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# **Epilepsy India**

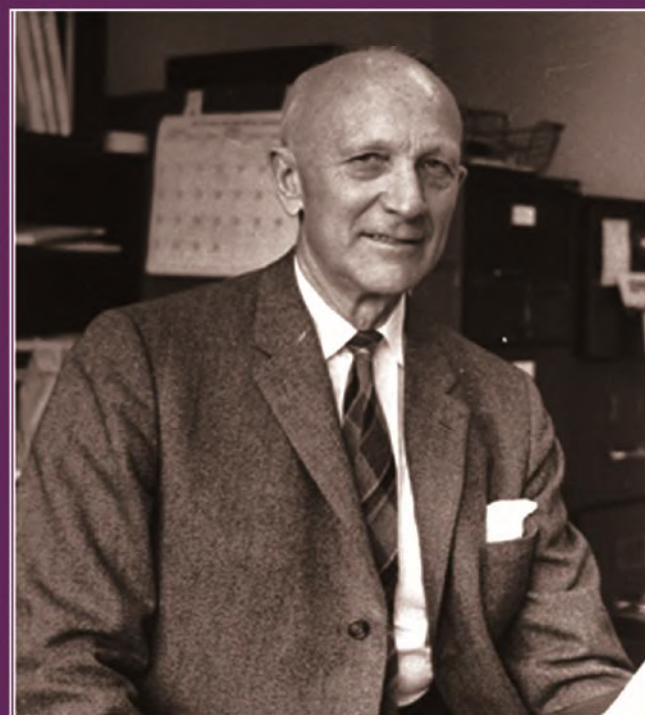


Newsletter of the Indian Epilepsy Association & Indian Epilepsy Society



*Wilder Graves Penfield*

*Herbert Henri Jasper*



Established EPILEPSY SURGERY –  
A cornerstone for difficult to manage epilepsy



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Dr. Bindu Menon



Dr. Chanda Kulkarni

Welcome to the first issue of EI Newsletter 2020!

As we write this editorial, we realize that all of us across the globe have been going through the testing times in our life both at personal and professional level. There have been several adaptations at the work place in the best interest of the public at large. It is important that each one of us understands the need of the hour and strongly support all the public health safety measures taken by the government for the benefit of mankind.

We request each one of our readers of this newsletter patients to stay calm and maintain regular compliance to medications. until such time the regular healthcare services become operational, and not to panic! Anyone can get in touch with emergency services when required through phone calls, whatsapp messages or their hospital online video consultation facility if available.

This first quarterly issue presents highlights of the joint IEA-IES, ECON – 2020, organized at Ahmedabad, between 17th-19th January 2020 which was a great success. Included in this issue is also an article by Dr. K. S Anandon basics of ‘EEG activation’ which is one of the diagnostic tools for epilepsy. Further, we are proud to share the summary of contributions rendered by Dr.Mamta Bhushan Singh, for her tireless and selfless services offered to people with epilepsy over last few decades which appeared in India Today. We are sure her work will be an inspiration to all of us working for the cause of epilepsy.

The International Epilepsy Day was celebrated by various chapters across India and was marked by a special educational awareness activity and these are shared with you.

With a very heavy heart we regret to announce the sad demise of our colleague Dr.A.K.Meena. Her contributions to neurology have been immense. She will always be remembered by us as a good teacher, researcher and a wonderful human being! We pray for her soul to rest in peace and may God give strength to her family to bear the loss.

We once again wish all our readers a safe stay in good health!



# METHODS OF EEG ACTIVATION



**DR K.S.ANAND**

Prof. & Head, Dept. of Neurology,  
Atal Bihari Vajpayee Institute of Medical Sciences &  
Dr Ram Manohar Lohia Hospital, New Delhi-110001.

## INTRODUCTION

Electroencephalogram (EEG) was discovered by Hans Berger in 1929 and its clinical utility became clear after Gibbs and colleagues demonstrated three per second spike and wave discharge, since then it has got a central role in diagnosis and management of patients with seizure disorder. EEG is helpful in diagnosis of epilepsy, differentiating from other causes of paroxysmal neurological events, differentiating a focal and generalised seizure disorder, identification of syndrome specific changes, recognition of photosensitivity, in management part it is useful in assessing risk of recurrence after an unprovoked seizure, selecting antiepileptic treatment, assessing seizure relapse if medication is withdrawn, identifying epileptogenic region in epilepsy surgery candidates, investigation of cognitive decline detection of non-convulsive status Monitoring in convulsive status. Even though it is noninvasive, convenient and inexpensive method to demonstrate the abnormal cortical activity, it is not without limitations. Single interictal EEG can be normal even in patients known to have epileptic syndrome, and thus normal EEG cannot exclude a diagnosis of epilepsy. There are methods which can be utilized to increase the yield of EEG, known as activation methods. Some of these methods have been included in routine EEG protocol. Although they pose slightest risk of precipitating seizure in patients, their advantages have overcome this risk.

