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Issue - 1

Epilepsy India



Newsletter of the Indian Epilepsy Association & Indian Epilepsy Society



**Robotic Stereotactic Assistance [ROSA]
an ERA of
Safer and Less Invasive surgery for Epilepsy**

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Editorial...



Dr. Bindu Menon



Dr. Chanda Kulkarni

Welcome readers to the first issue of Epilepsy India newsletter 2022. We have been able to share various activities as also the informative articles with updates in the previous academic year. We promise to continue the knowledge sharing, but of course we need and will appreciate our esteemed members to continue to use the Epilepsy India platform to submit scientific articles and events of interest.

The IEA-BEST series webinars have definitely ushered in a new form of spreading awareness about all aspects of epilepsy across the country through the online platform. The series continues to feature interesting topics with experts in epilepsy who are able to clarify the - myths, psychosocial and related aspects about epilepsy with each virtual episode presented every month. We are pleased to share write up of the recent webinar from Jaipur which would definitely help those who were unable to catch up with the online session. On the same note, we look forward to have all these sessions on the print of EI so that the same will be available to readers for years to come.

International epilepsy day was celebrated across the globe marking the theme “I love a person with Epilepsy”. We thank all the conveners for sharing their activities with the readers. Needless to say, the whole year as a Golden Jubilee year of Indian Epilepsy Association [IEA] is dedicated for the cause of epilepsy and we need to work together to bring ‘epilepsy out of shadows’ a much needed change!

World Health Organization [WHO] has put together a draft “Intersectoral global action plan on epilepsy and other neurological disorders” This will definitely go a long way to address and reduce the stigma, its impact, treatment gap as well as burden of epilepsy. This also gives us ample opportunity to join hands to work together for the cause of epilepsy.

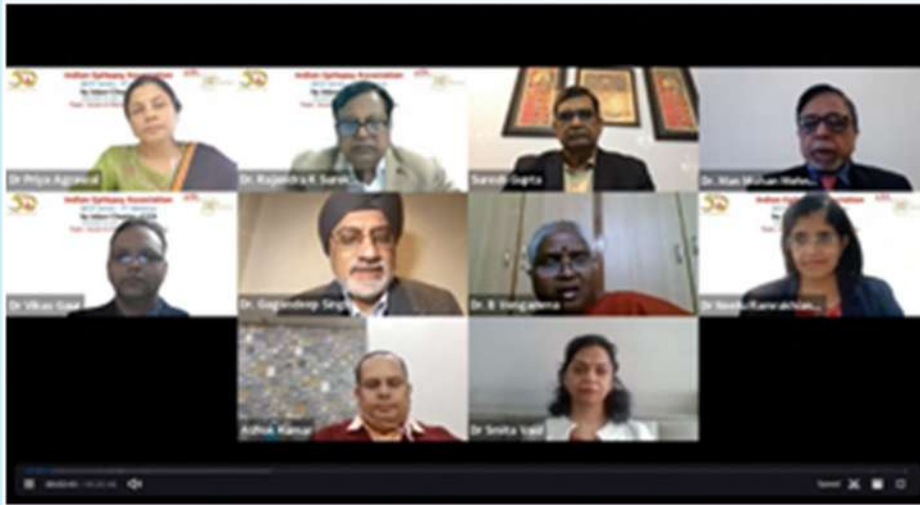
The time to meet, greet, learn and teach in a non-virtual mode has at last arrived. We are happy to announce happening of ECON - 2022, a much awaited event to be held at - Thiruvananthapuram, Kerala! Request every one of you to kindly block your dates from 5th – 7th August 2022. Don't miss the last date for registration and also the scientific abstract submission.

We look forward to meeting you all at the ECON - 2022.

