

April-June 2018

Issue 2, 2018



Epilepsy India



Newsletter of the Indian Epilepsy Association & Indian Epilepsy Society

John Huglings Jackson



Today's research Tomorrow's inspiration

CONTENTS

Editorial	3
ECON Bangalore	4-5
Chapter Activities	6-12
Guidelines.....	12
Fighting Epilepsy.....	13-14
Project Grants.....	14
Obituary.....	15-18

OFFICE BEARERS

INDIAN EPILEPSY ASSOCIATION :

President : Dr Subhas GT
President Elect : Dr M.M. Mehndiratta
Secretary General : Dr B. Rajendran
Treasurer : Muralidharan KV
Immediate Past President : Dr Satish Jain

GOVERNING COUNCIL MEMBERS :

Dr Vinayan KP, Dr Ashish Bagdi
Dr Rohit Surekha, Dr Jayanti Mani

INDIAN EPILEPSY SOCIETY :

President : Dr Sanjeev Thomas
President Elect : Dr Man Mohan Mehndiratta
Secretary General : Dr Manjari Tripathi
Treasurer : Dr Vinayan KP
Past President : Dr V V Nadkarni

EXECUTIVE COMMITTEE MEMBERS:

Dr P.Sarat Chandra, Dr Nalin Chaudhary,
Dr Lakshmi Narasimhan, Dr Gautam Ganguly,
Dr Atma Ram Bansal

WEBMASTER :

Dr RV Narayana, Dr Jayachandran

EPILEPSY INDIA EDITORIAL COMMITTEE :

EDITORS :

Dr Bindu Menon
Dr SitaJayalakshmi
Dr ChandaKulkarni

ADVISOR :

Dr V.S. Saxena

EDITORIAL BOARD MEMBERS :

Dr H.V. Srinivas, Dr K. Radhakrishnan
Dr M.M. Mehndiratta, Dr Satish Chandra
Dr Sanjeev Thomas, Dr Gagandeep Singh
Dr Arabinda Mukherjee, Dr Ms.Suchitra Narayan
Dr Sita Jayalakshmi, Dr Lakshmi Narasimhan
Dr Sangeeta Rawat, Dr Manjari Tripathi

EDITORIAL OFFICE :

16-7-129, Ramamurthy Nagar,
2nd Street, Minibyepass Road,
Nellore 524003
neurology.nellore@gmail.com

Epilepsy India - April-June, 2018



Dr. Bindu Menon

Welcome to the second successful edition of EI 2018!

We bring you a new cover page with an image of famous scientists who fundamentally contributed to understanding of 'epileptology'! The plan is to briefly introduce and highlight their significant contributions. In this issue we have **John D Huglings Jackson** with his brief biography inside.

The joint national level IEA/IES -ECON 2018, held at NIMHANS, Bangalore, India, was a huge success, and a great academic feast which covered advanced basic, clinical and psychosocial aspects of epilepsy. The organizing committee has shared a brief report on the same in this issue. We also bring to you the various chapter activities on awareness programs on epilepsy conducted by - **Indore, Uttar Pradesh, Bangalore, Jaipur and Tirupati**, including highlights of the International Epilepsy Day [IED] celebrations.



Dr. Sita Jayalakshmi

We are pleased to bring to your notice the new members of IES, who have taken over as office bearers in various capacities. We welcome this well-known ever-vibrant team and wish them success.

Battling with Epilepsy and fighting the stigma apart from the seizures is so aptly brought out in an article by **Ms Ela Tiwari**, titled '**Fighting Epilepsy: My Experience**'. We salute her and thank her for sharing her experience with us without slightest hesitation!

Dear readers kindly note that the IEA has announced application for **project grants towards conducting epilepsy awareness programs**. We hope many will avail of this opportunity.

We have in obituary section two eminent neurologists **Dr. Eddie Phiroze Bharucha** and **Dr. M.C Maheswari**, whom IEA/IES has lost and we are deeply saddened to say that it is indeed a great loss to Neurology! We mourn and pray that their souls rest in peace.

Lastly, we continue to request our readers to contribute more scientific articles for which we have framed necessary guidelines for submission. We request you to please follow these to and are sure that with these guidelines in place, will have dual benefit to those who wish to submit the process of submission will be clear and will help the editorial team to easily publish the same in Epilepsy India.



Dr. Chanda Kulkarni

Happy Reading

Reported by :

K Raghavendra, Ravindra M Chowdary, S Sinha, P Satishchandra

ECON 2018, 19th Joint Annual Conference of Indian Epilepsy Society (IES) & Indian Epilepsy Association (IEA) was held at NIMHANS, Bengaluru from 2-4th February 2018 and organized successfully. The conference was aimed at clinical as well as social aspects of epilepsy. A public session '**KS Mani Forum**' a visionary approach of IEA and IES was conducted in order to carry forward the Epilepsy awareness movement.