## METHODS OF EEG ACTIVATION

Hyperventilation, Intermittent photic stimulation, and eye closure and opening are used as routine EEG activation, whereas sleep deprivation is used commonly in some type of epilepsies. There are other methods which are used less commonly and research purposes only, these include neuropsychological activation, visual stimulation, auditory stimulation, somatosensory stimulation, startling stimulation, emotional changes, hypoglycaemia, and pharmacologic activation.

### HYPERVENTILATION (HV)

During hyperventilation patient is advised to take deep and regular breath at rate of about 20/Minutes for period of 3-5 minutes. This can be quantitatively assessed by Plethysmography. Blood gas analysis may also be used as qualitative assessment of HV. Single lead electrocardiogram is recorded along with HV and HV is stopped, if patient complain about chest pain or electrocardiograph shows changes of ischemia. Diffuse slowing in theta range which can evolve into high amplitude diffuse delta activity known as HIRARS (hyperventilation induced high amplitude rhythmic slowing), or hyperventilation hypersynchrony. It is thought to act by causing decreased cerebral blood flow. Children of age group 8-12 years are most sensitive. Hypoglycaemia and erect posture also known to be provoke slowing. Along with these normal response, diffuse sharp waves or spike and wave discharges can also be unmasked. More commonly in generalized epilepsy, but can be seen in focal seizures also. It is typically seen in Absence epilepsy where frontally dominant 3 hertz(Hz) spike and wave burst with abrupt onset and offset is seen. It should not be done in patients with recent stroke and myocardial infarction and significant cardiopulmonary disease and sickle cell disease and trait.



## **INTERMITTENT PHOTIC STIMULATION**

In this method of activation series of flashing lights of frequencies ranging from 1-2-8-10-15-18-20-25-40-50-60Hz presented in front of eyes of patient from a distance of 30 centimetres. It should be done in eye opened as well as in eye closed condition. During photic stimulation 3 types of response can be seen namely photic drive, photomyogenic response and photoconvulsive response. Photic drive is time locked, posterior located, normal response which can be at same frequency or sub or supra harmonically, exaggerated response to low flash frequencies (0.5-3Hz) signifies acute subacute neuronal dysfunction like MELAS (mitochondrial encephalopathy, lactic acidosis stroke like episode), Ceroid lipofuscinosis, degenerative encephalopathies, and prion disease photoconvulsive response is associated with seizures and consist of Spike and wave complexes that are bilateral, symmetrical, synchronous, generalised, may outlast the stimulus for few seconds. Most commonly seen in frequency range of 15-18 Hz of stimulation. Photomyogenic response is a nonspecific response seen in anterior leads. It is prominently seen in alcohol withdrawal patients, and patients who are anxious. These response can be absent normally also.

## **EYE MOVEMENTS**

Eye Blinking has been shown to produce paroxysmal discharges. Voluntary eye closure and opening in darkness have same effect. These paroxysmal discharges are predominant over frontal region. These are more commonly seen in patients who are photo sensitive.

Eye lid closure sensitivity- appearance of generalised epileptiform discharges within 2-4 seconds after eye closure and lasts for 1-4 seconds only. This response is seen in Eye lid myoclonia with absences, juvenile absence epilepsy, juvenile myoclonic epilepsy, idiopathic generalised epilepsy, Idiopathic occipital lobe epilepsy.

## **SLEEP DEPRIVATION**

Loss of sleep has been shown to reduce threshold for paroxysmal discharges. More commonly seen in generalised epilepsy. Usually One night of sleep deprivation is sufficient, Even sleep deprivation for 50% of total sleep time can be used. Anticonvulsant medication need not to be discontinued and Patient must be kept awake during test period. Along with sleep, there are other unknown factor which might be involved in EEG activation.

## **AUDITORY STIMULATION**

Transient or continuous auditory stimulation may provoke paroxysmal discharges. It is mainly seen in temporal lobe epilepsy. Generation of epileptiform discharges on stimulation of primary auditory cortex has been proposed as mechanism for this. Hearing induced seizures can be generated by any specific/non specific music, voice any other sound.

## **SOMATOSENSORY STIMULATION**

Tactile stimulation, stimulation by cold / hot objects, rubbing, vibration, active / passive stretching of muscle may be used as activation method. It usually works in condition when primary sensory motor cortex has become excitable due to some lesion and any afferent stimuli from contralateral side may trigger paroxysmal discharges.



## **STARTLE STIMULI**

Sudden loud noise, unexpected somatosensory stimulation and sudden movements may be associated with generation of epileptiform discharges usually seen in some conditions like subacute sclerosing panencephalitis, Lance Adam syndrome and some types of idiopathic generalised epilepsies.

