

CANDLELIGHT

FALL 2009

TALK ABOUT IT! @ DINNER

The Epilepsy Foundation of Arizona proud to announce that new EFAZ Board Member Eric Johnson has assumed the role of Chair of our **Talk About It! @ Dinner** program. In the months to come, Epilepsy Foundation staff, board members and friends across the country will host “at-home” parties to raise awareness and money for the Epilepsy Foundation of Arizona and its mission.

Talk About It! @ Dinner capitalizes on the enduring popularity of food-oriented events and home entertaining. This initiative is both a valuable fund-raiser, public awareness campaign and a cultivation opportunity all wrapped into one event.



Talk About It! @ Dinner is designed to bring in new, necessary and significant fund-raising dollars for the Epilepsy Foundation. Guests who attend **Talk About It! @ Dinner** parties are

introduced to the important work of the Epilepsy Foundation and may become future participants in other Epilepsy Foundation programs, special events and activities.

Talk About It! @ Dinner is an exceptional way to gather people together to enjoy friendship and food while supporting the important mission of the Epilepsy Foundation.

The Epilepsy Foundation of Arizona has designated November 7th-14th as **Talk About It! @ Dinner** week. During this week, we invite you to host an event in your home benefiting the Epilepsy Foundation of Arizona. Examples of events currently being planned are a backyard BBQ, concert, poker party and a traditional sit-down dinner.

If you are interested in hosting a party, contact Eddie Nichols to learn more . Phone (602) 406-3581 or Eddie.Nichols@chw.edu

USA TODAY: TEST KIDS WITH EPILEPSY EARLY TO SPOT LEARNING DISABILITIES

Children newly diagnosed with epilepsy may not show signs of academic problems early on, but a new study suggests they could benefit from early cognitive testing to spot potential learning disabilities before they surface in school.

"There appears to be a window early in epilepsy for intervention to alleviate the impact of learning disabilities on school performance," says Philip Fastenau, professor of neurology at [Case Western Reserve University](#) School of Medicine in Cleveland and author of a study in this week's online issue of *Neurology*.

The government-funded research, conducted by Fastenau and colleagues at Indiana University Medical Center and Cincinnati Children's Hospital, included 282 school-aged children (ages 6 to 14) who had IQs of at least 70 — in the normal range — and who experienced their first seizure within the previous three months. They were compared with 147 of their healthy siblings who did not have seizures.

Scientists examined whether the chil-

dren with seizures also had other risk factors linked with cognitive problems, including multiple seizures, use of anti-seizure medication, and signs of epilepsy on early brain wave tests.

Of the children who experienced one seizure, 27% showed cognitive difficulties at or near the time of their first seizure, and 40% of children who had additional risk factors showed signs of cognitive problems at that time. A child with four risk factors was three times more likely to experience cognitive problems compared with children who were seizure-free.

Typically, doctors wait until a child with epilepsy shows academic difficulties before they send the child for a neuropsychological evaluation. But by then, Fastenau says, a child already may be behind academically.

"Early evaluation of these children with targeted intervention might mitigate some of the long-term academic underachievement that is common in children with epilepsy," say the authors of an accompanying editorial, David Loring and Kimford Meador,

professors of neurology at Emory University.

Fastenau says even the simplest accommodations could be made to improve a child's performance as he progresses into higher grade levels. For example, a child with attention problems could be placed in the front row or given attention-enhancing medication earlier, he says.

Jason Lerner, a pediatric epileptologist at UCLA, says one benefit of earlier testing would be capturing a baseline reading that would help sort out the debate about whether anti-epileptic drugs are the cause of learning problems.

"People are quick to point fingers at the anti-epileptic medications," Lerner says. But, he points out, the study shows that children who are not on medications also can experience cognitive problems.

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OPERATION OUTREACH SALUTED OUR VETERAN'S

October 3rd, long-time Valley of the Sun radio personality, Dave Pratt joined military families from across Arizona as a featured speaker at the Operation Outreach Veteran's Appreciation Day in the Phoenix Zoo. Pratt, known as The Morning Mayor, has been waking up Arizona for nearly 3 decades including 20 years on KUPD, creating The Big Red Radio. This most popular radio show garnered more fans and listeners than could ever be imagined and demonstrated this fact by the number of Red Card Holders in existence, those fans who registered with Dave in the morning.