The theme of conference was '**Adverse events of the epilepsy management**' on day one and '**Epilepsy across ages: Pediatrics to Geriatrics**' on day two and three. We had a galaxy of who's who in epilepsy as speakers, shared their knowledge with delegates. It was attended by about 480 delegates from all over the country and abroad. The scientific program had eminent national and international speakers consisting - **Drs. Jerome Engel, USA; Akio Ikeda, Japan; Nandini Mullati, UK; Ashwini Sharan, USA; Jayant Acharya, USA; Prakash Kotagal, USA; Sanjay Sisodiya, UK; and Jithangi Wanigasinghe, Sri Lanka.** Pre-conference Symposia addressed various adverse effects that arise during the management of epilepsy. The speakers were - **Drs. Jayanti Mani, Parampreet Singh, Manjari Tripathi, Sita Jayalakshmi and Akio Ikeda.** There was special panel discussion on '**Women with epilepsy- Adverse effects of AEDs**' in which **Drs. Sanjeev V Thomas, Gagandeep Singh, and Sita Jayalakshmi** deal with various issues. The highlight of the session was lecture by **Jerome Engel "Biomarkers of epileptogenesis"**, emphasizing the usefulness and limitation of epilepsy biomarkers. The other speakers were - **Drs ES Krishnamoorthy and Sanjib Sinha**, who delivered lectures on **Neurobehavioral and Sleep**, including issues relevant to long term invasive monitoring by **Dr. Nandini Mullati**. The topics on - **Radiation Hazards in evaluation of drug resistant epilepsy, SUDEP and Management of Epilepsy** by - **Drs Rose Dawn and Jayant Achary** respectively. These were followed by presentation on surgical aspects of epilepsy, involving Cognition and behavior by **Dr Dinesh Nayak**, and surgical failures after epilepsy surgery by **Dr Ashwini Sharan**.

The Inauguration of ECON 2018 was held in the evening and was attended by a large number of delegates. **Dr R Venkata Rao, Vice-Chancellor, National Law School of India University, Bengaluru as the Chief Guest and Dr B N Gangadhar, Director, NIMHANS presided the event.** Dr MM Mehndiratta, Secretary General, IES presented the IES report while Dr B Rajendran, Secretary General, IEA presented the IEA report. Felicitations of Past Presidents of IEA & IES for their extraordinary work towards the field of epilepsy was done. This was followed by Presidential Address by Dr B N Gangadhar and release of book entitled "Fosphenytoin: IES Consensus document" by the Chief Guest. Dr Rao addressed on the crucial topic of "Epilepsy and Law" highlighting the legal and social issues surrounding the Epilepsy. The inauguration program ended with high note with cultural dance Programme titled '*Apasmara*' by Articulate India Ltd with the theme related to Epilepsy depicted through various dance style.

During the breakfast session of the second day Drs K Radhakrishnan and Nandini Mullati highlighted the red flags of Temporal lobe surgery and approach to MR negative epilepsy. The highlight of the day was 3 orations viz. presidential oration by Dr GT Subhas titled "Mission not impossible", Shobha Arjundas oration by Dr Sangeeta Ravat entitled "Epilepsy from Control to Cure", and AD Sehgal oration by Dr Malla Bhaskara Rao entitled 'Operative approaches to optimize the outcomes of drug resistant epilepsy'. Then there were several talks on pediatric aspects of epilepsy by Drs Prakash Kotagal, Anaita Hegde, KP Vinayan, Prakash Kotagal and Sanjay Sisodiya. Dr Ashwini Sharan stimulated us with his deliberation on neuromodulation in epilepsy. Dr SK Das highlighted the issues related to Medical and

surgical treatment gap. The session ended on high note with Guest lecture Dr Jerome Engel on the topic titled “Is it time to replace epileptic spikes with fast ripples?” The day’s academic session ended with the interactive Panel discussion related to the Writing Generic drug in the Prescriptions by Drs Satish Jain, Bindu Menon, R Lakshmi Narasimhan, GRK Sarma and Chanda Kulkarni. The General Body meeting of Indian Epilepsy Society and Indian Epilepsy Association concluded the day.

Day three started with excellent talks by Dr Sanjay Sisodiya on issues related to genetic testing and Dr Satish Jain about the 2017 ILAE classification of epilepsy and seizures with respect to the Indian contexts. Then, the HC Bajoria oration was delivered by Dr Jithangi Wanigasinghe followed by excellent Clinico pathological conference by Drs C Rathore and Anita Mahadevan. The subsequent parallel academic sessions highlighted various issues related to epilepsy in elderly with talks by Dr Akio Ikeda, Dr MM Mehndiratta, Dr P Satishchandra and Dr P Sarat Chandra.

The session in the HV Srinivas Hall was an excellent interactive public KS Mani Forum which was attended by more than 200 patients and caregivers. Dr. B Rajendran, Secretary General, IEA introduced by highlighting the history and achievements of the forum. This was followed by People with epilepsy and their caregivers providing their perspective related to social aspect of epilepsy. To carry forward the session reports on IEA chapter activities were presented by representative of Kochi, Shimogga, Ludhiana and Thiruvananthapuram chapters. Dr C Andrade entertained by his Magic show. Dr. While Dr TN Sathyaprabha & her team demonstrated the Yoga for epilepsy. It concluded with Meet the Experts where in Patient/Caregiver interactions with panelists consisting of Drs. HV Srinivas, P Satishchandra, GT Subhas, PV Rai and MM Mehndiratta. There were 93 scientific paper presentations categorized into 6 award paper, 6 platform presentations and remaining as walk in poster presentation. The conference was concluded with Valedictory function.



