



PRESS ADVISORY

June 15, 2009

Epilepsy Foundation of New Jersey
Contact: Samantha Griffiths
609-392-4900 phone
609-392-5621 fax
sgriffiths@efnj.com

FOR IMMEDIATE RELEASE

Seizure Awareness Heightened During Summer Months

Trenton, NJ – With the hot summer months upon us, the Epilepsy Foundation of New Jersey urges New Jersey residents to follow safe practices while enjoying the summer weather.

Individuals living with epilepsy should always be cautious in the summer months since the frequency of seizures can increase in extreme heat. The Epilepsy Foundation of New Jersey wants to alert others that first time seizures can also occur if individuals do not take proper precautions. In fact, seizures are found to be a serious symptom associated with heat stroke and other heat related illnesses. Lack of hydration, long periods of time exposed to the summer heat and humidity, and severe sunburn can all play a role in increased seizures and first time seizures.

“We encourage all individuals to make their health a priority in the summer months,” urges Eric Joice, Executive Director of the Epilepsy Foundation of New Jersey. “Making small lifestyle changes such as decreasing the time spent outside at high noon when the sun is the strongest can help tremendously.”

Other tips to decrease the risk of seizures are to stay hydrated by drinking plenty of liquids, using sunscreen to prevent sunburn, wearing protective gear like hats and sunglasses and staying under shaded areas such as sun umbrellas. More information regarding seizure safety can be found at www.efnj.com.

- more -

Cont'd Page 2/Summer Heat & Epilepsy

The Epilepsy Foundation of New Jersey, an affiliate of the national Epilepsy Foundation, is a statewide voluntary agency dedicated to helping to improve the quality of life for people affected by epilepsy and their loved ones. The Foundation recently celebrated 39 years of service and continues to provide innovative and needed services to over 129,000 New Jersey residents living with epilepsy. For more information about The Epilepsy Foundation of New Jersey please call 609-392-4900 or visit www.efnj.com.

###