He later moved to KZON which quickly became the most listened to rock station in Arizona. Dave was the afternoon man to Howard Stern's morning radio show on KZON. In 2003, Dave transitioned to country as the leader of KMLE for over 5 years, creating the KMLE Nation. Dave Pratt in the Morning achieved #1 ratings and revenue in both the rock and country formats while helping to raise millions of dollars for Arizona charities including the Dave Pratt Dental Clinic for Kids. His autobiography, *Dave Pratt, Behind the Mic, 30 Years in Radio* was released in 2008 with the proceeds benefiting the American Cancer Society. Dave has sold more albums than any local artist or band in the history of Arizona. Dave Pratt will be inducted into the Arizona Broadcasters Hall of Fame in October.

When asked why he so wanted to be a part of this most important Operation Outreach Conference, Pratt said, "Caring for our veterans is the duty of a grateful nation. It is an honor to be invited to speak to our veterans as they embody the ideals of our country. My wife and I take every opportunity to encourage our children to share in our veteran's company, experiences and beliefs."

Dave graciously donated a signed copy of *Dave Pratt, Behind the Mic*, to each veteran in attendance.

Dave Pratt was joined by a number of other presenters from Barrow Neurological Institute and the Phoenix Veterans Administration Hospital. Conference topics covered methods to living a better life after experiencing a head injury with break-out sessions including: How to Improve Your Medical and Psychological Care, Neurophysiological Expectations, Family Coping Strategies, Brainbooster Techniques and much more.

The day's festivities culminated with a barbecue for the veterans and their families thanks to Blue Cross Blue Shield of Arizona. Other event sponsors included UCB Pharmaceuticals, Cyberonics, General Dynamics, and the University of Phoenix.

"Caring for our veterans is the duty of a grateful nation."

The signature injury from the wars in Iraq and Afghanistan is traumatic brain injury (TBI) because of the widespread use of Improvised Explosive Devices (IED's). In fact the Department of Veterans Affairs (VA) estimates that IED's account

for two-thirds of combat injuries during these wars. Over 14,000 of these young veterans have already returned home to Arizona with TBI or PTSD. Up to one-half are at risk of developing post-traumatic epilepsy. This may happen as early as 3 months after their injury or it may take up to 15 years to manifest.

In response to these devastating facts, the Epilepsy Foundation of Arizona has partnered with the Phoenix VA Health Care System to see that each military person who was deployed to the Middle East is registered to receive care when they come back to our home shores. The many programs offered by the VA can take care of these young people but they first have to be registered. Operation Outreach is a four-pronged approach to educating, advocating, assisting, and counseling the Veterans continuing to return home from Iraq and Afghanistan and their families. The October 3rd Veteran's Appreciation Day signaled the launch of Operation Outreach, developed in part by a grant from the Boeing of Mesa Employee's Community Fund, keep an eye out as we begin an aggressive advertising campaign designed to educate on post traumatic epilepsy and direct veter-

PUT ON YOUR WALKING SHOES.....

Walk season is just around the corner and the EFAZ would like to thank all our Team Captains, walkers, sponsors and volunteers for your support of the Arizona Epilepsy Walks this year. Your efforts yielded in nearly \$90,000 to support the Foundations' programs and services.

SAVE THE DATE!!!!

The Tucson Epilepsy Walk will take place on Saturday March 20, 2010 at the University of Arizona Mall. We're pleased to announce that Foundation Board members David Labiner and Board Chair Doug Mance have agreed to serve as co-chairs for this upcoming year. We asked Doug to share his thoughts on chairing this event:

"From personal experience, as a parent of a daughter with epilepsy and as somebody who has helped the Epilepsy Foundation of Arizona support many other families, I have witnessed the many struggles associated with epilepsy. I believe that the challenges that lie ahead can serve to bring families, friends and communities closer together as we combine our efforts to fulfill the Epilepsy Foundation of Arizona's mission to cope with epilepsy and to work towards prevention of seizure disorders."

