

[www.efva.org](http://www.efva.org)

1

Thanks to epilepsy hero, Matthew, our webpage is up and running! See above.

3

Get Educated!  
Online booklets can help epilepsy heroes and their loved ones to stay informed.

5

Make a Contribution!  
Find out how you can be a part of helping EFVA achieve our goals. It's easy to make a donation online or incorporate EFVA in your workplace campaigns.



*First male to accept a bicycle under EFVA program in 8 years! Nasreem Ali, thanks for being the first.*

## Medical Mystery

Southwest regional director, Melissa Tuck, reports that one of her long-term patients had to stop taking medication before surgery and his seizures disappeared! Physicians now think that the constant increase in dosage has caused the seizures in the way that too many headache pills can cause more headaches.

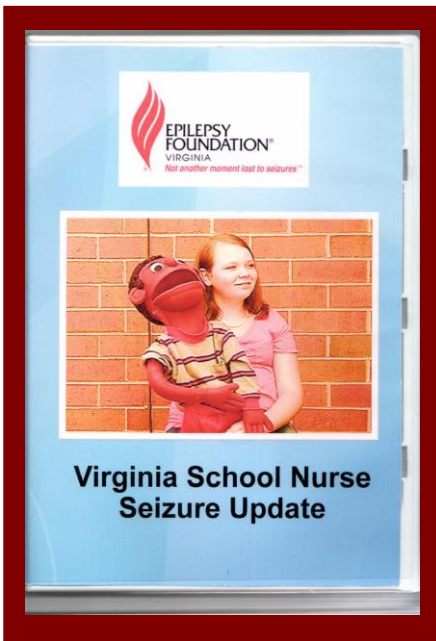


# February 2012



## EFVA helps epilepsy heroes keep their jobs! Solving problems between employers and employees.

As a center that promotes patient independence, few things are more rewarding than helping patients stay employed. This quarter alone, EFVA regional and executive directors helped 5 people keep their jobs who would have otherwise been let go. Our close relationship with the neurology departments allows us to be alerted in a timely fashion so that we can help. After finding the root of the problem, our staff works with patients and employers to create a compromise for the future.

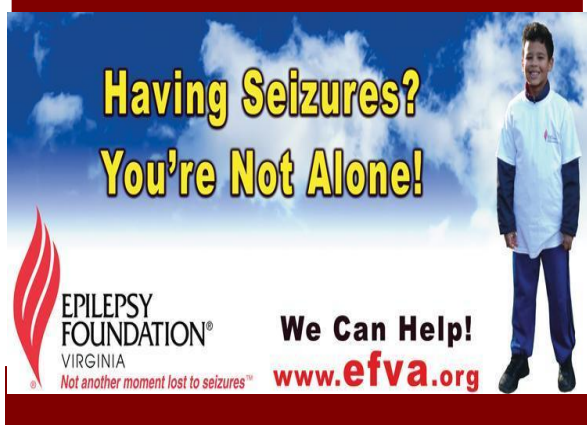


## find support.

Southwest Director Melissa Tuck will be reviving the Blacksburg support group starting March 24<sup>th</sup>. For more information, contact

[swefva@hotmail.com](mailto:swefva@hotmail.com)

On our website you can also find out about our new support group in Emporia. [www.efva.org](http://www.efva.org)



Northern Virginia Epilepsy Hero, Niyah Bennett, is this year's hero on statewide billboards as seen above.

## EFVA soon to release informational DVDs about epileptic seizures for school nurses in VA

EFVA will be sending educational DVDs and CD-ROMs to all 132 Virginia school nurse coordinators this spring. The DVD will feature Dr. Fountain of the UVA neurology department as well as Joan Collins, a school nurse and mother of a child with epilepsy. The two epilepsy heroes, Matthew and Courtney, steal the show! The CD-ROM is full of useful tips and forms for the school nurses in order to be up to date on epilepsy care. The information will be sent to the regional directors and will become available online as well. Earlier this year, during the annual Virginia school nurse conference, a training session on epilepsy received excellent reviews.

EFVA will be working with camp Holiday Trails again this summer to help young epilepsy heroes have a great time!