Inauguration of ECON 2018 on 2nd Feb 2018



Felicitating past presidents of IEA and IES.
Dr Devika Nag being felicitated



Dance performance on “Apasmara” on the evening of 2nd Feb 2018



Dr Sangeeta Ravat delivering
Mrs Shobha Arjun Das oration



Dr Malla B Rao delivering AD Sehgal oration



Dr GT Subhas delivering the Presidential oration

CHAPTER ACTIVITIES

INDORE

Reported By : DR.V V NADKARNI

Epilepsy Seminar - by Indore Epilepsy Visheshagya Association Samiti,
Indore Chapter - 16th November 2017

A seminar on Epilepsy was held at Jall Sabhagraha, inaugurated by Shri Gopal das Mittal, Chairman of Gita Bhawan Hospital [GBH] was Guest of Honor. He reassured continuous support to Epilepsy - Indore Chapter. Dr R K Gaur, Medical Director, GBH, appreciated the regular workshop conducted each Saturday at the GBH during 2017-2018.

The Chief Guest Shri Shahar Kaji Janab & Dr Sayyede Mohd Ihrat Ali sab, addressed the issue of quacks practicing cure for epilepsy and how persons with epilepsy [PWE] are offered treatment in the Muslim Community. He therefore cautioned the audience about the false claims made through advertisements in the Newspaper by the Faith healers to treat and cure epilepsy. He placed on record the continuous efforts by the Indian Epilepsy Association [IEA] for the last 25 years to dispel the myths and misconception associated with epilepsy.

Mr Pradeep Maheshwari a social worker who had served the Indore Chapter for the last 20 yrs by participating in the camps was awarded by the chief guest. Mr Pankaj Parmar, PWE was also awarded for his best dance performance and was felicitated by Shri Shahar Kaji Janab.

The scientific session on epilepsy included various activities as below :

- Dr. Deepak Jain Eminent Neurologist Vishesh of GBH, delivered gave a talk on – “Management of epilepsy in adults“.
- Dr. Rashmi Shrivastav, Dietician, GBH, delivered talk on “Approach to Epilepsy Management through ketogenic diet”. She also informed on availability of well balanced diet for persons with well controlled epilepsy.
- Dr. Anagha Bhagwat, Pediatric Neurologist, Rajshree Hospital, Indore, delivered talk on “Pediatric Epilepsy & Management with special emphasis on Febrile seizures”.
- Dr Jaymala Shah, demonstrated Yoga to the gathering and informed ongoing training offered through work shops on yoga & how practicing yoga on daily basis helps PWE.
- A cultural program included dance performance by PWE organized by Mr. Pankaj Parmar.
- A poster exhibition on epilepsy was organized at the venue to create awareness on different aspects of epilepsy.
- Creativity in children with epilepsy was organized as a drawing & painting competition at the venue in which 20 children participated. The best work was awarded prizes.

All the members & caregivers of PWE received handouts on epilepsy. A free epilepsy camp for diagnosis & treatment was conducted in which 74 subjects were screened by neurologists & free anti epileptic drugs were distributed to all of them.

Ms Neelam Ranade and Mr Pradeep Maheshwari, Ms Jaymala Shah and Ms Anita Motwani participated in this event.

CHAPTER ACTIVITIES

UTTAR PRADESH

Reported By : DR. ATUL AGGARWAL



Dr Atul Agarwal discussed everything about Epilepsy, its presentation, causes, investigations, management, myths associated and preventive issues with students and teachers of Parvati Devi School, Lucknow. Book marks having Epilepsy message and booklet on Epilepsy in Hindi were distributed among participants.

A special camp for Epilepsy patients was organized at Neurology OPD at GSVM Medical College Kanpur by Prof Navneet Kumar.

Activities of IEA UP CHAPTER Oct - Dec 2017



An interactive session with students and teachers on Epilepsy was arranged at Brightland School, Lucknow by Dr Atul Agarwal.

Neuro Update was organized by Prof Navneet Kumar at Kanpur. Prof Achal Srivastav of AIIMS, New Delhi, discussed all issues related to epilepsy. Profs Mazhar Husain, BK Misra, PPPS Chauhan, Mukul Pandey and many other delivered lectures on interesting topics.

Dr Rakesh Kumar organized free Epilepsy camp at Gaziabad.

- 3 Dec : Dr Atul Agarwal organized free Epilepsy camp at Barabanki and evaluated and advised 123 patients.
- 16 Dec : A CME debate on Epilepsy was organized by Cipla. It was chaired by Prof AK Thacker, Dr Ruchika Tandon and Dr Varun Mehrotra discussed the discontinuation of AEDs after seizure freedom. Dr Abdul Qavi and Dr Durg Vijay Singh discussed monotherapy and rational polytherapy in drug treatment.
- 17 Dec : Dr H S Malhotra and Dr Neeraj Kumar discussed in a CME the newer AED's, their journey from add on to monotherapy.
- 20 Dec : Dr Atul Agarwal discussed Epilepsy, myths associated and preventive issues with students and teachers of St Mary.s School, Lucknow.