The Phoenix Epilepsy Walk will once again take place at the Phoenix Zoo on Saturday, April 10, 2010. We're please to welcome Walk Chair Steve Cordova, Director of Administration at Barrow Neurological Institute, to the Foundation family.

"I am honored to serve as Chair of the 2010 Epilepsy Walk. This spring event is an opportunity for the Phoenix community to learn more about epilepsy and the effect it has on family, friends, co-workers and all who have crossed paths with someone with a seizure disorder. Epilepsy can affect anyone and in my time at Barrow Neurological Institute, I have witnessed the struggles faced by families with epilepsy. Advances in neurology and technology are important to the Foundation's commitment to improving the quality of life of people effected by epilepsy and it is my goal to help the Foundation achieve its' mission."

Our thanks to David, Doug and Steve for taking on these important roles and serving as ambassadors for the EFAZ mission. Stay tuned for more exciting Walk news in the upcoming months. In the meantime, you can register online now, set up your personal web page and kick-off your fundraising campaign. The foundation staff is here to assist you with all of your Walk needs.

To register for the 2010 Arizona Epilepsy Walks, go to:

Phoenix Walk Website: www.azepilepsywalk.org * Tucson Walk Website: www.tucsonepilepsywalk.org

EPILEPSY UPDATE: LIVING WELL WITH EPILEPSY

Living Well with Epilepsy, is an annual community education conference exploring topics of interest including medical treatment, healthy lifestyles, social issues, new developments in treating epilepsy, and what the future may hold. This year's programs will discuss new medications vs. generic drugs, pediatric surgery vs. stimulation, women's issues, the impact of brain injury, bone health and psychiatric comorbidities. This is an excellent information source for anyone touched by epilepsy, including patients, family, friends, caregivers, and case workers.

Where: Mayo Scottsdale 📍 13400 East Shea Blvd. 📍 Scottsdale, AZ 85259

When: Saturday, November 7th, 2009 📍 Registration and Continental Breakfast 7:00 AM 📍 Conference Begins 8:00 AM

Who: Anyone touched by epilepsy, including the patient, family, friends, physicians, nurses, caregivers, and case workers.

Price: \$10/Individual; \$15/Family (Child care is not provided)

**To register complete the form below or call the office at (602) 406-3581, a separate brochure will not be mailed. More information is available on the website at www.epilepsyfoundation.org/arizona*

REGISTRATION FORM

Name: _____ No of Attendees: # _____
 Address: _____ City, State: _____ Zip: _____
 Phone: _____ E-mail: _____

Registration Fee - \$10/ per person, \$15/family \$ _____

Scholarships are available, please contact the Foundation if you require financial assistance

Please indicate payment method below.

I am sending check # _____ in the amount of \$ _____.

Make check payable to the Epilepsy Foundation of Arizona and mail:

Epilepsy Foundation of Arizona, 240 W. Thomas Road, 2nd Floor, Phoenix, AZ 85013

Charge my credit card for the above total: Visa MasterCard

Card #: _____ Expiration Date: _____

Name on Card: _____ Signature: _____

A FLUENT PARTNER

When “did you see what she Tweeted” became a common phrase being used in the office, the Epilepsy Foundation of Arizona realized we needed to jump aboard the social media bandwagon. It seems like not so long ago that sites like Facebook and Twitter were being enjoyed by

20-something’s sharing about their weekend escapades; however as the sites became more main-stream and other generations began to embrace the instant gratification of posting a message on someone’s wall, companies realized this was a whole new world of marketing that needed to be explored. Sign on to your account and not only can you view updates from friends, family, and “frienemies”,

but you can follow your favorite bands, brands and non-profits as well.

When the EFAZ received an early morning call from Crystal Gustavson, Managing Partner, of **the Fluent Agency** we did not know what to expect. Little did we know this would be the beginning of an entirely new world for our organization. The Fluent Agency has launched an aggres-

sive social media marketing campaign for the EFAZ and we are so excited. Thank you to Crystal, Jessica and the rest your wonderful staff for your expertise, dedication and insight. Become a fan of the EFAZ on Facebook or follow us on Twitter, @arizonaepilepsy, and see what we are talking about!