ISSUES IN WOMEN WITH EPILEPSY

REPORTED BY
DR. RAJENDRA KUMAR SUREKA

JAIPUR



To celebrate the completion of 50 yrs, the IEA decided to have a series on epilepsy related webinars conducted by its various chapters. On 19th December 2021 the Jaipur Chapter of IEA hosted a programme “Issues in Women with Epilepsy”. After an introduction and welcome by IEA President Dr. Vengamma and general secretary Dr. Gagandeep Singh, the moderator Dr. R.K. Sureka, President of the Jaipur Chapter introduced the panelists Dr. Suresh Gupta Chairman Department of Neurosciences Eternal Hospital, Jaipur, Dr. Bhawna Sharma, Senior Professor & unit head department of neurology, SMS Medical College, Jaipur, Dr. Neetu RamRakhyani, Director Department of Neurology, Fortis Escort Hospital Jaipur. Dr. Priya Agarwal Senior Consultant Neurology, Santokba Durlabhji Hospital Jaipur, Dr. Smita Vaid Additional Director Department of Gynecology, Fortis Escort Hospital, Jaipur and Dr. Vikas Gaur Department of Psychiatry, Mahatma Gandhi Medical College, Jaipur.

The webinar moderator, Dr. R.K. Sureka started with paying condolence to Professor Dr. Ashok Panagariya, a renowned Neurophysician and mentor and guide to most of the Neurologists of Rajasthan due to the untimely toll taken by COVID-19 infection.

At the onset Dr. Neetu speaking on catamenial epilepsy brought out the fact that the seizures may increase during menstruation periods in females but they can be easily managed by simple drug like Clobazam and we should not fear from them. Dr. Suresh Gupta brought out the fact that though infertility is slightly more amongst epilepsy but with proper selection of anti-seizure drugs and awareness the problem of infertility can be tackled.

Dr. Sureka brought out the most important and practical problem of marriage in epileptics. Dr. Bhawna Sharma was of the opinion that we should not hide the fact from the in-laws and the husband at the time of marriage. A consensus opinion was sought from Professor Dr. Mehndiratta, Professor Dr. Satish Chandra, Professor Dr. Manjari Tripathi, Professor Vengamma, and Professor Dr. Gagandeep over this issue. All members were of the opinion that hiding the information could lead to complications in the marriage. Dr. Manjari and other members were of the opinion that the women should be empowered and should be educated, should be capable of practicing some vocation and should be trained adequately to be socially acceptable before marriage. Dr. Suresh Gupta also brought out the fact that now epilepsy could not be the ground for divorce according to Indian Laws.

Discussing further the important issue of women getting pregnant, antenatal, natal and post-natal care and feeding the baby. Senior Gynecologist Dr.SmitaVaid and Neurophysician Dr.Neetu Ram Rakhyani expressed their views that all women could bear babies normally as other normal women. Epileptic women who want to bear a baby should consult a Neurophysician and a gynecologist who would advice her properly regarding the drugs which have less teratogenic effect. The attending physician could adjust the doses so that the effect on child may be minimized. Besides this gynecologist also emphasized the role of estimation of alpha-feto protein and Sonography to detect the congenital abnormalities. Dr.Neetu emphasized the need of administering 5mg of folic acid to all young women for epileptic who want to have a baby. The misconception that feeding the babies could induce epilepsy in the children or the drugs women is taking could harm the child was dispelled by the speakers and it was concluded that the anti epileptic drugs are not secreted in the amount that can harm the child. Basic conclusion was that the women who bear a child should not stop or alter the dose of anti-seizure drugs by themselves and it is safe to take the drugs for both the woman and the child.

Dr. Priya Agarwal threw light on advice which should be given regarding contraception to women with epilepsy. She stressed the need to increase the doses of estrogen in oral contraceptive drugs. She also discussed another common problem of a young women of Juvenile Myoclonic epilepsy. Dr.Sureka the moderator took consensus opinion of various senior Neurophysician Dr. Mehndiratta, Dr. Manjari Tripathi, Dr. Gagandeep, Dr. Vengamma, Dr. P Satish Chandra who were all of the opinion that treatment is normally needed lifelong and lowest dose of effective anti-seizure drug should be tried.

Dr.Vikas, the Psychiatrist discussed the various social issues in women with epilepsy regarding schooling, higher education, employment, marriage, and sports. He emphasized that women with epilepsy can pursue all schools of education and can be employed but should try to avoid working in jobs which need night duties or in occupations like driving, trains,aero planes, factories where life of other peoples are also involved. Dr. Vikas also brought out that epilepticwomen are also prone to more anxiety and depression as compared to normal person and they need to be counselled properly so that they can get enlightened regarding various myths and misconceptions associated with epilepsy.