CHAPTER ACTIVITIES

BANGALORE

Reported By : DR CHANDA KULKARNI



Dr. Mrs. Chanda Kulkarni seen with Nursing Principal Mrs. Geetha M.N. & Nursing Students, Educational Program on Epilepsy Awareness at the Nursing College, Patel Group of Institutions, Bengaluru

Dr Chanda Kulkarni, EC Member IEA-Blr Chapter & member of editorial team of Epilepsy India, was invited to deliver an educational lecture for nursing students, at Patel Groups of Institutions and at Viswasai College of Nursing, as a part of Epilepsy awareness on 25th January and International Epilepsy Day celebration 16th February, respectively. There were around 130 to 140 IV/ III yr BSc & II/III yr General Nursing students & staff who attended the lecture with great enthusiasm.

The lectures covered – basic definitions of epilepsy, the burden of persons with epilepsy in India and around the world, common causes of epilepsy, various options available for treatment, issues related to children/women/pregnancy/driving with epilepsy, frequently encountered emergencies in persons with epilepsy, special precautions to be taken and role of a nurse in managing epilepsy.

The basic level nursing students asked many interesting questions regarding - precautions to be taken by women and children with epilepsy, the impact of epilepsy on driving etc., while the senior level students were curious to know various diagnostic techniques/equipments that would help in identifying epilepsy, the outcome of surgical treatment in persons with epilepsy and how Vagus Nerve Stimulation [VNS] helps in controlling seizures.

Students were very much interested in knowing the first aid to be offered when an episode of seizure if witnessed, the reasons as well as importance of educating a person with epilepsy and their family members/care takers, including how anti-epileptic medications help and why adherence to them needs to be emphasized, along with common adverse reactions to anti-epileptic medications.

The recap on ‘Dos’ & ‘Donts’ was assessed at the end of presentation as group responses which was highly interactive and participatory.



Dr. Chanda Kulkarni seen with Principal - Mrs. Sofia, faculty & students, India, on the occasion of International Epilepsy Day presentation on - “Role of NURSE In The Management of Epilepsy”

JAIPUR

Reported By : DR.C M SHARMA

Epilepsy Day Celebration at Jaipur

International Epilepsy day was celebrated on 2nd Monday i.e. on 12th February 2018 by Jaipur branch of Indian epilepsy Association. A public education program was organized. The program held at Jaipur Medical Association hall in the SMS Medical college campus. All the local newspapers covered the news on 10th and 11th Feb. about this program for awareness in people for epilepsy and to attend the program.

Approximately 100-110 people have participated including patients, their relatives, para medical staff, doctors & journalists, The program was inaugurated by a 8year old boy, patient having Epilepsy. The Superintendent of SMS Hospital, Dr.D.S.Meena in his inaugural speech told to the audience that the Indian Epilepsy Association Jaipur is being doing this public education program for more than 25 years which is good for the society and the medical feternity .He has told to the audience that epilepsy is a treatable disease and an awareness should be brought to the public at large for its diagnosis and management, he also stressed that such educational programs should be done more frequently and also at various villages in Rajasthan.

Professor B.L Kumawat explained the audience regarding the importance of regularity of antiepileptic drugs for good control of seizures. Professor Chandra Mohan Sharma explained the audience that they should spread the message in the public that from now onwards the Epilepsy day will be celebrated all over the world on 2nd Monday of Month of February. He has requested the audience to bring more and more patients with epilepsy and their relatives for participation in the program. He has also explained regarding the importance of treatment of epilepsy in our society especially in rural areas in villages. Dr. Deepak Jain Associate Professor of Neurology SMS hospital, explained about the myths in epilepsy, its causes in various age groups, precautions during pregnancy and “Do’s and Dont’s” in epilepsy. Dr.Shailesh Dixit explained the audience the importance of preventive aspects of the disease especially safe child birth, immunization, prevention from infections of brain ,neurotuberculosis, neurocysticercosis and head injury.

Professor Trilochan Srivastava addressed the gathering and discussed about general guidelines regarding treatment and side effects of the drugs. Resident doctors of the department have also participated in the program also shared their expert views on Epilepsy with the audience. On this occasion an exhibition of posters in Hindi was put on to explain the details of epilepsy, its treatment. Patients have seen the posters in which details about the epilepsy are explained with the help of photographs and diagrams. All the patients were distributed free antiepileptic drugs.

The consultants of Neurology department Dr.Chandra Mohan Sharma, Dr.B.L.Kumawat, Dr.Deepak Jain and Dr.Shailesh Dixit have answered the queries of the patients and their relatives in a question answer session. Many of the patients and their relatives also shared their experiences with audience which was useful for the other patients and their relatives.A drawing competition among children with epilepsy was also organised the winners were given the prizes. All the participants were distributed school bags and colours used in drawing paintings.



