



# The Spike

The Official Newsletter of Epilepsy Foundation West Texas

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Lubbock- 3610 22<sup>nd</sup> Street Ste 301 Lubbock, TX 79410 (806) 785-1171 (877) 706-2345  
Midland- 2505 W. Kansas Ave Ste 300 Midland, TX 79701 (432) 617-3116 (866) 617-3116

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December/January

## New Name Same Great Service

Extra, Extra read all about it! High Plains Epilepsy Association is now Epilepsy Foundation West Texas. HPEA became a National Epilepsy Foundation affiliate. The name is the only thing that has changed. EFWT will still offer the same assistance as before. All phone numbers and addresses will remain the same.



## City Council Proclamations

The month of November was busy for Epilepsy Foundation West Texas. The name change brought recognition to the organization for all the services it brings to our coverage area. The Amarillo, Lubbock and Midland City Councils recognized EFWT name change and proclaimed November Epilepsy Awareness Month.



Amarillo City Council Proclamation



Lubbock City Council Proclamation

Websites We Like:

[www.efwt.org](http://www.efwt.org)  
[www.epilepsyfoundation.org](http://www.epilepsyfoundation.org)  
[www.epilpesy.com](http://www.epilpesy.com)  
[www.epilepsyadvocate.com](http://www.epilepsyadvocate.com)

Spanish websites:

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

## Upcoming Events

Enjoy a night filled with cocktails, casino style gaming and a silent auction.

### Vegas in the Permian Basin

Saturday March 21<sup>st</sup>

7-11 pm

Midland Center

For more information please call  
432-617-3116

### Vegas in the Hub

Saturday April 18<sup>th</sup>

7-11 pm

Ice Box-Louise Hopkins Underwood Center for Arts

For more information please call  
806-785-1171

### Vegas in the Panhandle

Saturday April 25<sup>th</sup>

7-11 pm

The Oasis

For more information please call  
806-352-5426

The money raised for these events will assist individuals with epilepsy and their families. 100% of the money raised at each event will stay in their hosting city. The mission of the Epilepsy Foundation West Texas is to 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.

## Epilepsy Phenome Genome Project

The Epilepsy Phenome Genome Project (EPGP) is the largest study ever dedicated to identifying the genes that influence the development of epilepsy and the genes that affect the response to treatment. The study involves 13 major epilepsy centers around the US.

The goal is to create a repository of clinical and genetic information on a select group of patients with epilepsy. It is hoped that this information will reveal new insights and improve diagnosis and treatment. Most importantly, this study will help us find the answers to the questions that continually trouble patients and their families.

You or your child can participate if you have a biological sibling with epilepsy, or have ever had epilepsy associated with infantile spasms, Lennox-Gastaut syndrome, and certain types of

brain malformation (polymicrogyria or periventricular nodular heterotopia). You or your child can participate as healthy controls even if you do not have seizures.

All that is needed to participate is a single blood sample and completing some questionnaires. If you or anyone you know can help this study, please contact us at [www.epgp.org](http://www.epgp.org) <http://www.epgp.org/>, [info@epgp.org](mailto:info@epgp.org) or 1-888-279- EPGP (3747).





## YOU CAN HELP

Are you or have you ever been affected by epilepsy?

Do you want to help our organization but don't have money or know how?

If you have the time and the desire to help join our advisory board!

The EFWT Advisory Board is responsible for promoting our organization through education and

outreach as well as helps coordinate fundraisers to raise money to continue our mission to help those affected by epilepsy.

EFWT is seeking highly motivated members for the Lubbock Advisory Board and the Midland Advisory Board. Please contact your local EFWT office for more information.

The fact is, that to do anything in the world worth doing, we must not stand back shivering and thinking of the cold and danger, but jump in and scramble through as well as we can.

**Robert Cushing**

SEND YOUR COMMENTS OR  
QUESTIONS

[lauragonzales@nts-online.net](mailto:lauragonzales@nts-online.net)

## Questions & Answers

**Q:**  
I am interested in helping Epilepsy Foundation West Texas, what can I do?

**A:**  
Volunteer! We could use volunteers to help at health fairs or fundraisers. Feel free to contact Victoria Rusk to discuss volunteer opportunities.

**Q:**  
Why did HPEA join Epilepsy Foundation?

**A:**  
For one it was a great opportunity for HPEA. We will receive national recognition, will be able to access grants and other funding for advocacy and research. It also enabled EFWT to expand and cover 9 more counties.