The discussionalso touched upon the problem of hysterical epilepsy or non-epileptic attack disorders (NEAD). Dr. Neetu broughtout the various symptomatology'swhich would point to the fact that the attacks were non-epileptic and not too serious. Dr.Bhawna stressed the need of relevant investigations like EEG and imaging before declaring the diagnosis of the hysteron epilepsy. Dr. Vikas, the psychiatrist also emphasized the need of psychoanalysis in these patients.

The moderator Dr. R.K. Sureka concluded that a woman with epilepsy face many challenges regarding marriage, child birth, education, occupationbut these can all be managed by consultation with a good treating physician and they can lead a normal life.

INTERNATIONAL EPILEPSY DAY CELEBRATIONS

REPORTED BY
DR. ATUL AGARWAL

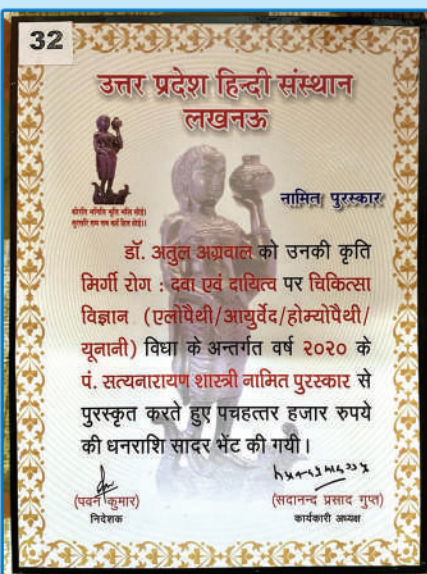
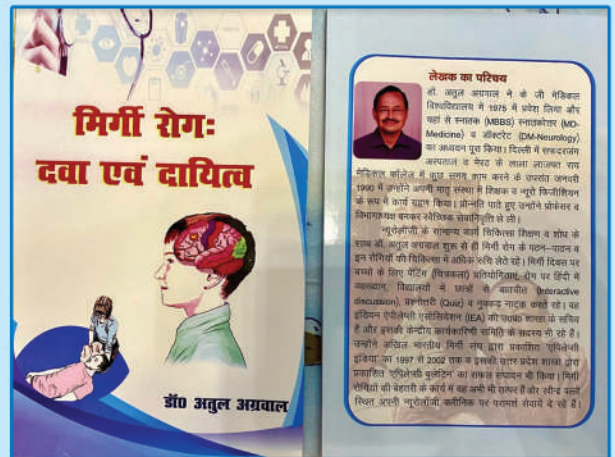
LUCKNOW

14 February 2022, Lucknow

Dr Atul Agarwal was interviewed on local FM Rainbow at 8 am in which he answered the questions about the disease, symptoms, its causes and prevention.

Her Excellency Mrs. Anandiben Patel released the book on Epilepsy in Hindi: 'Mirgi Rog- Dava & Dayitva', written by Dr Atul Agarwal. It has also been awarded Pt. Satya Narain Sashtri Award for Best medical book in Hindi by Hindi Sansthan of UP.

At noon time Dr. Atul Agarwal interacted with about 200 students of class IX & XI of St. Mary's Inter College situated at Vastukhand of Gomti Nagar Lucknow. They were all very excited as school was opening after long gap of Corona vacation. He was received at college gate by Principal Mrs. Parul Taneja and Director Mr. Gaurav Shukla. Dr. Agarwal told the students about the disease, its types, causes, management and first aid of seizure. Slide projection of every point helped in better explanation. Multiple questions were also asked and a token of prizes were given to every student giving correct answers.



INTERNATIONAL EPILEPSY DAY CELEBRATIONS

REPORTED BY
DR. BINDU MENON

NELLORE

International epilepsy was celebrated by awareness programmes at Nellore.

Dr. Bindu Menon gave a talk show on Red FM 93.5 Nellore. The show was broadcasted twice on 14th Feb 2022 for two hours (Figure1).