ABOUT COVER PAGE

JOHN HUGLING JACKSON [4 April 1835 – 7 October 1911]

John Hugling Jackson, the father of English neurology is best known for his research in Epilepsy. He graduated from St Bartholomew's Hospital, in London and largely worked as a full Physician at National Hospital for Neurology & Neurosurgery. Jackson was an innovative thinker and a prolific and lucid sometimes a repetitive writer. He is remembered for his significant contributions to the diagnosis and understanding of epilepsies in all its forms and complexities, with his name attached eponymously to 'The Jacksonian March' symptoms of focal motor seizures and to the 'dreamy state' of psychomotor seizures of temporal lobe origin. As there was no modern sophisticated Neuro-investigative technological advancement during his time Jackson relied upon his power of clinical observation, deductive logic and autopsy data.

A German Neurologist Otfried Foerster cites Hughlings Jackson's initial discovery as the spring of neurological motor signaling. Jackson was also one of the founding members of the important Brain journal [1878], National Society for the Employment of persons with epilepsy [1892], now the National Society for Epilepsy. Oliver Sacks, repeatedly cited Jackson as an inspiration in neurologic work.

Reference: https://en.wikipedia.org/wiki/John_Hughlings_Jackson last edited on 10 September 2017

CHAPTER ACTIVITIES

TIRUPATI

Reported By: DR.B.VENGAMMA

INDIAN EPILEPSY ASSOCIATION, TIRUPATI BRANCH
DEPARTMENT OF NEUROLOGY, SVIMS, TIRUPATI
IEA, TIRUPATI ORATION IN EPILEPTOLOGY

The Tirupati Branch of the Indian Epilepsy Association donated Rs FOUR LAKHS FIFTY THOUSANDS to Sri Venkateswara Institute of Medical Sciences (SVIMS), Tirupati, with a request to institute in the Department of Neurology, SVIMS an annual ORATION entitled “IEA, TIRUPATI ORATION IN EPILEPTOLOGY” commencing from the year 2010.

The seventh IEA oration in epileptology was organized on 18th November 2017 at Sri Venkateswara Institute of Medical Sciences, Tirupati.

Dr. Sanjeev V. Thomas, Professor of Neurology and Head of RMN center for comprehensive Epilepsy Care, Shree Chitra Tirunal Institute for Medical Sciences and Technology, Trivandrum delivered oration on the topic “Epilepsy care tailored for Women”

The highlights of the oration are as indicated below:

There are about 50 million people with Epilepsy worldwide and half of them are women. Globally, an estimated 2.4 million people are diagnosed with Epilepsy each year. Close to 80% of people with Epilepsy live in low- and middle-income countries.

In this oration, aspects of Epilepsy and reproductive issues as applicable to Women With Epilepsy (WWE) were discussed. About a sixth of women with Epilepsy (WWE) in the world are living in India. Among WWE, 52% of them are in the reproductive (15-49 years) age group. This means that there are special problems in the management of women with Epilepsy related to their role in reproduction, which start at the menarche and continue until after the menopause. Women have increased risk compared to men regarding marital issues, separation from spouse, divorce and social stigma.

Prof. Thomas detailed about KREP (Kerala registry of Epilepsy ad pregnancy), which is one of prominent registry in the world. He emphasized about treatment gap, reproductive issues in woman with Epilepsy, changes in seizure frequency during menstruation, infertility, fetal malformations, fetal loss and interaction between AEDs and Oral Contraceptive pills.

Certain monotherapies carry higher risk of MCM; VPA, TPM and CLB and higher dosages are more risky. Polytherapy carries distinctly higher risk

Pharmacokinetics and pharmacodynamics influence malformation risk especially with polytherapy. Among all contraceptive measures, OCP are associated with increased frequency of seizures, AEDs increase the OCP metabolism and may cause contraception failure and explained about the alternative contraceptive measures or switch over of AED to Lamotrigine or Levetiracetam.

CHAPTER ACTIVITIES



Prof. Thomas discussed about EU 2015, NICE and FDA guidelines regarding pregnancy outcome and predictors of fetal loss in woman with epilepsy while on AEDs.

The lecture erudite was followed by lively and interesting discussions.

Dr Sanjay V Thomas was felicitated by, Dr.T.S.Ravikumar, Director, Dr B.Vengamma Senior Professor of Neurology, SVIMS and President, IEA, Tirupati Branch and other Senior Members of Medical fraternity. He was also presented with a Silver Memento, on behalf of the Department of Neurology, SVIMS, Tirupati.

EPILEPSY INDIA NEWSLETTER Guidelines for Article Submission

1. Submission Deadline – AT LEAST ONE month prior to the month of release of quarterly issue [eg- submission for April - June 2018 issue should be by end of March 2018] to avoid carry forward to next quarterly.
2. Types of articles
 - a. Articles related to epilepsy
 - b. Articles - These can be of scientific &/or general interest, informative, educative to both medical/ non-medical members including persons with epilepsy from disciplines such as genetics, therapeutics, diagnostics, psychosocial etc
 - c. Reports on - chapter activities, CMEs, Conferences held during the quarter for respective issue that
 - d. Awards/achievements won at state/National/International level - preferably only one/two relevant photographs
 - e. Forthcoming events that are planned
3. Font type – Times New Roman ONLY
4. Line spacing – 1.5
5. Size of article – preferably not more than 2- A4 size pages
6. Ensure corrections to grammar & avoid plagiarism
7. Kindly Note - The newspaper inserts are out of scope of EINL [suggest you to insert in Chapter newsletter]
8. References 2-4 – for scientific articles to be provided

FIGHTING EPILEPSY: MY EXPERIENCE

UTTAR PRADESH

Reported by : ELA TEWARI
IEA UP Chapter



Epilepsy, a medical condition, is not to be perceived as a stigma as is generally the norm in our country. It has to be fought at societal level with social support and proper and timely medical care and proper medical counselling and education. By taking such measures, an epileptic patient can also lead a happy and normal life like any other healthy person.

