



**EPILEPSY FOUNDATION
VIRGINIA
NOT ANOTHER
MOMENT LOST
TO SEIZURES
WWW.EFVA.ORG**



New patient services at Winchester Neurological consultants are very exciting: Drs. Lyons, Henry and Selznick work closely together to improve client services in this part of North-Western Virginia.

SURGERY

There have been 25 operations for epilepsy in Winchester with a 80 % success rate.

DIET:

There are now diet services (ketogenic diet, modified Atkins and non-glycemic diet) services for children and adults. Discussion with Lalia Hammer, RD Clinical Dietician with the Ketogenic Diet Program & Winchester Neurological show that Dr. Lyons will suggest diets to be considered if 2 medications have failed to control seizures. Three types of diets:

Classic Ketogenic: done on a gram scale, exact measurements 4:1, 3:1, 2:1 ratios, ketones are checked regularly .

Modified Atkins: High fat, carb restrictive, protein not restricted, ketones are checked. Carb amounts are: 10g for child; 15g for teenager; 20g adults

Low glycemic index treatment: high fat, low carb, protein not restricted. 40-60g carbs allowed but all sources need to be low glycemic. Ketones are not checked.

All three diets are carefully monitored with blood work, but low glycemic needs to be monitored less frequently. Currently Winchester has 3 patients on the Classic and 10 patients on the Modified Atkins or low glycemic. All patients are responding well with seizure reduction by 50%, improved quality of life and less drowsiness. Medications are continued until they see that the diet is working, then Dr. Lyons and Lalia will work to bring patients off the medications. They ask patients to commit to the diet for 3 months to give it time. 50% of those that try it have a 50% reduction in seizures. There is ongoing research not only for epilepsy diets but other neurological conditions as well. Lalia states there are a lot of tools, resources and support available.

Lalia was accepted and attended a 2 ½ day conference hosted by KetoCal Nutria and Dr. Eric Kossoff from Johns Hopkins was there. He also came to speak at Valley Health neurological roundtables last Fall. Anyone interested in speaking with Lalia more or starting the program may contact her at (540)536-7698. They will work as the Keto team with patients whom can still see their own neurologists.

NEWSLETTER June 2015



Paul Lyons MD PhD also mentions: There have been VNS and Neuropace implants and the “compassionate” use for epidolex (CBD oil) has been expanded to 5 children. The interesting matter Dr. Lyons remarked upon is the cognitive improvement of the two children on CBD oil and also significant seizure reduction. Dr. Lyons is interested in having hemp grown and tested in Virginia and is willing to cooperate with EFVA to get this so done.

There are also monthly support groups/talks for clients with epilepsy and the Winchester company Biomarkhealth won a competition in Atlanta.

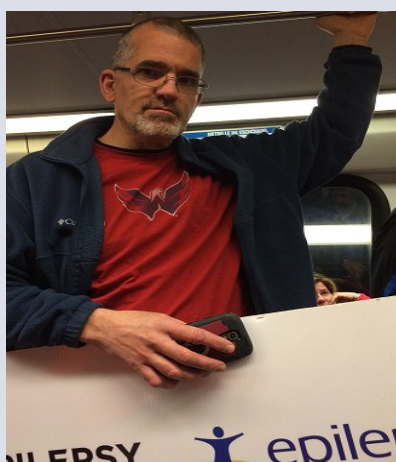


EPILEPSY HEROES WHO WALKED FOR EFVA during National walk

John Lannen and Michelle and Rick Brazelton walked for EFVA

Rex Terwilliger on the metro on his way to the stroll.