Dr. Bindu Menon also gave a TV Interview on the local ACT channel. (Figure 2). The show had a different approach as two lectures from D.K. Women's college came to have a talk show. The Lecturers became the voice of the public and there were lots of queries addressed about epilepsy.

Later in the afternoon of 14th Feb, an awareness programme was organized at Venkatachalam government college in the premises (Figure 3). Around 200 students participated in the programme and there was an excellent interaction. Almost all the queries were addressed by staff and students.

A press meet was also held where the myths, facts and reasons for treatment gap were discussed and this was covered in all local newspapers.



INTERNATIONAL EPILEPSY DAY CELEBRATIONS

REPORTED BY
DR. R.K.SUREKA

JAIPUR

FREE EPILEPSY CAMP & AWARENESS PROGRAM FOR EPILEPSY PATIENTS AND CAREGIVERS AND MEDICAL STUDENTS

A free epilepsy camp for epileptic patients was organized by the department of Neurology, Mahatma Gandhi Medical College, Jaipur and IEA where 125 epileptic patients were examined and given free one month's medications. Awareness badge with ILAE theme "I love someone with epilepsy" were distributed to all. A painting competition was held amongst the epileptic patients and 3 prizes were given to prize winning drawings. An awareness talk was also organized which was attended by 250 persons including epileptic patients and students of various departments of medical college. The chief guest Dr. R.C. Gupta, Medical superintendent of the hospital distributed the prizes.

FREE EPILEPSY CAMP AND EPILEPSY AWARENESS EXHIBITION AND MARCH AT RATANNAGAR VILLAGE, DIST (CHURU), RAJASTHAN.

Celebrating International Epilepsy Day, a free epilepsy camp, was held at Village Ratan Nagar, District Churu by Epilepsy Care and Research Foundation., Jaipur (a unit of Triveni Devi Sureka Charitable Trust) and Jaipur Chapter of IEA. This camp was in continuation of series of free monthly epilepsy camp held for last 29 years. Free epilepsy patient consultation and free medicines for 1 month was distributed. A badge spreading epilepsy awareness was put on all the patients. Awareness spreading march was flagged off by Dr. R.K.Sureka, Chief Neurophysician of the camp and President Jaipur Chapter of IEA. Also a exhibition depicting various aspects of epilepsy was put up for the patients and their relatives.

Dr.Sureka delivered talk on Epilepsy awareness on Jaipur Doordarshan, First India TV and Rajasthan Patrika TV and Dr. Suresh Gupta published articles in local news paper.



Photo1 : International Epilepsy Day Celebrations & Exhibition on various aspects of epilepsy at Mahama Gandhi Medical College & hospital,Jaipur



Photo 2: Prize Distribution to winners of painting competition by Chief Guest



Photo 3: Flagging of Awareness March for Epilepsy at Village Ratan Nagar, Dist Churu

INTERNATIONAL EPILEPSY DAY CELEBRATIONS

REPORTED BY
DR. PRADEEP NAIR

PONDICHERRY

An awareness program was organized by the department of Neurology, JIPMER for persons with epilepsy and caregivers as part of International Epilepsy Day observance. The theme of this year's international epilepsy day was "show some love". The meeting was attended by a group of 100 persons with epilepsy and their caregivers. Faculty and residents of the department made short presentations about the basics about seizures and epilepsy. It was stressed in the meeting that contrary to the popular belief epilepsy is neither contagious nor associated with witchcraft and those with epilepsy are not mentally ill. A list of Do's and Don'ts was also shared with the group. This included the tips to prevent injury during the seizures, avoid putting objects into mouth or holding keys during seizures and the need to be compliant for medication. They were also informed about the ongoing epilepsy surgery program at JIPMER. The importance of following Covid-19 safety protocol and absolute safety of covid -19 vaccines for persons with epilepsy were stressed. The department had made arrangements to overcome the difficulties faced by persons with epilepsy during pandemic including teleconsultation services and making sure continued availability of antiseizure medications in coordination with government hospitals of neighboring districts of Tamilnadu.