I want to share my experience and how I have struggled over the years to come out of the stigma which many more are fighting around the world. My experience starts from a very tender age perhaps when I was about a year or so. It was high fever in my body as told to me by my parents who then had no clue about that disease. Since this medical condition was not known or diagnosed properly back in late seventies, things went normally for some years. But as I grew older and reached fifth standard one day in the school I had a strange experience. I was sitting all alone on a staircase and went unconscious. All my friends had already left for home. I was picked up by the school matron who immediately informed my parents that something was wrong with Ela. Immediately my parents rushed to the school and I was given medical care in Lucknow where after a regular EEG examination the problem was diagnosed as epilepsy. The medical treatment continued for six months. After that everything went normal and I started enjoying school and family company which comprised my two elder sisters, my younger brother and my parents. Three years passed when suddenly, one day during my eighth standard, my seizures resurfaced. Once again counselling between my parents and the doctors took place and I was put on medication. Life again resumed in a normal way with my medicines which I took religiously as I continued with my studies and other routine activities like. By that time, however, my caring parents took full note of the fact that I was not to be put on stress and instead given proper rest.

I finished school and college education in late 80's, over years I was switched to different new antiepileptics to prevent the side effects off the old ones. I would mention that my father had a major role in helping me. Keeping track of all my seizures, keeping a log (date and time) of the pattern of attacks and discussing with my Neurologist. I remember worried and sad look of my parents sitting by my side while I recover from a seizure attack. All these setbacks never deterred me or my parents. They always encouraged me to continue my education, actually it made me more determined to get good education.

After college education, I finished my bachelor in Law and Journalism, finally I decided to settle in education, may be motivated by my father and did Bachelors in Education (B 'Ed). Over years my seizures are better controlled and now I am almost seizure free, though I have to continue taking medication to remain seizure free. Life is much smoother now than when I was growing.

I enjoy normal life and spending my time towards studies and other extra curricular activities at home and school without letting my routine of medication getting disturbed. Over the years I have not only educated myself, I have also contributed in terms of a happy housewife and combined this duty with a regular job of a history teacher where I regularly take my classes and participate with my fellows in school activities.

CHAPTER ACTIVITIES

I now want to take it as my mission that persons like me can also lead a normal healthy and happy life with right medical counselling and timely action. They can also contribute to the society in their chosen fields and at the same time overcoming the disease. After fighting this problem for such a long time I have realized that I can share my experiences with other people struggling from the same problem. I think that it should not be a hurdle in education and learning. I would like to start a support group and invite my fellow epileptics share their experiences. I am very positive that together we can make a big difference.

I have come across some wonderful people who have encouraged me to share my experiences. First, my Neurologist, Dr Atul Agarwal, who is taking care of me since I moved to Lucknow in 1995. Apart from providing me medical care, he has been very encouraging and supported me morally all these years. In fact, he is the one who encouraged me to write this blog and share my personal experiences. This has sparked a mission in my mind to volunteer my time in improving the quality of life in patients suffering from Epilepsy. Above all, I would also thank my husband, Vivek and my mother, they have always been on my side during ups and downs and supported me tirelessly.

PROJECT GRANTS FOR EPILEPSY AWARENESS PROGRAM

The IEA has offered Rs.3.00 lakhs(total),for conducting awareness programs on epilepsy among school children.As a pilot project 2 chapters will be selected for the same. Interested Chapters can send their proposal through respective GC members to SG and President IEA.

This has been approved at the AGB meeting of IEA at Bangalore. The last date for submitting the project proposals is May 31st

Dr Rajendran Balaraman
Secretary General Indian Epilepsy Association,
Sr. Consultant Neurologist,
Avtis Superspecialty Hospital
Nenmara, Palakkad, 678508
Kerala
Ph: 9388627423

OBITUARY

DR M. C. MAHESHWARI
(19 APRIL 1939 -14 JAN 2018)



Dr Maheshwari, was born in Saharanpur on 19 April 1939 after meritorious school and premedical studies he entered KG Medical College, Lucknow for his MBBS in 1956. He qualified MD in 1963. After about 5 years of Residency in KG Medical College Hospital, Lucknow, he went over to the Temple University, Philadelphia where he worked in neurophysiology and clinical neurology. He later shifted to Birmingham, UK to continue his work in various fields of neurology.

“Mool must join us for a meal in the evening” thus said Prof Peter Jeavons, then Senior Consultant in Neurology in Dudley Road Hospital and Aston University in Birmingham. Mool was Dr Maheshwari. This happened in 1976 when I had called on Prof Jeavons who was designated the lead investigator for valproate by the Committee for the Safety of Medicines, UK. Not many people called him by his first name! That time was my first introduction to him in 1976 as we continued to meet each other.

