

May 31, 2009
SPECIAL ISSUE

www.itsnotwhoiam.com



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It's Not Who I Am

Being SARA

Last week I received word from Chris Passudetti (the author) and Scobre Press (the publishers) that my biography is finished and is currently on its way (half way around the world) to the printers. The book now has its final title "Being SARA".

I have seen the book jacket and I will be revealing it in a later e-news letter this summer. I'm only able to share a few details on the book. I can tell you that the theme color of the cover is purple for the Epilepsy Foundation

of America. Also, the cover designer, Michael Lynch, really used his 'brain' in putting together a great look for the jacket (wink—wink).

Don't forget, you can still read a chapter of Being SARA by visiting my website www.itsnotwhoiam.com. It is on the newly titles page appropriately called "Being SARA".

You will soon be able to also order a copy of Being Sara from my site or directly from Scobre Press.



SARA'S Walk & 5K Sprint update

Sara's Kick off Breakfast, Walk and 5K Sprint were held one month ago.

With the help and support of everyone involved over \$9000.00 was realized. This money will go a long way in helping to further educate others on what epilepsy is, what effects it has on someone and how it is treated.

Thank you, everyone, for all of your continued support in my out reach. Without you my goals would never be realized.

Donations are still being accepted and can be mailed to EFNENY, Three Washington Sq. Albany New York, 12205.

Misconceptions Verses The Facts

Too many people around the world don't know what epilepsy is or how it effects those with it. But, instead of trying to understand this disorder, most just go off old myths and misconceptions. Well, not anymore! Here are some important facts that you should know to keep out of the dark ages.

The number one misconception of them all: Is epilepsy contagious? I've always wondered why people always assume they're going to catch it. Epilepsy is a NON-CONTAGEOUS BRAIN DISORDER. There has never been a case of someone getting epilepsy by being near someone who has it.

Number two: When having a seizure, will I swallow my tongue? Your tongue is securely attached to the inside of

your mouth, so it's impossible to swallow it.

Number Three: Should I try to restrain someone when they're having a seizure? Never, and I mean *NEVER* restrain someone during a seizure! Not only are you putting them at risk, you're putting yourself at risk too. Make sure they don't hurt themselves during the seizure by watching over them, and moving objects out of the way if needed.

Number Four: Following up on number two, should you put something in a persons mouth while they're having a seizure? This one should be a no-brainer! Don't put anything in or near their mouth while they're seizing. It could stop their breathing and injure them even more. The most you can succeed in doing by putting something in their mouth is to make their dentist

rich.

Number Five: Are epileptics stupid or incapable of doing things that people without epilepsy can do? Epileptics are just like EVERYONE ELSE! They can do anything someone without epilepsy can do. A good friend, Hi Joyce, has told me on several occasions that epileptics just have too much fire power. I agree with her completely. Epileptics are perfectly normal and deserve to be treated as such.

The most important thing that a person with epilepsy can do to help break these misconceptions is to inform those who don't understand or have questions. For those without epilepsy, ask questions! Stay informed so these misconceptions don't continue. Please share the facts!

Epilepsy Q & A—

Q: What is the difference between seizures and epilepsy?

A: Seizures are a symptom of epilepsy. Epilepsy is the underlying tendency of the brain to produce sudden bursts of electrical energy that disrupt other brain functions. Having a single seizure does not necessarily mean a person has epilepsy. High fever, severe head injury, lack of oxygen -- a number of factors can affect the brain enough to cause a single seizure. Epilepsy, on the other hand, is an underlying condition (or permanent brain injury) that affects the delicate systems which govern how electrical energy behaves in the brain, making it susceptible to recurring seizures.