INTERNATIONAL EPILEPSY DAY CELEBRATIONS

REPORTED BY : DR. ARCHANA VERMA

RAEBARELI

This year the International Epilepsy Day falls on the 14th of February day of love, affection, and care; care and affection for the People with Epilepsy (PWE). At present Neurology department of AIIMS Raebareli is in the stage of infancy and we are trying our best to strengthen clinical services along with the education and awareness of the local population. We observed this day by organizing a public awareness programme at the nearby CHC Bela Bhela based on the theme of how we can control and protect ourselves from neurocysticercosis and the misconceptions regarding the management of epilepsy.

On this occasion, Dr. Archana Verma Neurophysician from AIIMS Raebareli delivered a talk on stigma and myths associated with epilepsy, with special emphasis on neurocysticercosis, which is one of the most common etiologies of epilepsy in this part of eastern Uttar Pradesh. We can prevent neurocysticercosis by adopting a healthy lifestyle like washing hands with soap and water after using the toilet and before handling food, teaching children the importance of washing hands to prevent infection, washing and peeling off all raw vegetables and fruits before eating and removing raw vegetables from junk food like burgers, strictly avoiding open defecation. A second major hurdle in the treatment of epilepsy is two years treatment concept which cannot be generalized to everybody. Duration of treatment of epilepsy depends upon the etiology and on epileptic syndrome which we are treating and patients should not stop treatment by themselves after two years seizure-free period and should consult the physician before discontinuation of treatment.

The program was attended by PWE and local people, CHC health care workers, Asha workers, and CHC posted Doctors. Patients also enthusiastically participated and asked questions regarding the general information about epilepsy.



INTERNATIONAL EPILEPSY DAY CELEBRATIONS

REPORTED BY : S.HEMALATHA

TIRUPATI

On the occasion of the **International Epilepsy Day 2022**, the following programmes were arranged by the Association on **14th February, 2022**.

1. A rally under **“50 million steps for persons with Epilepsy”** was organized In the premises of SVIMS. This was inaugurated by Dr.B.Vengamma, Directed-cum-Vice Chancellor, President, Indian Epilepsy Association, Tirupathi Branch. About 100 persons participated in the walkathon.
2. After the rally, a meeting was organized in Sri Padmavathi OPD Block for the benefit of Out Patients present. Dr.B.Vengamma, in her short address explained the causes, myths and treatment procedures related to Epilepsy which was well appreciated by the audience.
3. Then the students of SVIMS College of Nursing enacted a skit which focussed on dispelling myths, first aid and management related to Epilepsy at the same venue.
4. A CME Programme was also organized in the afternoon of the same day at Sri Padmavathi Medical College for Women, SVIMS, Tirupathi. Dr.B.Vengamma, inaugurated the programme. She dealt with some of the important issues related to Epilepsy in her inaugural address.
5. Dr.R.Nandhagopal, Professor of Neurology, SVIMS was the resource person for the CME. His Lecture on **“Clinical Diagnosis of Seizures a step by step approach”** in the Power Point Presentation mode was very informative and was well appreciated by the medical fraternity present. This was followed by an interactive session.

The CME programme concluded with vote of thanks by Dr.B.Sharan Singh. Principal Sri Padmavathi Medical College for Women, SVIMS, Tirupati.





Indian Epilepsy
Association



Indian Epilepsy
Society

ECON 2022

5th - 7th AUGUST 2022

**BLOCK
YOUR
DATES**



Pre Conference CME: 5th August 2022

Conference: 6th & 7th August 2022

Hosted by: IEA Thiruvananthapuram Chapter

Venue: O by Tamara, Thiruvananthapuram, Kerala



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Chairman

ECON 2022

Dr. Ashalatha Radhakrishnan

Organising Secretary

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5th - 7th AUGUST 2022

REGISTRATION DETAILS

CATEGORY	EARLY BIRD UPTO JUNE 30 th 2022	REGULAR UPTO JULY 31 st 2022	SPOT 1 st AUGUST 2022
IEA / IES Members	Rs. 4,500/-	Rs. 5,000/-	Rs. 5,500/-
Non Members	Rs. 5,500/-	Rs. 6,000/-	Rs. 6,500/-
Resident / PG Students	Rs. 3,000/-	Rs. 3,500/-	Rs. 4,000/-
Non Doctor / IEA Members	Rs. 2,500/-	Rs. 3,000/-	Rs. 3,500/-
Accompanying person	Rs. 2,500/-	Rs. 3,000/-	Rs. 3,500/-
Foreign Delegates	USD 300	USD 350	USD 400
Workshop	Rs. 2,500/-	Rs. 3,000/-	Rs. 3,500/-

FEES ARE INCLUSIVE OF 18% GST

Abstract submission open now.