TRIBUTE GIFTS

IN HONOR OF:

Jillian Bergelin

Mr. & Mrs. William Pearson

Laura Berry

Mr. & Mrs. Kenneth Berry Jr.

Bryon Buchauau

Mr. & Mrs. Raymond Vaaler

Jacqueline Heath

Mr. Cliff H. Running

Carly Mance

Mr. & Mrs. J. Robert Mance

Randa Sawyer

Mr. Corene Sawyer

Mr. Virginia Webb

Sue Warmath

Ms. Linda Dawes

Robert Lee Winters II

Ms. Cynthia Ann Winters

IN MEMORY OF:

Mr. Kanedy

Ms. Catalina Sone and

Ms. Diana Munson

VOLUNTEERS NEEDED

The EFAZ needs your help and expertise! Volunteers are the lifeblood of our organization and we are reaching out to friends of the Foundation to join us in our fund raising efforts.

We are in need of volunteers who are interested in serving on event committees or lending a hand on the day of our events. EFAZ events taking place in the months to come are our Mardi Gras Gala and our Epilepsy Walks in Phoenix and Tucson.

Committee members are instrumental in reaching out to businesses and community leaders in an effort to support the events that fund our Foundations’ programs. Volunteers who assist us at our events provide a service that is invaluable to their success.

If you are interested in assisting the EFAZ in any of these events, please contact Eddie Nichols at 602-406-3581 or at eddie.nichols@chw.edu. Thank you for your support!

LONG REALTY FOUNDATION REALLY DOES CARE

When the Epilepsy Foundation of Arizona approached Laura Mance, Branch Manager for the Casas Adobe branch of Long Realty, she certainly stepped forward. The Long Cares Foundation was presented with a proposal for funding. More than 600 children diagnosed with epilepsy attend school in Tucson. There are many ways we can help them fit into their school environment with greater ease. One such program offered by the Epilepsy Foundation of Arizona is Managing Students with Seizures. This curriculum, accredited by the National Association of School Nurses, is offered to school nurses by Neurological

Nurses explaining aspects of epilepsy, seizure types, diagnosis, treatment, and first aid for the student having a seizure.



The school nurse training program transcends the walls of the school. Once trained the nurses then turn around and educate the teachers on what to look for when a child has one of the many forms of seizures and what to do when they occur. Often times it is the teacher, and not the parent, who first notices the child is having seizures. The teacher then passes along their knowl-

edge to the classroom, creating awareness, understanding, and acceptance. In turn, each of these children then has something to share and enlighten their parents with at the dinner table.

Long Realty Cares Foundation funded this program at the \$1750 level and Laura Mance personally added \$250 for a total of \$2000. There is no program offered that can have a wider influence on society in terms of a public health offering for the masses. And it starts with a simple training. This is knowledge that can travel through the lifetime of each individual and have a ripple-effect on our world and Long Cares Foundation is helping make that happen.

NEW LEADER TO TAKE CHARGE OF PHOENIX PARENT SUPPORT GROUP

The Phoenix Parent Support Group has been meeting at Phoenix Children's Hospital for many years. In the last few years, the leadership has withdrawn as their children matured and moved on. Melissa Trejos has stepped forward and volunteered to reactivate the group. She belonged to the Phoenix group until she and her family moved out of state. There was no Epilepsy Group, so Melissa led a group for parents of children with disabilities in North Carolina. Her first meeting here in Phoenix will be on Wednesday, July 29th.

Melissa returns to Phoenix with renewed energy and enthusiasm. She is organizing a group of respite care givers in training to be present at the meeting. This will allow parents with sitter problems to bring the children and attend the meetings, confident that their child is in the room next door with a competent caregiver. If you plan to bring a child/children, please call the office and let us know so that we can arrange for enough staff to be present.

During the coming months there will be a full schedule of expert speakers from the area treatment centers, and organizations providing services to children and their families.

The Phoenix Parent Support Group meets at 7:00 p.m. on the last Wednesday of the month at Phoenix Children's Hospital, 1919 East Thomas Road, Building B on the fourth floor. Free parking is available in the parking structure.