## **EMOTIONAL CHANGES**

Previously it was thought certain emotional states may influence either directly or indirectly in precipitation of seizures. Stevens used emotional activation of EEG in 30 epilepsy patients, consisting of interviews generating strong feeling of sorrow, embarrassment, mirth, pleasure. EEG recording of three quarter of patients with focal seizure group shows abnormal finding which were masked in previous EEG record. Similar findings were recorded by Small et al also.

## **HYPOGLYCAEMIA**

Initially provocation of seizures and spike discharges noted during insulin shock treatment of schizophrenic patients, later seizures and spike discharges also noted in patients with Islets cell tumor having acute hyperinsulinemia, also same finding was noted in patients with hypoglycaemia without pancreatic cause. EEG activation by fasting is found to be informative in generalised epilepsy patients if no abnormality was found during routine EEG.

## **NEUROPSYCHOLOGICAL ACTIVATION (NPA)**

Matsuoka et al first reported effect of cognitive tasks on different types of epilepsy. He prepared set of cognitive tasks used for EEG activation i.e NPA. NPA task included Reading (Aloud, Silent), Speaking, Arithmetic (mental, written), Writing (dictation, spontaneous, copying), Construction. Tasks involving use of hands appears to be more effective in provoking discharges. writing, written calculation, construction. Generalised epilepsy were more sensitive than focal seizure.

## **PHARMACOLOGIC ACTIVATION**

Pharmacological activation is a less preferred method of EEG activation now. Alpha chloroses or scopolamine has been used in patients with normal routine EEG. Intra venous trielennamine (Pyribenzamine) is also known to activate focal or diffuse paroxysmal discharges. Drugs used in Parkinsonism like procyclidine given in intra venous form in dose of 10-20 milligrams may also cause discharges in EEG. Intravenous alfentanil which is short acting opioid analgesic has been shown to be effective in inducing temporal lobe spike. Benzodiazepines can be used in patients with subacute sclerosing panencephalitis to bring out the EEG discharges. Metrazol and Megimide have also been used in past for EEG activation. Withdrawal of antiepileptic drugs can also cause paroxysmal discharges.

## **CONCLUSION**

These activation methods are helpful by increasing the yield of EEG and have important role in epilepsy management. Long duration EEG and repeated EEG recording can also be used to increase the yield of EEG, but these can be more time consuming. Application of these activation methods not only increase the EEG yield but also some time helpful in identify specific type of epilepsy also like absence epilepsy,

photosensitive epilepsy, so inclusion of activation methods is highly recommendable in epilepsy management.

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## CORONAVIRUS DISEASE (COVID – 19)

### Precautions :

- Frequently and thoroughly clean hands with alcohol based hand rub or soap and water.
- Maintain 1 meter distance between yourself and anyone coughing or sneezing.
- Avoid touching eyes, nose and mouth.
- Practice social distancing
- Stay at home.
- If sick follow doctors advice.



## AHMEDABAD

Reported By :  
DR. SUDHIR SHAH, DR. SHALIN SHAH,  
DR. PRANAV JOSHI

ECON 2020, the 21st joint annual conference of Indian Epilepsy Association (IEA) & Indian Epilepsy Society (IES) was held at the city of Ahmedabad, on 17th-19th January 2020. Approximately 500 delegates, from all over India and abroad participated in this 3 days scientific fest. More than 70 eminent faculties, national & international have delivered their views on the present data, covering all the aspects of epilepsy.

The theme for the pre-conference workshop was “Enhancing the skills: basics & beyond”; focusing on EEG and Imaging. Both the workshop on the EEG- for practicing neurologist and presurgical epileptology was well attended, right from well attended, right from the beginning. The third workshop was on the recent advances in the imaging of DRE. Prof. John Stern (UCLA, USA) discussed focal epileptiform abnormalities and EEG - fMRI, on the first day of the workshop. Prof. John Duncan (Queen square, London) gave an overview of imaging in Epilepsy and then discussed multimodal imaging with co-registration.

The workshop was followed by a session on ‘unsung topics’ in Epilepsy and Quizure. First time in the history of ECON, quiz session was introduced for the students. 37 students participated from different institutes, all across the India, in the preliminary round of MCQs. Quizmaster Dr. Dinesh Nayak and Dr. Sujith organized the final round very interestingly and Dr. Smita Chandran K, from Bangalore medical college won the first prize.

This was followed by a musical program by persons with epilepsy, from ‘Epilepsy foundation India’ group, Mumbai, Maharashtra. Mesmerizing performance of different Indian classical art forms by “confluence” was the peak of the evening.

The conference on 18th January started with the theme of “Refining the touchstone”. Breakfast session on status epilepticus was followed by award paper presentations. More than 70 original scientific papers were presented in various formats, including E-Poster and platform presentations. The highlight of the day was 3 orations; the first IEA presidential oration by Prof. Man Mohan Mehndiratta, who was introduced by Dr. Laxmi Narsimhan and the topic, was “Epilepsy and law- Global prospective: east & west”. Dr. Sita Jaylaxmi introduced Dr.K.Venkateswarlu; for Shobha Arjundas oration, titled “Management of Epilepsy in Women- challenges and way forward”. Dr. Sanjib Sinha introduced Dr.Manjari Tripathi, who delivered A D Sehgal oration, titled “Difficult to control epilepsy- Comprehensive care - 360 degrees”.