Please visit www.econ2022.com for more details.

ABSTRACT GUIDELINES

The Scientific Committee welcomes the submission of abstracts in the following categories

CATEGORY

- Award Presentation
- Oral Presentation
- E Poster Presentation

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SUBMISSION GUIDELINES

- Abstract submissions will be accepted through online submission only. Please visit our website www.econ2022.com
- The data presented should be the original work of the author and not plagiarized from any other source.
- The scientific method(s) must be sound and result(s) or outcome(s) should be mentioned in the abstract.
- Abstracts should have expected scientific merit.
- Text to be typed in "Times New Roman" Font size 12, single space, number of words not to exceed 250.
- Mention the category and the topic of your submission.
- Presenting the author should be listed as the primary author.

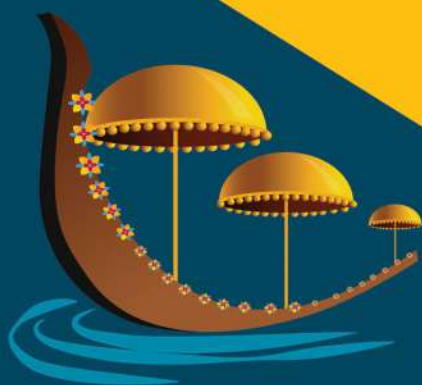
ELIGIBILITY FOR AWARDS PRESENTATION:

- Presentation should be of work done by the applicant.
- Registered for ECON 2022
- Award Presenter should be a member of IEA or IES
- Accepted Award paper presenters should submit the Full Paper of the work.

The Organising Committee of ECON 2022 reserves the right to publish all abstracts presented at the conference.

IMPORTANT DATES

- Last date for Abstract Submission - 25th June 2022



ABOUT THE COVER PAGE

ROBOTIC STEREOTACTIC ASSISTANCE [ROSA] :

Robotic Stereotactic Assistance [ROSA] surgery program, a cutting-edge, minimally invasive, and personalized approach was initiated in August 2016, for the Epilepsy and Movement Disorders. It is soon anticipated to become a cornerstone of the epilepsy surgery and is presently available at few centers like - the University of Pittsburgh Medical Center [UPMC]; Upstate Medical University [CNY] etc. The use of ROSA is reported to reduce operating time by half or more and also is said to improve surgical accuracy.

UPMC program utilizing ROSA for electrode placement remarks it as an important step towards safer and less invasive surgery for epilepsy and movement disorders. In addition ROSA is claimed to perform surgeries through smaller openings in the skin and bone leading to improved patient comfort and outcomes.

Further, ROSA is considered similar to GPS device for the brain! However, the robot does not perform surgeries directly, but it is said to provide the surgeon with a roadmap to reach the intended brain targets. ROSA's arm is engineered with 6-degrees-of-freedom, allowing exceptional dexterity and flexibility to access surgical sites for the rapid and precise alignment of multiple trajectories for electrode placement.

The utility of epilepsy surgery is anticipated to grow in the due course, as potential surgical candidates are subjected to complete evaluation and are treated. With improved awareness of the benefits of surgery and ongoing technological advances, surgery for epilepsy will soon be identified as the optimal therapy for many forms of intractable seizures.

A study published using ROSA in pediatric epilepsies, has shown superior accuracy and reduced postsurgical complications. However, long term outcomes are awaited.

It is important that the growing need for providing information with encouragement regarding the modern standards of diagnostic and therapeutic epilepsy care for individuals with recurring seizures, their families, and/or their physicians, are important

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Children (Basel). 2020 Aug; 7(8): 94.