VALLEY FIVE-O

The Epilepsy Foundation of Arizona is excited to announce a new training for police officers and security personal. This is a great opportunity for the EFAZ to reach out to this community, but we need your help. We are looking for Valley area law enforcement departments interested in receiving this training at no cost. Please let us know if you have contacts in your local police department and/or know anyone else that can help us train this group of people. Contact Laura Linam in the EFAZ office at (602) 406-3581.

FIVE QUESTIONS TO ASK YOUR PHARMACIST

From the National Alliance on Mental Illness

For many the trip to the pharmacy is a quick one. Most run up to the counter or use the drive-through, pay the pharmacist, and rightfully assume that they are leaving with the medication their doctor prescribed. It is the same situation with mail-order prescriptions; people presume the drugs in their mailbox were filled according to the doctor's script.

According to recent news reports, it has become quite common for pharmacists to switch patients' prescriptions to generic or less expensive brand-name drugs. A number of factors may influence these decisions, and while saving a few dollars on medications certainly sounds appealing during these tough economic times, cutting costs should never be at the expense of one's health.

There are five critical questions that everyone should keep in mind each time they visit the pharmacy counter:

Is this the exact drug that my doctor prescribed?

This may sound like a given, but unless your physician specifically checks "dispense as written" on your prescription script, a pharmacist may change your prescription without knowing your full medical background as your physician does.

Why are you switching my prescription?

It is probably to keep costs down for the pharmacy. You may be pleased to learn you're also saving money, but it's often the pharmacy that reaps the real reward of the switch. For example, last month Walgreens agreed to pay \$35 million to 42 states, including Illinois, to settle allegations that it unlawfully switched medications from tablet form to capsules to receive more money from Medicaid reimbursements. As taxpayers, this deceptive switch affected us all.

Will this switch impact my health?

Keep in mind that not all medications are created equal. Many people think generics always perform the same as a brand-name equivalent, but that is a common misconception. While the active ingredients may be the same, it's the inactive components of a drug that can potentially cause adverse reactions. Additionally, certain brand-name drugs don't have a generic equivalent, so a switch means you are getting a different medication.

Have you notified my doctor of this switch?

It is all too common for a patient to be switched to a different medication without the knowledge of his or her doctor. The physician often doesn't find out until the patient requests another appointment because they are still sick or, in some cases, their condition has worsened. Always consult with your doctor before a switch. After all, nobody knows what's in a patient's best medical interest better than his or her own physician.

Is this the same dosage as my previous prescription?

New medicines may only be available in a higher or lower dose, and can be metabolized at a different rate than the previously prescribed medicine. This can lead to confusion and non-adherence, which can affect both the safety and effectiveness of the medicine.

Flame of Hope

Supporting

OPERATION OUTREACH



The Flame of Hope is an important reminder to persevere for those individuals with epilepsy and those who want to perpetuate the mission of the Epilepsy Foundation of Arizona. We are looking for sponsors to assist with printing costs of the paper Flames, as well as retail outlets in Arizona who would partner to sell the \$1 paper Flames.

About Operation Outreach:

Up to one-half of veterans returning from Afghanistan and Iraq with traumatic brain injuries and post traumatic stress syndrome will develop post traumatic epilepsy within the next 20 years, and the Department of Veteran Affairs (VA) estimates that Improvised Explosive Devices account for two-thirds of combat injuries during these wars. Operation Outreach is a partnership forged between the Epilepsy Foundation of Arizona, the Veterans Administration, and the leading epilepsy treatment centers in Arizona to create awareness, provide treatment and assistance for the injured veterans (regardless of whether they have had a seizure yet, or not) and to assist the families of veterans.

We are still looking for distributors, sponsors and participants for the Flame of Hope program, please contact the Epilepsy Foundation of Arizona at efaz@chw.edu or (602) 406-3581 if your company, church, or retail location would be interested.

LEAVE PRESCRIPTIONS TO DOCTORS

by Michelle Lane - Sept. 15, 2009 12:00 AM
Special for the Arizona Republic

It is impossible to turn on the evening news these days without hearing the words "health-care reform." We have witnessed a blistering August filled with rage, rhetoric, and protest - admittedly on both sides of the aisle.

