

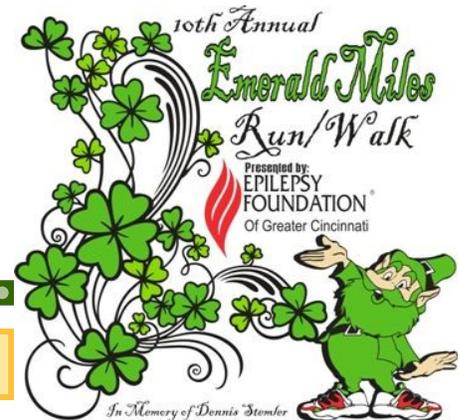


The Update

2010, Volume I

Are you ready for the 2010 Emerald Miles 5K run/walk? The race will take place on Saturday, March 13, 2010.

Start training to get geared up for the 10th Annual race that directly benefits the services that the Epilepsy Foundation of Greater Cincinnati provides in our local communities. The Emerald Miles link at www.cincinnati-epilepsy.org will give you all of the information that you need!



Camp Dream Catcher—The Tradition Continues

As we start to see glimpses of spring in the air, the staff at the Epilepsy Foundation are anxiously looking forward to the return of Camp Dream Catcher. So far, the dates for 2010 include a spring weekend on April 16-18, and a summer week from July 18-22. There will also be a weekend planned in the fall. If you are interested in attending any or all of these camps, simply call (513) 721-2905 or send an email to mark.findley@cincinnati-epilepsy.org

For those who have never attended our camp before, be prepared for hiking, swimming, horseback riding, crafts, BB guns, archery, climbing walls, mine shaft rides, canoeing, games and much more! You will meet some great kids who also happen to have epilepsy and you will certainly make memories that will last a lifetime!

Financial assistance for camp is available for those in need. For more information and photo albums of past camps, visit our website at www.cincinnati-epilepsy.org.

It is hard to believe that spring is right around the corner with all the snow on the ground!

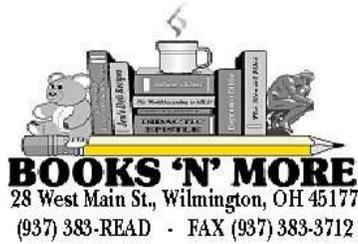
Our counseling program is a vital program that we offer to individuals and their families who are affected by epilepsy. In 2009, we served 495 people through the counseling program. We are very pleased to say that we were recently awarded a grant through the Greater Cincinnati Foundation in the amount of \$24,400 to expand our counseling program by setting up clinic days in area hospitals for new on-set patients and those experiencing difficulties due to their epilepsy. We are very grateful for this opportunity and to the Greater Cincinnati Foundation for this most generous grant.

Another extremely vital service that the Epilepsy Foundation offers is community education. Our staff educates teachers, students, school nurses, EMTs, police, fire departments, employers, family members and staff at nursing homes and day care centers on epilepsy education and epilepsy first aid. In 2009, we educated 9431 people in the 12 Ohio counties and 4 Northern Kentucky counties that we serve. We were approached for help by a family and a neurologist in Huntington, West Virginia, as there are no epilepsy affiliates in West Virginia. We traveled to Huntington, met with the Director of the Epilepsy Center at Cabell-Huntington Hospital and devised a plan to provide desperately needed services in the Huntington area. We submitted a grant proposal to the Epilepsy Foundation of America and were awarded a \$25,000 grant to provide community education in this outlying area. We have since scheduled a Day of Hope Conference for April 30, 2010, and on the following day are hosting a 5K run/walk in downtown Huntington to help raise awareness and to help provide additional funding for epilepsy services to be provided in the Huntington area. We are very excited about this opportunity and are very happy to be able to provide assistance to all those affected by epilepsy.

The spring is full of fresh air and new growth. We are working hard and looking forward to the growth and expansion of programs that we offer to our communities. By raising awareness and continuing to educate people, our goal is to completely dispel all the myths and stigmas associated with epilepsy.

—Kathy Stewart, Executive Director





NEW – Clinton County Support Group

The Epilepsy Foundation is proud to offer yet another monthly support group. Beginning February 13, 2010, and every 2nd Saturday of the month we will meet from 2:00-3:30 PM in the conference room at Books 'N' More / Jen's Deli (28 West Main Street, Wilmington, OH, 45177) to discuss topics affecting adults, caregivers, friends and parents of those with epilepsy. As with all of our support groups there is no cost to participate.



For a complete list of Support Groups, go to the Calendar of Events on page 3.

Mason Mini Marathon Wrap-Up

Thank you to all who took part in the Mason Mini-Marathon! We had great weather, an awesome crowd and lots of fun! For all of the race results, visit: www.sprunning.com and click on the 11/8/09 Mason Mini results! To view the pictures from the race (and all our events) go to www.cincinnati-epilepsy.org
Congratulations to all of our finishers--a great accomplishment for a great cause!