Multiple parallel scientific sessions were also introduced for the first time in ECON, which made approximately 36 hours of dense academic discussion possible. The main subthemes included on the first day of the conference were etiology, classification, syndromes, genetics and drug treatment. A young epilepsy section for the students and budding epileptologists was also well received.

The inauguration ceremony was held in the evening and was also well attended by delegates. Prof. (Dr.) Navin Sheth, Vice-chancellor of Gujarat Technological University (GTU) was the chief guest at the event. Dr. Sudhir Shah, organizing chairman of ECON 2020 humbly read an address of welcome. Dr.B.Rajendran, secretary-general, IEA presented the IEA report and Dr. Manjari Tripathi, secretary-general, IES presented the IES report. This was followed by an address by IEA president, Dr.Man Mohan Mehndiratta and IES president, Dr. Sanjiv Thomas. Dr.Sheth discussed how technology and medical



alignment may work for the better management strategies of epilepsy patients. Dr. Shalin Shah, organizing secretary of ECON 2020 presented a vote of thanks.

The third day started with multiple parallel breakfast sessions, on different aspects of epilepsy. The topics covered on 19th January were autoimmune epilepsy, communication, geriatric epilepsy, pediatric epilepsy and Disability & rehabilitation. H C Bajoria oration was delivered by Dr. Jayachandran Divakaran, focusing on “Efficacy of awareness, psycho- education and yoga-meditation interventions in the care of epilepsy”. Clinico-pathological case was discussed by Dr. Laxmi Narsimhan and Dr. M.C. Sharma. Dr. K S Mani Patient forum was well attended by the patients and relatives. An epilepsy awareness programme was conducted successfully at AMA hall with active participation of epilepsy patients. The conference was concluded with the valedictory function.





## ON THE NEW LIFE EXPRESS



**DR MAMTA BHUSHAN SINGH**

PROFESSOR OF NEUROLOGY

All India Institute of Medical Sciences (AIIMS)

New Delhi

Dr Mamta Bhushan Singh, one of the 3,000 neurologists in the country, deserves a special shout-out. Besides holding down her full-time job as a Professor of neurology at the All India Institute of Medical Sciences (AIIMS) in New Delhi, she works tirelessly to raise awareness about epilepsy.

Epilepsy, a condition that has affected over 13 million people in the country. Dr Mamta, of Delhi, is an Epilepsy Educator, travels to remote parts of the country on a train, the 'Lifeline Express', to treat patients with the condition as part of a medical project run by the Mumbai-based NGO, Impact Foundation. The project-to reach out to the most underprivileged and provide them with free health care-has been running for 27 years now. Dr Bhushan Singh has had her own epilepsy clinic on the train for 10 years, and has just returned after spending a weekend in Forbesganj, Bihar.

Ask her about why she commits her weekends to the cause, and her reply captures the problems epilepsy patients face in India. Children can become seizure-free or at least control their seizures in most cases if they take medicines. But many aren't diagnosed until much too late and, by then, they will have wasted their formative years.

"A most common occurrence is that many have had to wait for treatment for years, even decades. Children with epilepsy drop out of school at a young age, and at 20, when they receive their first treatment, they're rendered unproductive members of society."

The reason why patients are not getting treated early is an almost total absence of epilepsy primary care. Over the course of the years, that aspect-of patients having to wait for so long-remains unchanged.

But how did she begin on the journey of grassroots advocacy? She credits the Palatucci Advocacy Leadership (PAL) Forum, organized by the American Academy of Neurology, which specifically trains neurologists to become part of policy-making processes. Singh was one of the two international participants selected for the programme in 2008. Upon returning to Delhi, she was determined to get started.

Singh convinced the people in charge of the Lifeline Express, and set up her own clinic on the train in 2009. Today, after many years of working alone, she has a small staff of epilepsy educators on the ground who counsel people. In the evenings, she gathers local doctors-many of whom are trained to diagnose epilepsy at her stops to keep them in the loop. "After the initial clinical diagnosis, we provide patients with at least a month's medicines. Patients need to see the effect of the medicines. That might take away some of the skepticism about the impact of the pills."

Needless to say, Dr Bhushan Singh has won several awards for her efforts, and has even returned as a mentor at the PAL workshop. She is a member of the Indian Epilepsy Society and the Indian Epilepsy Association, among others. Above all, she has inspired countless patients to look after themselves, when no one else did.



## OBITUARY - Dr.A.K.Meena



Dr. A. K Meena. MD, DM

Dr.A.K.Meena Kumari was an extraordinary individual and a companion to all. She was known to have a special touch and love towards patients and individuals around her. She always had pleasant smile on her face.