Labor Day is over, the kids are back in school, Congress is back in session and the president is making significant speeches regarding this issue; yet the status of health-care reform remains unchanged for today.

Whether you believe in a single-payer system or would prefer that insurance remains 100 percent private, there are certain things that we can all agree on, and I believe the elimination of therapeutic switching to be one of those items.

As a board member of the Epilepsy Foundation of Arizona and an epilepsy patient myself, health care has always been a top priority for me. I place the utmost trust in the ability of my physician to properly diagnose my con-

dition and prescribe medication that fits my particular needs. I am not special in this regard. I am one of millions of patients across America who have a chronic, yet very treatable illness.

Imagine the dismay of a patient who, when covered by insurance, is forced to switch to another medication not prescribed by their physician. The insurance company feels that drug B, a cheaper option, will work just as well as drug A, prescribed by your physician.

Until you experience harmful side effects such as a seizure, heart attack or worse, you are forced to take drug B. You and your personal physician have no say in the matter. This is known as therapeutic switching or "fail first" therapy.

I would like to make it clear that I am not speaking out against generic drugs as they often can be the right choice for patients. However, if a patient has been treated, often for many years with a specific drug the repercussions of fail first therapy can be devastating.

Let's assume a patient with well controlled epilepsy is forced to switch medications by his or her insurer and experiences a seizure. The patient may lose a driver's license, have no ability to get to work, and then lose a job. Without a job, the patient probably would not have the ability to cover temporary insurance payments, and the necessary medications, thereby causing additional seizures. Things tend to go downhill quickly from there. This may seem like a stretch, but for a single person without a family support system, it truly isn't out of the realm of possibility. I am simply speaking out on behalf of those who cannot speak out for themselves.

Drug switching should be the choice of the patient and the physician, not the insurer. An insurance formulary should not determine the effectiveness of your seizure control. In this era of health-care reform, I urge you to go online, read the fine print of your insurance coverage and become your own advocate. If you are not happy with what you learn, contact your congressman. You have the ability to make your voice heard.

Michelle Lane is Vice-chair of the Epilepsy Foundation of Arizona and lives in Cave Creek.

KIDS ON THE BLOCK PUT ON A SHOW

The Kids on the Block, puppet show demonstrating epilepsy first aid, has given four shows this month reaching 168 students. We want to thank Kristin McCantor, Trilde Moore, Maddy Moore and Anita Parker of St. Stephen's Episcopal Church's Circle of Friends group for their dedicated work to help educate our younger children about epilepsy.

If you would like to arrange a puppet show for your group of 3rd, 4th, or 5th graders, or are interested in being a puppeteer -- especially people on the West side of the valley or in the Tucson area -- please contact Laura Linam at (602) 406-3581 or llinam@chw.edu.

EPILEPSY WEBSITE FOR TEENS

There's a new place for young people with epilepsy to get together at, **GoEYC.org**. **GoEYC.org** is an exciting new place on the internet designed for and by youth affected by epilepsy to share experiences. It provides forums for us to learn about coping with epilepsy on a daily basis, and to get tips on how to talk about it to people in our community, at home, at school and online. Visitors to the site can tell their stories. Share information and tips with others touched by the condition through social networking links.

RESEARCH IN EPILEPSY: AN OVERVIEW OF CLINICAL TRIALS

by David Teeple, MD; Epileptologist - Center for Neurosciences, Tucson

Before a new epilepsy medication or device is approved for use in the market, it undergoes a lengthy development process involving extensive testing for safety and effectiveness. It starts with laboratory research using experiments in animals and human cells to see if a new potential medication might have anti-epileptic properties. If this research shows promise, the data is submitted to the Food and Drug Administration for approval for human testing.