## Myth Busters

**People with Epilepsy Can't Get a Driver's License!**



In the state of Texas you must be seizure free for 6 months to legally drive. Please talk to your doctor about driving.

It's better to be safe than sorry.

## Recipe of the Month

### TRES LECHES CAKE

- \* 1 BOX OF YELLOW CAKE MIX WITH PUDDING
- \* 1 (12 OZ.) CAN EVAPORATED MILK
- \* 1 (14 OZ.) CAN SWEETENED CONDENSED MILK
- \* 1 (16 OZ.) CARTON OF TABLE CREAM (if you cannot get table cream you can make your own by combining equal parts heavy cream and half and half)
- \* 1 reg. size tub of cool whip
- \* 1 (7 Oz.) jar marshmallow crème



Bake cake according to directions. Cool and then poke as many holes in the cake as you can without destroying it. (I use a birthday candle for this).

Mix the three creams together and pour VERY SLOWLY over the cake allowing the cream mixture to soak into the cake. Mix together the cool whip and marshmallow creme, and frost the cake with it

Some people experience a "warning" before a seizure, allowing them to move to a safe area.

**TRUE**



Some people have a funny feeling that lets them know a seizure is coming. It can happen minutes before up to days ahead.

## Real Stories, Real Cases

I have a client who is new to HPEA she is from McCamey, TX but moved from New Mexico. They came to us via a referral from Dr. Gurru. My client's husband has been unemployed for over 2 months and they were in desperate financial shape. My client informed me that they were even looking to get into medical trials in order to get medications for her seizures, which were becoming more frequent due to the lack of money to pay for the medication. She came to my office and was crying in desperation, as she and her husband did not know where to turn. Dr. Gurru had ordered blood work and an MRI but they didn't have any money so that is why he sent them our way. I arranged for the blood work and MRI to be done and scheduled them for our November clinic.

Dr. Gurru had given my client enough samples of her medication to last about a month until we could get her pap approved. When she left my office that day she was crying because she was so relieved that we were able to help her, she told me that in New Mexico there was no help for folks with Epilepsy and she was in a drug trial program just to get her meds free. Since that time she has called and told me that her husband has found employment because his mind is at ease knowing that she now has medication to help control her seizures and she owes all that to HPEA and is forever grateful to us for all the help and peace of mind we have given them

### THE POWER OF ONE

That dollar in your pocket might be worth more than you think! Sometime we don't think to give to causes like the Epilepsy Foundation in small amounts because we don't think it will be enough to make a difference. Giving a donation of \$1 seems almost a joke. Consider however that if you donate \$1 to the Epilepsy Foundation West Texas, and send an email to 20 of your friends asking them to do the same- just donate \$1. And, if those 20 friends send an email to 10 friends who donate \$1 and those friends encourage just 5 of their friends to donate \$1 and they do you have kicked off a \$1001 donation.

Don't delay, donate your \$1 (or more if you would like) and create an email to send to your friends.

It is unbelievable how that \$1 in your pocket can multiply and help EFWT give the people in West Texas with seizures the power to participate in al life experiences. Every \$1 helps and your donation to the power of one campaign allows the EFWT to continue support groups, advocacy services, community education, medication assistance and begin summer camps for children with epilepsy.

Thanks for your support!



# EPILEPSY FOUNDATION®

WEST TEXAS

*Not another moment lost to seizures™*

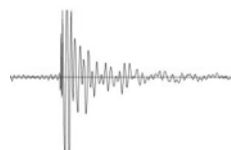
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## Reminder

If you need assistance with medication please give us a call when you have at least a week left of your medication. We need a few days notice to get in contact with your doctor. Please remember that most doctors' office close early on Friday and it is difficult to get in contact with them for medication assistance.

If you would like to be removed from our mailing list please call the Amarillo, Lubbock, or Midland office



## The Spike Newsletter



### I WOULD LIKE TO MAKE A DONATION TO EFWT

Name: \_\_\_\_\_

In Memory of: \_\_\_\_\_

Amount: \$ \_\_\_\_\_

Please send your donation to:

Epilepsy Foundation West Texas

P. O. Box 5884  
Amarillo, TX 79117

3610 22<sup>nd</sup> Street  
Suite 301  
Lubbock, TX 79410

2505 W. Kansas Ave  
Ste 300  
Midland, TX 79701

I would like my name and donation published in the next newsletter