Sara"!



To Order by phone, call
1-866-330-2718 (24 hours a day)

Product Details

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Product Description

Growing up, Sara Elizabeth Clark struggled with a serious brain disorder that made even the simplest activities extremely difficult.

Now a healthy teenager, Sara hasn't mastered the art of predicting the future, but she has done some pretty incredible things. Whether starring in a local play, appearing in a commercial or even auditioning for a Hollywood movie, Sara is well on her way to making her red carpet dreams come true. But what she's accomplished as an epilepsy activist is probably the most amazing thing about Sara. She is one teenager who knows exactly who she is and plans on making a difference simply 'Being Sara'.

Would you like to make a donation to the It's Not Who I Am—Epilepsy Fund?

Yes, I would like to make a donation to the It's Not Who I am—Epilepsy Fund in the amount of:

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Please make check payable to: The Community Foundation of the Hudson Valley—The It's Not Who I Am Epilepsy Fund.

Check and this form should be mailed to: The Community Foundation of the Hudson Valley, P.O. Box 3046, Kingston, NY 12402-3046

Or on-line at: www.cfdcn.org