- ☀ **15K Run**– David Bea of Cincinnati, 53:36/Leslie Kraus of Cleves, 57:26
- ☀ **5K Run** – Brian Alessandro of Covington, 16:57/Karen Berling of Cincinnati, 18:28
- ☀ **5K Walk**– Lee Derhodes of Cincinnati, 12:48/Colleen Laux of Cincinnati, 12:21

As always, we couldn't do it without our dedicated volunteers and sponsors! Thanks to all of our committed workers and to Cincinnati Bell Directory, Oxford Physical Therapy, Panera, Costco, Applebee's and Fleet Feet Sports!

Be sure to mark your calendars for November 7, 2010!



Ask the Expert: What is Drug Resistant Epilepsy?

David M. Ficker, MD
Director, Epilepsy Monitoring Unit, Cincinnati Epilepsy Center
University of Cincinnati Medical Center



David M. Ficker, MD

There has been debate over the years on the definition of drug resistant epilepsy. Some definitions used the number of medications tried while others used the frequency of seizures. Experts even disagreed on the definition. A committee from around the world has recently published a new definition of drug resistant epilepsy and presented this at the American Epilepsy Society meeting in December 2009. The committee's goal was to develop a simple definition that could be used in clinical practice. This is the first time such a definition has been standardized across the world.

The definition: Drug resistant epilepsy is defined as failure of adequate trials of two tolerated and appropriately chosen and used seizure medications to achieve sustained seizure freedom. The article also states, "Fulfillment of the definition in a patient should prompt a comprehensive review of the diagnosis and management, preferably by an epilepsy center."

Two medication trials were chosen by the committee because seizure freedom after two medications is rare (less than 10% chance). It is pretty clear that people with epilepsy who meet the definition for drug resistant epilepsy are not being referred to an epilepsy center in a timely manner. Studies indicate that it takes around 20 years before someone is referred for epilepsy surgery despite the fact that brain surgery in selected cases offers up to an 80% chance for seizure freedom.

You can view my recent Neurology Grand Rounds presentation on this topic at the following site:
<http://www.ucepilepsycenter.com/pressrelease/drug-resistant-epilepsy-how-do-we-define>



We as an agency host two run/walks annually to raise awareness about epilepsy and our services and to raise needed funds for our programs. Once a year though, we join forces with affiliates from across the country and take our message to the streets of our nation's capitol, Washington D.C. On March 27, a caravan of vehicles from Cincinnati will be taking youth from our area to the National Walk for Epilepsy on the National Mall. We will join

approximately 10,000 other people who want to stand up and tell the nation, "we have epilepsy, but epilepsy doesn't have us!" This message will also be shared with legislators as we petition for more research money to ultimately find a cure.

We would like to thank *D & L Leasing* and the Lykins family in Clermont County for again donating a large van to take the youth to this event. If you would like to join them in supporting this important endeavor, simply send a donation to our office and designate "National Walk" on the check. Together we are making a difference!

West Virginia Outreach

In recent months the Epilepsy Foundation of Greater Cincinnati has been reaching out just past our usual borders to the great people of Huntington, West Virginia, to offer support services and epilepsy awareness to those in need. Thus far we have been involved with several epilepsy support groups (4th Wednesday of the month at Cabell-Huntington Hospital), met with school nurses in two districts, and

have teamed up with Mark Stecker, MD, a neurologist known nationally as an expert in the diagnosis and treatment of epilepsy. Plans are quickly forming for the Day of Hope Conference on April 30, 2010, and the Race for Hope on May 1, 2010, a 5K run/walk to raise awareness and money for local services. Future plans involve addressing transportation issues to and from epilepsy appointments, continued community education in schools, police, fire and



EMTs, and counseling in the local clinics

For questions regarding services in the Huntington area, please call us at (877) 804-2241.

Calendar of Events

- February 9, 2010; 6:00-7:30 PM**
Clermont County Epilepsy Support Group: Miami Township Civic Center Conference Room (6101 Meijer Dr., Miami Township, OH 45150)
- February 10, 2010; 5:30-7:00 PM**
Warren County Epilepsy Support Group: Kidd Coffee (322 Reading Rd., Mason, OH 45040)
- February 13, 2010; 2:00-3:30 PM**
Clinton County Epilepsy Support Group; Books "n" More/Jen's Deli (28 W. Main St., Wilmington, OH 45177)
- February 17, 2010; 6:00-7:30 PM**
Northern Kentucky Epilepsy Support Group: St. Luke Hospital West, Lower Level Conference Room (7380 Turfway Rd., Florence, KY 41042)
- February 18, 2010; 6:00-7:30 PM**
Hamilton County Epilepsy Support Group: Epilepsy Foundation's Main Office (895 Central Ave., Suite 550, Cincinnati, OH 45202)
- February 25, 2010; 9:00 AM**
Seminar "Upper Cervical Care: A New Approach for Treating a Variety of Conditions and Diseases": The Health Foundation of Greater