She was born in Tamilnadu on 1st Jan 1962. One of the best doctors in the field of Neurology, she started her medical education in 1985, pursued her MBBS & MD from Gandhi Medical College followed by DM in neurology in NIMS 1993, she was the first candidate in first batch to secure seat on merit basis.

With her passion towards medical sciences combined with her kind heart, Dr. A. K. Meena was unlike most doctors dedicating 26 years of her service to the needy in the government hospital NIMS.

In 1994 she joined as Asst professor in the division of Neurology progressing further in her career, she became a Professor and the Unit Head of Neurology 2005. She had special interest in neuromuscular, neuroimmunology and mitochondrial diseases.

Her work included low volume PLEX in GBS, MRN. She has more than 116 original articles in national and international journals. She authored 23 chapters and one book on peripheral neuropathies. She had several review articles, award papers and posters. She was the organizing secretary of NERVECON. She held several official posts and was a adviser of MS Society and Foundation for Neuromuscular diseases of Hyderabad, treasurer for society of mitochondrial research and medicine, external advisory board member for Phd committee in NIMHANS, member of GBS classifications group, member of PNS, AANEM, IAN and NSI Society, founder member & Treasurer Nerve and Muscle society, Chairman of IAN subsection Neuromuscular diseases.

She was not only a great teacher imparting her neurological skills to the students but also a great colleague to her coworkers and staff. She was a role model to many by setting up impressive standards in discipline and punctuality. She was attractive as a part of her character with light vitality. She was a friend to all especially to the one in greatest need and would go to any extent to ensure treatment of her patients if they were poor and non affordable.

What many people considered a miracle or a hope beyond reason was the kind of treatment Dr.Meena provided during her service. On the 14th of January 2020 she suddenly collapsed in the midst of a doctors in London International Conference. She was rushed to a hospital for cardiac arrest later developed a stroke and declared death on 17th January 2020 which left many thinking and in shock.

Dr. Meena has dedicated all her life in the service of the poor, disregarding every opportunity to grow financially. She will forever be remembered for her contributions in the field of neurology and in the hearts of the ones whose lives she has touched.

Written by :  
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Clinical Psychologist,  
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## CHAPTER ACTIVITIES

### INDORE

Reported By : DR.V.V.NADKARNI



### **Seminar on Epilepsy was organized by Indore Epilepsy Visheshagya Association Samiti, Jall Sabhagraha, Indore Chapter on 15th Nov 2019**

This seminar was organized to create awareness on epilepsy.

Honorable UshaDidi Thakur Member of Legislative Assembly and M.P. BJP Vice President was Chief guest of inauguration, National Epilepsy Day celebration(17Nov).

Dr.V.G.Dakwale President of chapter and Neuro Surgeon spoke on Antiepileptic drug therapy and importance of compliance for control of epilepsy and remarked that epilepsy surgery is reserved only for refractory epilepsy.

Dr.V.V.Nadkarni Secretary of IEVAS gave a detailed report on activity of Indore chapter conducted during the period of November 2018 to 2019.

Shri Gopal Das Mittal Chairman of Gita BhawanTrust presided the function and reassured the continue support of our chapter.

Chief Guest UshaDidi Thakurappreciated IEVAS Chapter's activities for lot of hard work to uplift the epilepsy patients and rehabilitationprograms and the counseling for marriage, job and education.She felt that positive attitude can be only regained by medication and prayer early morning before the starting theday. She also offered to give support for job allocation for such patients. She encouraged patients to develop willpower, self-esteem and should live in-dependent life.

Dr.R.K.Gaur, Gita Bhawan Hospital, addressed 110 Homeopathic doctors and 40 nursing students who attended the seminar,they participated in Quiz competitionon knowledge of epilepsy and were given the prizes. Caregivers of epileptic patients were also given the prizes. Interestingly, 80% patients had good knowledge on facts of epilepsy. Painting competition was organized by IEVAS. In which 15 children participated,the theme was different aspects of epilepsy which involved poster makingto depict important



educational messages on epilepsy. Nikita (below 10 yrs) and Mahak Qureshi (above 10 yrs) won the first prizes.

**News letter** was released by chief guest and trustees of Gita Bhawan Hospital & IEVAS office containing E –cell activity of the chapter and other information about epilepsy.

The awareness program also involved debate on marriage and epilepsy – ‘for and against’, in which eight patients of epilepsy came forward on stage to present their views.

Dr.Archana Verma Neurologist, Dr.Abhay Jain Psychiatrist & Dr.V.V.Nadkarni was the coordinator for the debates, 50% patients were for getting married, one of them was married and divorced but later on he remarried a female with epilepsy and she could deliver a boy at the age of 38yrs, despite attacks during pregnancy. This was possible because of good support from husband and family member's. Another patient married young girl with epilepsy after counseling was done by Dr.V.V. Nadkarni, as he was convinced that epilepsy is treatable and not a barrier for marriage. He is now happy leading married life and has a baby girl 2&1/2 years old. Remaining four persons with epilepsy could not get married due to social stigma which resulted in negative attitude towards epilepsy a barrier for marriage.