[www.holidaytrails.org](http://www.holidaytrails.org)

## help wanted.

### Job opening in Norfolk People with epilepsy encouraged to apply

Do you have experience working with operating systems and company products? Do you have a high school diploma and at least one year of technical training in a computer field? If so, you should consider applying for this exciting opportunity as a technical assistant in Norfolk! The company is seeking someone with basic communication and interpersonal skills that will be able to solve computer related technical problems. If you feel that you have strong organizational and analytical skills, this could be right for you! Send your resume to Brandon Kazmierczak at [resume@benerconsult.com](mailto:resume@benerconsult.com) or call 412-446-4451 for more information

EFVA | PO BOX 800659 UVA HEALTH CENTER CHARLOTTESVILLE, VA 22908

Phone 434-924-8669 | Fax 434-982-0606

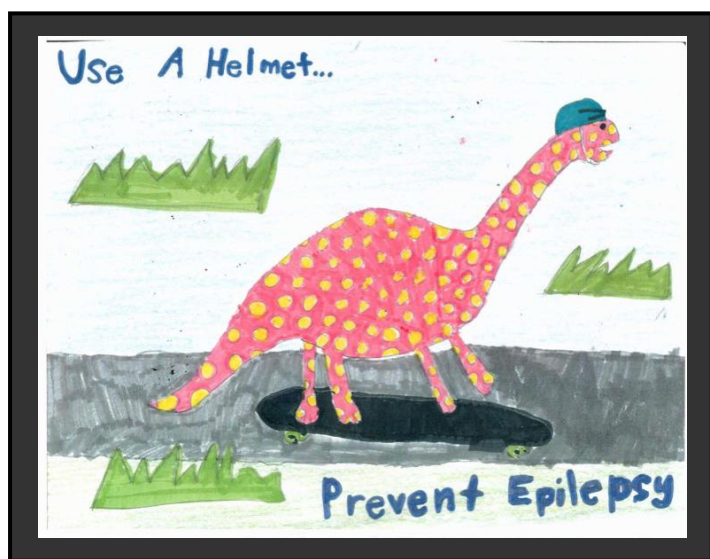
# Stroll for Epilepsy

February 2012

## National Walk for Epilepsy

John and Deborah Lannen encourage you to register as a walker with Team EFVA, and hope that you will ask your friends and family to join you. Even if you can't get to the National Mall to join us on March 31, you can help by registering as a virtual walker. You can then enjoy a walk at a time and place of your own choosing and still know that you're helping us to help Virginians with Epilepsy. You can also help by making a donation to "Team EFVA", or forming your own team under the company name "Epilepsy Foundation of Virginia. Use link below:

[http://giving.epilepsyfoundation.org/site/TR/Walk/walk?team\\_id=22621&pg=team&fr\\_id=1920](http://giving.epilepsyfoundation.org/site/TR/Walk/walk?team_id=22621&pg=team&fr_id=1920)



Thanks to a long time epilepsy friend and journalist, Ann Efimetz in Williamsburg, the USE A HELMET PREVENT EPILEPSY campaign was featured in the Virginia gazette. Milaya Bealer, one of the twelve winning pupils, was pictured with Dr. Epps. Bealer's winning drawing is shown above.

## Epilepsy Foundation of Virginia

500 Ray C. Hunt Dr.  
Room 1125 Charlottesville, VA 22903

## Preliminary Virginia November

### Stroll Results:

Charlottesville:	\$9,696
Harrisonburg:	\$1,962
Lynchburg:	\$475
NOVA:	\$6,789
Richmond:	\$8,010
Roanoke:	\$1,900
Virginia Beach:	\$4,441
Harrisonburg:	\$1,962
Winchester:	\$3,209
<b>Total:</b>	<b>\$38,444</b>



Marisa Andrews Templeton was a major help at the NOVA stroll

## New Dietary Treatments

Winchester nutritionists, working with neurologist Dr. Lyons, are starting to use the modified Atkins diet to help epilepsy patients. The health center already offers Ketogenic therapies. For more information contact: Susan Lessar MS, RD, CNSC, Valley Health Director, Nutrition Therapy, 1840 Amherst Street, Winchester, VA. 22604. Phone: 540-536-1882

Not another moment lost to seizures™