He returned to India and worked as head of neurology in Safdarjang Hospital, New Delhi from 1976 to 1979 when he joined AIIMS as Associate Professor of Neurology. He became full Professor and Head of Neurology in 1984 and contributed to the all-round development of the department on clinical side, academics as well as the subspecialties. Under his care the department flourished to one of all round excellence and repute an apt tribute to his devotion and hard work.

I recall his interest in clinical research even when the local infrastructure did not permit. He was an ardent adherent to the concept of affordability in this land of teeming millions of poor. For him economic suitability often won over all other aspects. Phenobarbitone and valproate were on two ends of affordability and he wished to establish if the two could be co-administered in suitable cases to reduce the total cost of treatment. He established therapeutic drug monitoring to gain indicators for such use in India.

His keen interest in epilepsy led to his being designated organising secretary for the 18th International Epilepsy Congress, New Delhi held in 1989, the very first time such congress in India. Two or three years before the Congress and some years after, I got an opportunity to work closely with him in India and with ILAE and IBE outside. The Congress turned out to be a landmark for us in India as its success was unquestionable. It was a worthwhile journey to bring all groups of interested scientists together in India. The financial gains from the Congress were duly converted to the corpus of the IEA-18th IEC Trust in 1992. This Trust continues its charitable work for the benefit of all working for epilepsy. Dr Maheshwari worked as a trustee from 1992 to 2008.

He kept up his hard work for a separate body for medical aspects of epilepsy through local and international bodies. Thus Indian Epilepsy Society [IES] came into existence in 1997 where he was a founder member and secretary remaining active for many years. He worked with energy in Asian Oceanian Epilepsy Association and organised its second regional conference in 2000 in New Delhi. This again was a success contributing to the cause of epilepsy and contributed to further enrichment of the corpus of the Trust.

OBITUARY

He diligently worked to abstract all papers published in the Journal of Neurology India in first 35 years as he brought out two volumes. He published over 250 papers in national and international journals. His keen interest in educating public resulted in publication of booklets on epilepsy, stroke and similar common conditions through National Book Trust. The Government of India recognised his contribution in the field of medical sciences and conferred on him the award of Padma Shri in 2001.

After retirement in 2001, he pursued his interest in epilepsy and general neurology as a senior consultant in VIMHANS, New Delhi which he continued till a few months before. He died on 14 January 2018 after a short illness and is survived by his wife Mrs Shashi Maheshwari and daughter Dr Anupama and son Dr Kaushik their respective spouses and three grand children.

We pray for peace to the departed soul.

Written by :

Dr V.S. Saxena : Past President IEA

DR. SUREKA SETS GUINNESS RECORD FOR CONDUCTING THE LARGEST EPILEPSY TRAINING SESSION

Under the auspices of Epilepsy Care and Research Foundation, the chief Neurophysician Dr R.K. Sureka, HOD Neurology, Mahatma Gandhi Medical College, Jaipur, set up a Guinness record for organizing a largest epilepsy training session in the world where 737 participants were trained in the field of Epilepsy. Session covered the common myths associated with epilepsy, its causes, facts, first aid to be provided to patients with epilepsy, treatment including rehabilitation and counseling for such patients in order to help them lead normal life. The event was organized at the auditorium of Swasthya Kalyan Homeopathic Medical College and Research Centre, Sitapura, Jaipur. Dr R.K. Sureka's name also figures in the Limca Book of Records 2016, for holding the maximum number of free epilepsy camps in a rural place in Rajasthan. He has worked selflessly for uplifting, treating and educating poor patients with epilepsy attending the monthly free camp (286 in number) at Ratan Nagar district Churu since last 24 years.

OBITUARY

DR EDDIE PHIROZE BHARUCHA
(28 DEC 1916-14 DEC 2017)



Dr Eddie PhirozeBharucha was born on 28 December 1916 in Bombay. He was educated at Cathedral and John Cannon School and later in Bharda High School, Elphinstone College and Royal Institute of Science, all in Bombay.He completed his MBBS and MD in the University College Hospital(UCH),London.He was fascinated by the approach to clinical neurology of Sir Francis Walsh who happened to be the contemporary of his father Dr PhirozeBharucha, the renowned physician of Bombay.

On the outbreak of World War II in 1939, Eddie had to return to Bombay to be able to take his MBBS and MD from Bombay University.After housejobs and registrarship in KEM Hospital he was appointed Honorary Physician in Medicine in KEM Hospital and GS Medical College.Between 1949-1952, he was trained in neurology at the Hospital of Nervous Diseases,Queen Square and Maida Vale Hospital for Nervous Diseases,London.He proceeded to USA to work under Dr Houston Merritt, Columbia University and Dr Denny Brown, Boston City Hospital.