IEVAS and other doctors on the panel reassured the speakers that it is always wise to reveal about their epilepsy to avoid any misunderstandings later in married life. This is the first time that organizers of this event saw many patients coming forward on the stage to disclose about their epilepsy and narrate their experiences about psychosocial issues related to marriage.

Dr.Archana Verma spoke on epilepsy and association with burn injuries. She briefed and highlighted the audience that in a study she had conducted 1% of patients with epilepsy sustained burns out of 350 cases of total burn injuries she had collected. Therefore, it is important that persons with epilepsy should take adequate precautions.

Dr.Abhay Jain (Psychiatrist) encouraged the patients with epilepsy to be positive and drive away the anxiety by reducing stress through regular yoga, walk and meditation. Few patients however, may need anti-anxiety drugs, some may suffer from depression which may need continuous treatment with anti-depressant medications seen less than 10 % of persons with epilepsy.

The program ended with yoga demonstration by Dr.Jaymala Shah, a yoga therapist and Dance performance done by Mr.Pankaj Parmar.

Our poster exhibition was appreciated by Ms Usha Didi Thakur and other participants of seminar. In addition patients were given free bag with medicines, handouts on epilepsy, and an ID card was issued to those suffering from epilepsy including do's and don'ts of epilepsy during episode of seizure and along with contact numbers of doctors for any emergency treatment.



# CHAPTER ACTIVITIES

JAIPUR

Reported By : DR.R.K.SUREKA

## INTERNATIONAL EPILEPSY DAY: JAIPUR CHAPTER ACTIVITIES

**A) Epilepsy awareness talk & exhibition for students of SWASTHYA KALYAN HOMEOPATH AND ALLIED COLLEGES.** An awareness talk and exhibition on various aspects of Epilepsy and its associated myths and facts was organized on 10<sup>th</sup> February, 2020 International Epilepsy Day. The function was presided by Dr.S.S.Agarwal, Former IMA India President. The chief Guest was Shri.Arvind Mayaram, Former Finance Secretary of India and presently Advisor to Govt.of Rajasthan. The chief guest also inaugurated an exhibition on various aspects of epilepsy and praised the efforts of Prof. Dr.R.K.Sureka for his rural work on poor epileptics and his efforts for awareness about epilepsy vide his app “Mirghi Samzho” and his helpline number for epileptics. Dr.Sureka on this occasion demonstrated through a video to the students about various first Aid measures for an epileptic attack. The students were also shown a film on Epilepsy.

**B) Symposium on “WOMEN AND EPILEPSY “at MAHATMA GANDHI MEDICAL COLLEGE, JAIPUR for faculty & students of various departments.**

On International Epilepsy day 10<sup>th</sup> February, 2020, which is celebrated on 2<sup>nd</sup> Monday of February each year, a symposium on “Women & Epilepsy” was organized by Neurology Department of Mahatma Gandhi medical College Jaipur and Jaipur Chapter of IEA which was attended by faculty and students of various departments of medical college.

Dr.R.K.Sureka, Professor & Head, Neurology Department, Mahatma Gandhi Medical College Jaipur was main speaker who deals various issues involved in care of Women with Epilepsy & Pregnancy. The Audience actively participated in symposium and role of folic acid in prevention of congenital malformation was well brought out. Dr.Sureka also brought out the results of “Pregnancy and Epilepsy” registry of Mahatma Gandhi Medical College functioning since last 5 years.



Photo 1: Inauguration of Epilepsy Awareness Talk and Exhibition at Swasthya Kalyan Homeopathy and Allied Colleges by Shri.Arvind Mayaram, Dr.R.K.Sureka and Dr. S.S.Agarwal



Photo2: Exhibition on various aspects of epilepsy at SwasthyaKalyan Homeopathy College, visited by Chief Guest.



## CHAPTER ACTIVITIES

### KOCHI

Reported By : DR.B.RAJENDRAN



### Helmet Awareness Ride - Prevent Head Injury - Prevent Post Traumatic Epilepsy

The Helmet Awareness ride undertaken by Team Helmet on the 19th of December 2019 was a memorable one. The riders were flagged off @ 7.00 am at Aroor Jn., by Rajya Sabha MP & Celebrity actor Bharath Suresh Gopi in the presence of IEA members and media.

