

For more epilepsy information, call toll free:  
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or contact our office in your area:

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## Mighty Mike Basketball Special Event at FDU

Kick off the New Year with Mighty Mike Simmel on Saturday, January 10th at Fairleigh Dickinson University. Join the Epilepsy Foundation of New Jersey and Harlem Wizard "Mighty Mike" Simmel for a Bounce Out the Stigma Youth Basketball Clinic and Epilepsy Awareness Night. Featured at the event will be a free co-ed basketball clinic for those nine to eighteen years old. In addition to the clinic, there will also be a pizza party and reception with Mighty Mike.

Attendees are welcome to stay for the Fairleigh Dickinson University vs. Central Connecticut men's game at 7:00pm. At half time there will be a dribbling exhibition by Mighty Mike, with special help from the day's basketball clinic participants!

After the game there will be a special post game meet and greet with the FDU basketball team. Space is limited to the FIRST 30 children and families that register.

To register call 201.725.7224 or 973.244.0850, X311.



## THE THIRD ANNUAL NATIONAL WALK FOR EPILEPSY IS FAST APPROACHING

Saturday, March 28, 2009  
Washington, D.C.

The National Walk for Epilepsy will continue to bring attention to what epilepsy is and is not. As we walk together we will be sending a strong message to others across the nation that people with epilepsy are deserving of respect and are strong members of our community. Epilepsy deserves to be better understood!

If you are interested in joining our team you can go to [www.walkforepilepsy.org](http://www.walkforepilepsy.org) and sign up under "Epilepsy Foundation of New Jersey." Can't make it to the walk? You can still show your commitment by joining us for the Virtual Walk for Epilepsy. Donations can be sent via check to National Walk for Epilepsy, 8301 Professional Place, Landover, MD 20785. Please make sure to include Epilepsy Foundation of New Jersey in the memo line of your check.

If you are interested in attending the walk please call Andrea Racioppi at 800.336.5843. Our offices will keep a list of people that are interested in attending and possibly research transportation to the Walk.

### Second Notes of Inspiration a Success!

On Friday, November 14th, in honor of National Epilepsy Awareness Month, the Ridgefield Symphony held the second Notes of Inspiration Event. With the help of symphony member neurologist Dr. James Charles, an individual with Epilepsy was selected to play with the orchestra. This year the person selected was former National Youth Council representative Elizabeth Goldberg.

This event is supported through a grant by UCB Pharma. With additional funding next year we will be able to hold the event again. If you or someone you know is an individual with Epilepsy that plays a classical instrument, please contact Andrea Racioppi at [aracioppi@efnj.com](mailto:aracioppi@efnj.com).

### State House Display helps Spread Awareness during Epilepsy Awareness Month

During the week of November 10th, the Epilepsy Foundation of New Jersey displayed a table at the New Jersey State House in order to raise awareness for Epilepsy Awareness Month. The display received much traffic and many state workers and representatives took information to learn more about Epilepsy.

### The Autism and Epilepsy Connection

On October 13th, as part of The Autism Center at New Jersey Medical School Seminar Series, professionals and families gathered to learn more about the connection between autism and epilepsy. The seminar was led by Dr. Mark Mintz Neurologist from the Center for Neurological and Neurodevelopmental Health in Voorhees, NJ.

Sub-clinical seizures, which cause lapses in concentration and staring spells, are so mild that they are not apparent. These seizures can often be mistaken for symptoms of autism. That is why Dr. Mintz recommends that children with autism should be screened for epilepsy as well. "Subtle seizures can be missed in the context of autistic behaviors," says Dr. Mark Mintz. "We know that autism presents in early childhood and that individuals with autism are at a higher risk for epilepsy. Through proper screening and diagnosis, we can improve the quality of life for children who may be suffering from both conditions."

The session also included a panel discussion which consisted of the Epilepsy Foundation of New Jersey Executive Director Eric Joice.

## CDC Releases New Data on Epilepsy

A multi-state study by the Centers for Disease Control and Prevention has found that about one out of 100 adults have active epilepsy, and more than one-third are not getting sufficient treatment. The study, which examined the prevalence of epilepsy or seizure disorder in 19 states, was published in the current *Morbidity and Mortality Weekly Report*.

Epilepsy affects an estimated 3 million people in the United States and costs about \$15.5 billion in medical costs and lost or reduced earnings and productivity each year.

"Despite having recent seizures, more than one out of three adults reported not seeing a neurologist or epilepsy specialist in the past year," said Dr. David Thurman, one of the study's authors and a neurologist in CDC's Division of Adult and Community Health. "These findings suggest that adults with uncontrolled seizures may

not be receiving the optimal medical treatment they need and may face substantial impairments in their daily activities."

The study found that nearly half (44 percent) of adults with active epilepsy reported having recent seizures. Of those, 65 percent said they had more than one seizure in the past three months. Inadequate medical treatment for epilepsy greatly increases a person's risk for subsequent seizures, disability, injuries sustained during a seizure, and, in rare cases, death. However, many people with epilepsy lead normal, productive lives.

The study, which is based on state-specific data from the 2005 Behavioral Risk Factor Surveillance System, collected data from more than 120,000 adults 18 and older.

Adults with epilepsy experience significantly worse health-related quality of life than those without epilepsy. The report found that adults with epilepsy were more

likely to be unemployed, face limitations in their normal activities such as socializing with friends, and experience other health risks such as cigarette smoking and physical inactivity.

"While epilepsy is one of the most common neurological conditions, most people know very little about this disorder, or how to support those with epilepsy," said Janet Collins, Ph.D., director, CDC's National Center for Chronic Disease Prevention and Health Promotion. "We hope this report, which provides the largest and most comprehensive data on epilepsy in the United States, can help states and public health agencies better understand the prevalence of epilepsy, as well as epilepsy-associated conditions and limitations."

For more information about CDC's work on epilepsy, visit [www.cdc.gov/epilepsy](http://www.cdc.gov/epilepsy).