Once approved for use in humans, investigational drugs or devices go through clinical trials to determine the safety and effectiveness of investigational treatment. A **Clinical Trial** is a research study in which volunteers receive investigational treatments under the supervision of a physician and other research professionals. These treatments are usually developed by pharmaceutical companies which select qualified physicians, also known as investigators, to conduct clinical trials. These are performed according to strict government guidelines. There are 3 phases of clinical trials:

Phase I studies are the initial phase of testing and assess the safety of a drug or device. These are typically conducted on a small number of healthy volunteers (< 100). The study is designed to determine the effects and side-effects of the drug or device in humans

Phase II studies test how well the drug or device works, this is called **efficacy**. This phase can last up to two years and usually involves 100-200 epilepsy patients. Phase II studies are usually **randomized** trials in which one group of patients is assigned to receive the experimental drug, while a second group is assigned to receive a standard treatment or **placebo** (an inactive compound sometimes called a "sugar pill"). Often these studies are **blinded** which means that neither the patients nor the investigators know who has received the experimental drug. This allows researchers to obtain **objective and unbiased** information regarding the safety and effectiveness of the new drug compared to standard treatment or placebo.

Phase III studies are also randomized and blinded trials and typically involve several hundred epilepsy patients. These large-scale studies provide the pharmaceutical company and the FDA with additional understanding of the effectiveness of the medication and more information about possible **adverse reactions** (side-effects). Once Phase III is complete, a pharmaceutical company can request FDA approval for marketing the anti-epileptic drug.

New Treatments for Epilepsy - Right now epilepsy research is VERY robust and there are many clinical trials available for individuals with difficult to control seizures. There are currently 8 epilepsy drugs undergoing phase III trials and about 6 drugs in phase II trials. The focus of these studies is finding new treatments to reduce or eliminate seizures, while future research will be directed towards disease modification and epilepsy prevention. However, progress in epilepsy research depends of patients who volunteer for clinical trials. To find out which clinical trials might be available in your area, there are two excellent websites that can help you get started: www.clinicaltrials.gov and www.centerwatch.com.

You may want to consider enrolling in an epilepsy clinical trial if your seizures are not responding to currently available medications. There are many benefits in participating in clinical trials, including increased medical oversight, access to new medications with the potential for improvement in seizure control and last, but not least, contributing to the understanding and availability of improved treatments for epilepsy.



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240 W Thomas Road, 2nd Floor
Phoenix, AZ 85013

RETURN SERVICE REQUESTED

Mission Statement: The Epilepsy Foundation of Arizona 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.

SUPPORT GROUP INFORMATION

Northeast Valley

Mayo Hospital
5777 E. Mayo Blvd., Scottsdale
1st Floor, Room 220
Third Monday of the month - 7:00 pm

Spanish Support Group

Phoenix Children's Hospital
1919 E. Thomas Rd., Bldg A
Second Saturday of the month
10:00 am

Phoenix Parent Support Group

Phoenix Children's Hospital
Neuroscience Conference Room
4th Floor, Building B
3rd Wednesday of the month - 7:00 pm

Phoenix Ketogenic Diet Support Group

St. Joes Hospital
350 W Thomas Road, Dining Room A
3rd Tuesday of the month - 7:00 pm

Tucson

University Medical Center
1501 N. Campbell Ave.
1st Floor, next to Cafeteria
First Tuesday of the month - 6:00 pm

Sierra Vista Group

Sierra Vista Public Library
2600 E. Tacoma Street
Conference Room
Fourth Tuesday of the Month - 7:00 pm

Yuma Group

Yuma Regional Medical Center
2400 South Avenue A
Conference Room #1
Quarterly As Scheduled
Call for Dates/Times

*For telephone support, please contact us at 602-406-3581

NEW FACES

Eddie Nichols, Director of Development

Please join the Epilepsy Foundation of Arizona in welcoming Eddie Nichols, our new Director of Development. Eddie comes to us with a long and rich background of fundraising with Muscular Dystrophy, the Heart Association and Alliance for Lupus Research. His expertise is in events, corporate solicitation and volunteer development.

Board Of Directors Members

It is with great pleasure that the Epilepsy Foundation of Arizona welcomes our newest Board Members. Eric Johnson is an attorney with Quarles & Brady, Paige Perry is a Major Gifts Officer with Mayo Clinic Arizona, and Mark Valentino an Insurance Broker with John Driscoll & Co.