At Wadakencherry they were received by the Circle Inspector of Police. After a brief talk on the importance of wearing helmets, he flagged the riders off and they were led by an open roofed car with about 10 riders all the way up to Avitis Super speciality Hospital, Palakkad. They were received at the Hospital by CEO Dr.Mohanakrishnan, Dr.Rajendran & Asst Supdt of Police - Mr.Swapnil Mahajan and other dignitaries. Nearly 100 students from KendriyaVidyalaya, who are the probable riders of tomorrow, were present at the venue. Dr.Mohanakrishnan, Dr.Rajendran and ASP Swapnil Mahajan spoke on the importance of wearing helmets to prevent post traumatic epilepsy, in great detail. As team leader, Suresh Balaram explained to the gathering, the theme message of Team Helmet. Travelling through Coimbatore, Avanashi and Bhavani, they reached Salem, the planned night halt. On the first day, pamphlets in Malayalam & English were distributed along the way, explaining how wearing helmets can prevent post traumatic epilepsy.

Next day, the Rotarians of Salem flagged off the riders in the presence of media men, and travelling through Krishnagiri and Hosur, Team Helmet reached Bangalore. Dr.Subhash G T and his team of IEA Bangalore received them at Bangalore Medical College and introduced the riders to the paramedics assembled there and further requested the team leader to address them, which was well received. They then proceeded to the Trauma Care Centre of BMC where they were received by Dr.Balaji Pai and his team. There again, Suresh Balaram as team leader, addressed a gathering consisting of hospital staff, patients and by standers. Pamphlets in Tamil/English & Kannada/English were distributed. They were very well received especially at the Hospitals. Gas Stations were found to be the best locations to distribute pamphlets and so the riders concentrated their activities at Gas Stations.

On the 21st morning, the riders left Bangalore and returned to Cochin via BR hills. All along the way they distributed pamphlets in Kannada/English and Tamil/English emphasising the importance of wearing helmets to prevent post traumatic epilepsy.



## CHAPTER ACTIVITIES

### TIRUPATI

Reported By : **DR. B. VENGAMMA**  
President, Indian Epilepsy Association,  
Tirupati Branch



### INTERNATIONAL EPILEPSY DAY

Indian Epilepsy Association, Tirupati, on the occasion of the International Epilepsy Day 2020, a few programmes were arranged by the Association, whose details are given hereunder.

On 28th January 2020, the students and faculty of College of Nursing, Sri Venkateswara Institute of Medical Sciences (SVIMS), Tirupati organized an awareness programme on Epilepsy in Zilla Parishad High School, KammaKandriga, R.C.Puram Mandal, Chittoor District, Andhra Pradesh for the benefit of the students and the teachers.

The programme was inaugurated by Dr.B.Vengamma, Director of SVIMS and President of the Association. She delivered an introductory lecture about Epilepsy.

The students of the SVIMS College of Nursing explained various aspects of Epilepsy such as superstitions, diagnosis and management, education and rehabilitation for the benefit of the audience with the help of posters.

On 29th January, 2020 a similar awareness programme was organized in the premises of the Primary Health Centre, Kammappalle, R.C. Puram Mandal, for the benefit of the residents of the village

On 6th February, 2020 a similar awareness programme was also arranged in the premises of the Rural Primary Health Centre, Mangalam Village, Tirupati Rural Mandal, Chittoor District for the benefit of the residents of the village and students of the Zilla Parishad High School, Mangalam.

Dr.B.Vengamma, Director, SVIMS, explained the objectives of these awareness programmes.

The Students of SVIMS College of Nursing enacted a SKIT bringing out the problems faced by the Persons with Epilepsy and the need for remedial measures to overcome the related prejudices and ignorance. These SKITS were enacted both at Kamma Kandriga and Mangalam Villages.

There was very good response from the audience in all the above places during the interactive sessions that followed the presentations.



The International Epilepsy Day, 2020 was celebrated on 10th February 2020 with a Guest Lecture by Dr.B.Vengamma, Director of SVIMS and President of the Association on the theme “FRIENDSHIP AND INCLUSION” for the benefit of the faculty and students of Sri Padmavathi Medical College for Women, SVIMS, Tirupati.

Dr.B.Vengamma delivered a very erudite and detailed lecture on all aspects of Epilepsy such as types of Epilepsy, diagnosis, anti-convulsant drugs and management and rehabilitation with the help of powerpoint slides.

She brought out the need for sympathy, empathy, understanding and empowerment related to Persons with Epilepsy in tune with this year’s theme of the International Epilepsy Day.

The Lecture was very well appreciated by the faculty and students present.

The above events were widely covered by the local print media.



## CHAPTER ACTIVITIES

LUCKNOW

Reported By :  
DR ATUL AGARWAL



### International Epilepsy Day Celebration: 10 Feb 2020

**Short message on Epilepsy by Dr Atul Agarwal was aired repeatedly on FM whole day.**

International Epilepsy Day was celebrated at Medanta Hospital Lucknow. Students from City Montessori School Gomti Nagar & Delhi Public School, Shaheed Path Lucknow participated. A painting competition was organized with a theme “Friendship and inclusion” to bring awareness amongst the children & to make a painting with the theme. Three medals for the winner, 1<sup>st</sup> & 2<sup>nd</sup> runners up were given. Prof R.K.Garg, Head of Neurology, KGMU Lucknow & Prof A K Thakkar, consultant Neurologist, distributed the medals. The paintings were displayed on the front wing of Medanta Hospital to spread awareness about epilepsy in the general public (Pic 1 & 2).