Later in 1952, he returned to Bombay where he and Dr Ginde established Department of Neurology and Neurosurgery in KEM Hospital with 12 beds each. The Department kept flourishing with the contributions fromhim, his associate Dr.V.P.Mondkar and several eminent colleagues. Together they strived to provide competent and compassionate care.At the same time they maintained academic contributions for neurological conditions like bacterial and tuberculous infections, poliomyelitis, congenital abnormalities, epilepsy, nutritional disorders, strokes etc. Apart from two Neurology outpatient clinics a week, KEM Hospital started two dedicated outpatient Epilepsy clinics a week in 1971 and even today they are the most well attended epilepsy clinics in Mumbai. This has been the platform to develop KEM Hospital as Comprehensive Epilepsy Care Centre offering best possible affordable Medical and surgical care for Epilepsy patients. They collaborated enthusiastically with the Department of psychiatry and the School for Physical Therapy at KEM Hospital. He also established Department of neurology at Childrens' Orthopedic Hospital in Bombay and regularly attended it.

He married Dr PilooNoshervanKohiyar, daughter of a prominent solicitor, MD general medicine and paediatrics from both London and Bombay.She established Department of paediatrics in KEM Hospital. Eddie was a Founder member of Neurological Society of India along with Drs B Ramamurthy, Jacob Chandy,Baldev Singh and S.Narasimhanformed in 1951.This small group in 1971 further enrolled Dr TK Ghosh from Calcutta, Dr N.H.Wadia and Dr Anil Desai from Bombay to form an epilepsy subsection under NSI. Soon Indian Epilepsy Association came on its own with Dr KS Mani, Bangalore, Dr V Virmani from New Delhi, Dr G Arjundas from Madras when Dr Bharucha accepted to work as the Secretary-General. Spreading proper knowledge of epilepsy to doctors and patients became the prime focus through state chapters.On the social front, repealing the Indian law on equation of insanity with epilepsy was a significant achievement in 1999 in which he was helped by Drs KS Mani, Arjundas and VinodSaxena.He served as Secretary-General of IEA from 1971-1991.

OBITUARY

1969-1973, President of World Congress of Neurology, New Delhi 1989 (Pic No. 1: Dr EPB, Dr Piloo Bharucha and Dr Saxena during WCN 1989)

In 1985 he conducted one of the earliest rural community based studies for epilepsy detection and control programme for WHO using phenobarbitone utilising help from primary health care workers. His support came for another epidemiological study in the Parsi community in Bombay.

World Federation of Neurology honoured him and Dr Piloo Bharucha in 2006 by dedicating a lecture in perpetuity in their name which is delivered every meeting of WFN. (Pic No.2) Both IEA and IES honoured him as Founder-member of IEA at their annual meeting in 2007 in Bombay. (Pic No. 3)

He was the recipient of the prestigious Dhanwantri Award in 1991.

Universally and affectionately he was called Eddie by colleagues and friends. He held several positions in national and international bodies connected with neurology. With his soft spoken and cultured demeanour he got many official positions without seeking. He was good tempered and radiated good cheer to enlighten even serious situations. His smile and shake hand literally used to exude love. His sage advice was eagerly sought in many difficult situations in organisational management. His approach to the patients and their families was always encouraging and positive. He kept their welfare above all other considerations hence always remained a busy and much sought after physician by patients from far and wide. He was widely respected as a soft spoken individual with few but appropriate words. His teaching style was empathetic and not just didactic. He was more a mentor and often that role was life long. He was always a ray of positivity even when work situation used to become bad as is often the case in government run institutions. He had an old world charm about every thing he did. He was frugal of habits who respected the value for money. He saved money for organisations by utilising his own funds as far as possible. Even at the time of extreme money-crunch while organising 18th IEC, he got a donation of Rs10,000 from his father's trust funds. His wife Piloo too followed such examples and were always willing hosts to friends when ever the opportunity arose.

He is survived by his three sons Nadir, Manek and Adil all doctors, eight granddaughters and three great grandchildren.

The memories of this great man Eddie are huge in the minds and hearts of the neurological community, his students and residents, his patients and their carers and generally any one who came in contact with him.

Written by :

Dr. Pravina U. Shah
Past President IEA and IES.

Dr V.S. Saxena : Past President IEA

12TH ASIAN & OCEANIAN EPILEPSY CONGRESS



Don't miss the opportunity to learn from the greatest minds working in the field of epilepsy and network with more than 1,500 epileptologists during the largest epilepsy congress in Asia and Oceania that takes place just once every two years.



June 28TH - July 1ST
2018

www.epilepsybali2018.org



India's 1st Valproate Chrono Preparation

Encorate

Controlled release Sodium Valproate &
Valproic acid equivalent to Sodium Valproate
200mg, 300mg, 400mg, 500mg, 600mg

Chrono

No wonder, it is
For performance when it counts



Optimize outcomes in patients with sub-optimal
response to first line AEDs

Lobazam

Clobazam 5/10/20mg

Adding therapeutic value to epilepsy treatment



Works in a manner unlike any known AED

Levipil

Levetiracetam 250/500/750 mg / 1 g Tablets
Infusion 100 mg/ml (5 ml) / 100 mg/ml Oral Solution

Life made easier



New emerging AED for partial onset seizures

LACOSSET

Lacosamide 50/100/150/200 mg Tablets

ADDS more seizure control
more freedom
more smiles

