

# Carpe Diem – Seize the Day Blog

*Editor's Note: Content presented in the Carpe Diem – Seize the Day Blog is for awareness and informational purposes only, and it is not meant to be a diagnostic tool.*

**Editor's Note: Epilepsy Alliance Ohio is not endorsing a particular App or Smartphone but is only providing information to consumers.**

A study published in the International Journal of Epilepsy has found that certain smart phone apps can aid those with epilepsy. Led by Dr. Lakshmi Narasimhan Ranganathan from the Institute of Neurology, Madras Medical College (Madras, India), researchers surveyed the mobile applications available for the everyday care of patients with epilepsy.

Those apps include seizure diaries as well as medication trackers with reminders to take the next pill. Apps are available to answer any question patients with epilepsy might have and to remind doctors about drug interactions to watch out for. Most of them are free of charge.

The authors say that special sensors integrated into cell phones might allow continuous drug monitoring too. Rather than taking anti-epileptic drugs all of the time and suffering their cognitive side-effects, people might take those drugs only when a seizure is coming on.

“People with epilepsy may have a seizure today and another in a month but they are taking drugs all the time,” Ranganathan said.

“If there were a monitor to inform patients of a seizure, then they could take a dose of medication at that time alone.”

Many people already consider it hard to imagine life without a smartphone. But the potential for smartphones to improve health and healthcare is just beginning to be realized.

Here are some examples:

- My Epilepsy Diary is your self-management tool to help you record, track and manage your seizures and epilepsy.
- The Diary lets you record your medical history, seizures, meds, side-effects, moods or other personal experiences.
- You can track changes over time, keep records of your medications and create a Seizure Response Plan to share with your family, friends and health care team.
- My Epilepsy Diary also helps you remember what to do — you can have reminders of when to take your drugs, when to refill a prescription, or when you have medical appointments or tests.
- My Epilepsy Diary lets you print out reports or send them to others, including your health care team, electronically.

- No more forgotten details.
- No more complicated record keeping.
- No more trouble remembering your medications.

My Epilepsy Diary makes managing your epilepsy, or your loved one's epilepsy, fast and easy. (Free — For Apple products only.) <http://www.epilepsy.com/get-help/my-epilepsy-diary>

Seizure Tracker is a smartphone application that was developed by a parent of a child with epilepsy. The program gives you the opportunity to log and track seizure activity, make appointments and follow a medication schedule. The data is compiled into customized reports which include graphs for doctors and patients to assess. It provides you with tools to help understand your seizures and enhance your communication with your care providers along with information on possible therapies.

Surveys and Polls can enhance your understanding of how you compare to others with epilepsy. Customized reports include graphs comparing seizure activity and medication dosages.

Log and track seizure activity, appointments, and medication schedules through a simple calendar interface from your computer, Android or Apple device.

Free and easy to use online, anywhere. Simply click to set up a free, new account <https://www.seizuretracker.com/>

Seizure Disorder Coach helps you know what to do when you suddenly find yourself in an emergency event that requires emergency seizure assistance.

By giving step-by-step, yes/no questions, Seizure Disorder Coach provides you with a Lay Rescuer-level set of instructions that help everyone from the trained to the untrained know how to give proper emergency seizure assistance.

Seizure Disorder Coach benefits:

- Real-time, step-by-step instructions coaching through an emergency epileptic seizure situation (not just a reference guide).
- One touch, step-by-step instructions through breathing and choking emergencies.
- Real-time, audible step-by-step instructions for CPR rescue.
- Real-time, audible pacing and breathing instructions during CP.
- Nearest ER location finding assistance utilizing Google Maps (data/wifi connection required).
- Emergency Intake Questionnaires for documenting key information for EMTs when they arrive on scene.
- Emergency instructions stored on your Apple device, so you have access to step-by-step instructions any time. Free. <http://resqrsoftware.com/seizure.php>

Epdetect (Epilepsy Detector Application) is an accelerometer based mobile phone application that uses advanced signal processing to detect epileptic seizures. It runs on most mobile phones

that support SMS messaging, movement detection and GPS position location. The addition of the seizure detection signal processing enables the phone to function as a wearable seizure detection system, with remote signaling to caretakers.

Epdetect monitors the wearers movements, distinguishing between normal movement and movement associated with a Tonic–Clonic seizure. If a seizure is detected, Epdetect will contact and alert your care giver with your status and GPS position. Compatible with Android devices. Free. <http://www.epdetect.com/>

***Editor's Note: The Carpe Diem – Seize the Day Blog will be distributed and posted weekly.***  
Always remember – **CARPE DIEM – SEIZE THE DAY!**

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