An interactive session cum quiz was held in afternoon with about 200 students of St Mary’s Inter College Gomti Nagar Lucknow. The Principal of college, Mrs P Taneja welcomed Dr Atul Agarwal and introduced him to students. Dr Agarwal told the students about the disease, first aid in a case of epileptic fit, Do’s & Don’ts and cleared the misconceptions and myths associated with Epilepsy. Many Epilepsy related and general questions were asked. The students who answered correctly were given prizes. The Managing Director of the school, Mr S C Shukla also addressed the children and proposed the vote of thanks.

Legend for picture – 3 Dr Atul Agarwal sitting with Principal Mrs P Taneja and students of St Mary’s Inter College, Lucknow



## CHAPTER ACTIVITIES

### BANGALORE

Reported By :

DR MS. CHANDA KULKARNI



**Dr Chanda Kulkarni addressed the faculty at CMRIT, Whitefield, Bangalore. Mr. Naresh Dixit, members of SOROPTIMIST International - Ms Mitchell & Ms Philomina are seen with a yellow sash**

### **EPILEPSY Awareness program at in Bangalore – 28th February 2020**

On occasion of International Epilepsy Day celebration, Dr Chanda was invited by members of SOROPTIMIST INTERNATIONAL, WHITEFIELD, to deliver lecture on Epilepsy Awareness representing Indian Epilepsy Association – Bangalore Chapter. The event was conducted on 28th February 2020, at – CMRIT, Whitefield. SOROPTIMIST International, Whitefield, is a part of a global women's organization in Bangalore, working in areas of health, education, environment, social & economic development, human rights and the status of women. The activity was coordinated by Mr Naresh Dixit, faculty CMRIT.

The program was attended by around 40 senior level faculty. The primary objective of this presentation was to create awareness and drive away the myths and misconceptions about epilepsy. Dr Chanda gave an interactive presentation for over an hour, using power point slides and was appreciated. The staff took lot of interest and had many questions after the presentation of the topic. Questions like – “How does a person with an attack of generalized seizure lasting for 3-4 minutes reverts to normal on his own?” “Why is there loss of control over bladder/bowel?” “Why drugs of addiction and alcohol induce seizures?” “What are the causes of seizures in a new born?” etc. The organizer of the session was very kind and permitted many clarifications from staff. FAQs related to epilepsy along with Bangalore Chapter as well as Epilepsy India newsletters were circulated to the participants. The audience clarified in detail – causes, consequences of untreated epilepsy, including dos' and don'ts about epilepsy.

Program ended with vote of thanks by the faculty of CMRIT



## ABOUT THE COVER PAGE

### HERBERT H JASPER & WILDER G PENFIELD

**HERBERT HENRI JASPER (1906-1999)** neurophysiologist (top left), and **WILDER GRAVES PENFIELD (1891-1976)**, the neurosurgeon (lower right), were pioneers in establishing epilepsy surgery as a cornerstone of the management of difficult to treat epilepsy. Together, they worked for more than a quarter of a century, and were leaders in applying multidisciplinary scientific and applied advances to surgical treatment of epilepsy. They provided conceptual basis for understanding & treatment of seizure disorders.

**HERBERT JASPER** a Canadian psychologist, physiologist, neurologist, and epileptologist, born in La Grande, Oregon. He attended Reed College in Portland and received PhD in psychology from University of Iowa and Doctor of Science degree for research in neurobiology. He served as Professor of Experimental Neurology & Neurophysiology at Montreal, McGill University. He did most important epilepsy research with Wilder Penfield at McGill University. He was a member of the American Academy & Association of Neurology, Canadian Neurological and the Royal Society of Medicine for the Advancement of Science. He has written more than 350 scientific publications. He died in 1999.

### WILDER PENFIELD

**WILDER PENFIELD** an American Canadian neurosurgeon, born in Washington. Obtained medical degree at Johns Hopkins Institute and continued his interest in Neuropathology and Neurosurgery. At neurology institute New York, he performed first solo operations to treat epilepsy. Due to academic politics, he moved to Montreal Quebec. He expanded methods and techniques in brain surgeries, including mapping functions of cortical homunculus. At McGill University Pen became city's first Neurosurgeon. He also performed complex surgery on his only sister Ruth, for brain cancer & added years to her life, but was unable to save her!

Penfield's scientific contributions on neural stimulation expand across topics including hallucinations, illusions, and déjà vu.. He devoted his time to explore scientific basis for existence of the human soul. He won several honorary degrees and awards. Pen died in 1976 of abdominal cancer at Royal Victoria Hospital, Montreal.

REF: [https://en.wikipedia.org/wiki/Wilder\\_Penfield](https://en.wikipedia.org/wiki/Wilder_Penfield)