- Cincinnati (\$50.00/3 CEUs)
- February 25, 2010; 6:00-7:30 PM**
Butler County Epilepsy Support Group: Janet Clemmons Center (282 N. Fair Ave., Hamilton, OH 45011)
- March 9, 2010; 6:00-7:30 PM**
Clermont County Epilepsy Support Group
- March 10, 2010; 5:30-7:00 PM**
Warren County Epilepsy Support Group
- March 13, 2010; 9:00 AM**
Emerald Miles 5K run/walk: Newport on the Levee
- March 13, 2010; 2:00-3:30 PM**
Clinton County Epilepsy Support Group
- March 17, 2010; 6:00-7:30 PM**
Northern Kentucky Epilepsy Support Group
- March 18, 2010; 9:00 AM**
Seminar "Future Planning for Individuals Who Have Disabilities": The Health Foundation of Greater Cincinnati (\$50.00/3 CEUs)
- March 18, 2010; 6:00-7:30 PM**
Hamilton County Epilepsy Support Group
- March 25, 2010; 6:00-7:30 PM**

- Butler County Epilepsy Support Group
- March 27, 2010**
National Walk for Epilepsy: Washington D.C.
- April 10, 2010; 2:00-3:30 PM**
Clinton County Epilepsy Support Group
- April 13, 2010; 6:00-7:30 PM**
Clermont County Epilepsy Support Group
- April 14, 2010; 5:30-7:00 PM**
Warren County Epilepsy Support Group
- April 15, 2010; 6:00-7:30 PM**
Hamilton County Epilepsy Support Group
- April 16-18, 2010**
Camp Dream Catcher Spring Weekend
- April 21, 2010; 6:00-7:30 PM**
Northern Kentucky Epilepsy Support Group
- April 22, 2010; 6:00-7:30 PM**
Butler County Epilepsy Support Group
- April 29, 2010; 9:00 AM**
Seminar "Autistic Disorder, Asperger Syndrome, PDD-NOS": The Health Foundation of Greater Cincinnati (\$50.00/3 CEUs)

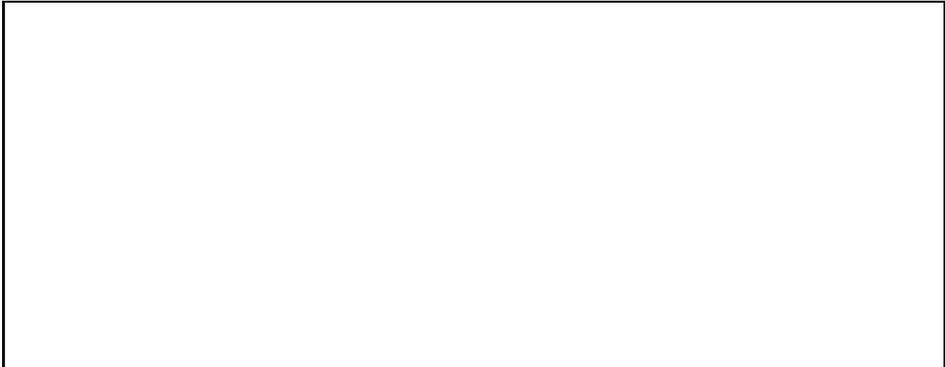


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We're on the web!

www.cincinnatipilepsy.org



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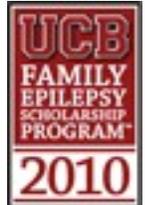
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Helping those in the epilepsy community achieve their goals

Outstanding accomplishments deserve recognition. The UCB Family Epilepsy Scholarship Program™ offers financial support to people living with epilepsy, their family members, and/or caregivers who demonstrate academic and personal excellence. Apply Online! DUE DATE: FRIDAY, April 23, 2010!

<http://www.ucbepilepsyscholarship.com>



The Update is a quarterly newsletter published by the Epilepsy Foundation of Greater Cincinnati

The Epilepsy Foundation of Greater Cincinnati is a United Way Agency founded in 1953 to assist people with epilepsy and their families in meeting their multiple health and social needs.

Executive Director: Kathy Stewart

President of the Board of Directors: James Comodeca

Mission statement:

The Epilepsy Foundation of Greater Cincinnati will ensure that people with seizures are able to participate in all life experiences; and will prevent, control and cure epilepsy through services, education, advocacy and research.