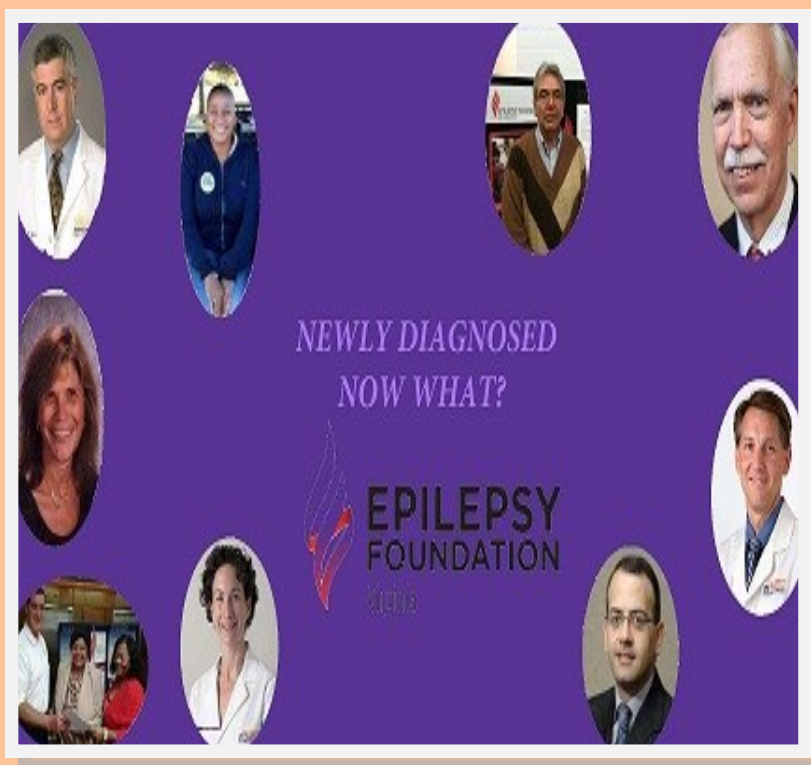
Cherry blossoms were gorgeous.



**Summer picnic for epilepsy heroes, July 11
Charlottesville 500 Ray C Hunt Drive
12-2 P.M.**

**Neurologists from Charlottesville also invited.
Please let organizer Matthew Mays know you are
coming by emailing mmmays1216@yahoo.com.**

The Talk About It for Epilepsy! Netathon Presented by Sunovion is a star-studded event devoted to creating awareness and raising funds to support the Epilepsy Foundation's mission and the community we serve. Stars from stage, screen, music, and comedy will perform live and share information about epilepsy and seizures. It will be live streamed on epilepsy.com and other web outlets for 12 hours on June 27, 2015 starting at noon and ending at midnight Pacific Time.



The Epilepsy Foundation of Virginia (EFVA) announces the launching of the new video "Newly Diagnosed, Now What". In the video, a variety of professionals and epilepsy families talk about aspects of the daily life of people with epilepsy and discuss topics such as seizure recognition and first aid, adolescence, dating, driving, education, employment, physical relationships, different treatments, etc. This video is an excellent educational and informative tool that can be used by health care providers, teachers, and law enforcement personnel. The idea originated with Anita Mays, epilepsy mother. She remembered how uninformed she felt after her son had the first seizures and how essential it was to provide information to grandparents, teachers and friends.

"People with epilepsy are not alone" says Anita Mays, "and having access to the information included on this DVD will help them gain control of the changes in their lives." Those who are interested in receiving a copy of this video may AFTER JULY 7 visit EFVA's website: www.efva.org or send an email @ srb3m@virginia.edu.

The Professional Advisory Board of the EFVA welcomed attorney Ramesh Murthy to their ranks. Ramesh Murthy is an Officer in PennStuart's Abingdon, Virginia office, and served as Chairman of the firm's Workers' Compensation and Black Lung Practice Group from 2008 – 2013. Mr. Murthy's practice is limited to the counseling and representation of industry in human resource matters in Virginia and Tennessee. Mr. Murthy will work closely with advocate Capt.(USN-ret) Rita A. Laraway.



**NOVA EFVA FAMILY
PICNIC , Saturday July
25 3.30 P.M.**

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