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SPECIAL ISSUE

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It's Not Who I Am

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# Special Issue! November is Epilepsy Awareness Month!

November is National Epilepsy Awareness Month. Gregg Grunberg of NBC's Hero's is the founder and creator of "Talk About It!", in collaboration with the Epilepsy Foundation. You may ask what "Talk About It!" is about? I ask that you read on and find out for yourself why we need to Talk About It! I am proud to be a part of and I support this campaign 100%! Please join us and Talk About It!



My webpage opens with, "Hi, my name is Sara-Elizabeth, but most people just call me Sara. I am 14 years old & I have epilepsy". This is a great opener to discuss my personal story. Try it yourself, you may be surprised on where the conversation might go. If you asked me four years if I thought my talking about it would have lead to me raising over \$50,000.00 for epilepsy I would have told you, "No Way!". And we all know I was wrong! I bet you can make a difference too!



Why is it important to talk about it? There are over 2.5 million people in the U.S.A. with epilepsy. There are a lot of voices that are not heard and we need to all speak up and share our stories for better support, education, research, etc! If we do not talk about it things will not get any easier for us. We have come a long way, but we are far from a cure. The question: "What's it to you!"; The answer: It should mean everything to you, we can all make a better world for all of us.



Misinformation, lack of understanding, and social stigmas are prevalent even today. Some people still think epilepsy is contagious, or that someone who is having a seizure may swallow their own tongue. Um, I don't think so! If we don't talk about these misnomers they will only continue. Get the facts, get them straight, and share them! The Epilepsy Foundation is a great source for the facts. Please visit their website, [www.epilepsyfoundation.org](http://www.epilepsyfoundation.org) for more information.



I hope I get this quote correct [Gulp]. Joyce Bender, The National Chair for the Epilepsy Foundation has said many times, "Those of us with epilepsy have extra fire power!" Joyce says this mean, "when you have a seizure you're having a storm in your head. Too many neurons are firing off so that just means that you have too much fire power!" We need to use that fire power and talk about it! Get those neurons moving, and lets get out there and talk about it!



The results of all of us talking about it will only make things better for all of us. We will see better research, awareness, education, and hopeful some day a cure! To learn more please visit [Talkaboutit.org](http://Talkaboutit.org)!

(right) I was asked to be part of the Epilepsy Foundations Awareness campaign. I was happy to be a part of this. Here is the ad I am part of. To see all the ads for Epilepsy Awareness Month Please visit: [www.epilepsyfoundation.org/NEAM/whats\\_it.cfm](http://www.epilepsyfoundation.org/NEAM/whats_it.cfm). Remember, please talk about it this month and every other month throughout the year.



November is National Epilepsy Awareness Month  
It's Time to Talk About It!



"Be proud to be called different-I am. We can all hold our heads high and Talk About It! There is nothing to be embarrassed or ashamed of."

- Sara-Elizabeth Clark

Kids Speak Up! participant Sara-Elizabeth Clark was diagnosed with epilepsy when she was 16 months old. A writer and advocate, Sara-Elizabeth is a young leader who does not let epilepsy define who she is. For more information about epilepsy, visit [www.epilepsyfoundation.org](http://www.epilepsyfoundation.org)