



## Assistance Directory

### HELP FOR ALL NEUROLOGICAL DISORDERS

American Academy of Neurology Foundation  
[neurofoundation.org](http://neurofoundation.org)  
1-800-879-1960

The Brain Matters  
AAN patient website  
[thebrainmatters.org](http://thebrainmatters.org)

National Institute of Neurological Disorders and Stroke  
[ninds.nih.gov](http://ninds.nih.gov)

### ALZHEIMER'S DISEASE

Alzheimer's Association  
[alz.org](http://alz.org)  
1-800-272-3900

Alzheimer's Disease Education and Referral Center  
[alzheimers.org](http://alzheimers.org)  
1-800-438-4380

## Women and Epilepsy

Epilepsy is a neurological disorder in which nerve cells (neurons) in the brain signal abnormally, causing seizures, muscle spasms, and loss of consciousness. This disorder can be caused by illness, brain damage, abnormal brain development, an imbalance of nerve signaling chemicals called neurotransmitters—or some combination of these factors. Common diagnostic tests include EEGs and brain scans. About 80 percent of people with epilepsy can control their seizures with medicine or surgery. For more information on epilepsy, women and epilepsy, and clinical trials in epilepsy, go to: [ClinicalTrials.gov](http://ClinicalTrials.gov) (search for “epilepsy”), [Epilepsy.com](http://Epilepsy.com) and [epilepsy.com/info/women](http://epilepsy.com/info/women). Also see:

Antiepileptic Drug  
Pregnancy Registry  
[aedpregnancyregistry.org](http://aedpregnancyregistry.org)  
888-AED-AED4 (233-2334)

Citizens United for Research  
in Epilepsy (CURE)  
[CUREepilepsy.org](http://CUREepilepsy.org)  
312-255-1801

In addition, “Seizure Preparedness” ([epilepsy.com/epilepsy/preparedness](http://epilepsy.com/epilepsy/preparedness)) is an online resource from Epilepsy.com that helps patients and families create a preparedness plan. This section of the Web site contains downloadable, printable tools and forms, including customizable seizure-actions plans. —*Elizabeth Stump*

## Massage

Certified massage therapists complete a training program of 500 or more hours, take national board exams, and are licensed or registered in 29 states. To find a massage therapist in your area, contact: The American Massage Therapy Association ([amtamassage.org](http://amtamassage.org), 877-905-2700).

To find a massage therapist who specializes in the pain associated with multiple sclerosis, Parkinson's disease, or neuropathy, consult your neurologist, primary care physician, or a physical therapist. Massage therapy should not replace your regular medical care or cause you to delay seeing a doctor about a medical problem. Ask the therapist for this information before scheduling an appointment:

- ▶ his or her training, experience, and licenses or credentials
- ▶ any specialized training or experience with your medical condition
- ▶ references from clients who have your same medical condition

- ▶ the number and cost of treatments needed
- ▶ insurance coverage, if any

Massage is generally not covered by insurance, but that is slowly changing as more insurance companies acknowledge its benefits. Massage is most likely to be covered as a treatment for a specific injury or condition, or when it is prescribed by a doctor. However, the number of treatments may be limited and may also depend on the licensure or credentials of the therapist. Note that some insurance companies which cover chiropractic treatment will reimburse for massage when treatment is provided and billed through a chiropractic clinic. Contact the following for more information on insurance: National Certification Board for Therapeutic Massage & Bodywork ([ncbtmb.org](http://ncbtmb.org); 630-627-8000); Associated Bodywork and Massage Professionals ([abmp.com](http://abmp.com); 800-458-2267).

—*Elizabeth Stump*



Alzheimer's Foundation of America  
[alzfdn.org](http://alzfdn.org)  
1-866-232-8484

## AUTISM

Autism Society of America  
[autism-society.org](http://autism-society.org)  
1-800-3AUTISM (1-800-328-8476)

## CEREBRAL PALSY

United Cerebral Palsy  
[ucp.org](http://ucp.org)  
1-800-872-5827Dystonia

## DYSTONIA

Dystonia Foundation  
[dystonia-foundation.org](http://dystonia-foundation.org)  
1-800-377-DYST (1-800-377-3978)

National Spasmodic  
Dysphonia Association  
[dysphonia.org](http://dysphonia.org)  
800-795-6732

Spasmodic Torticollis  
[spasmodictorticollis.org](http://spasmodictorticollis.org)  
1-888-445-4588

## EPILEPSY AND SEIZURES

Epilepsy Foundation  
[epilepsyfoundation.org](http://epilepsyfoundation.org)  
1-800-332-1000

## HEADACHE /MIGRAINE

National Headache Foundation  
[headaches.org](http://headaches.org)  
1-888-NHF-5552 (1-888-643-5552)

American Council for  
Headache Education  
[achenet.org](http://achenet.org)  
1-856-423-0258

Migraine Research Foundation  
[migraineresearchfoundation.org](http://migraineresearchfoundation.org)  
212-249-5402

## HUNTINGTON'S DISEASE

Hereditary Disease Foundation  
[hdfoundation.org](http://hdfoundation.org)  
212-928-2121

Huntington's Disease Society of America  
[hdsa.org](http://hdsa.org)  
1-800-345-HDSA (1-800-345-4372)

## MULTIPLE SCLEROSIS

MSFriends  
[msfriends.org](http://msfriends.org)  
1-866-MSFRIENDS

Multiple Sclerosis Association of America  
[msassociation.org](http://msassociation.org)  
1-800-532-7667

Multiple Sclerosis Foundation  
[msfocus.org](http://msfocus.org)  
1-800-225-6495

## Alzheimer's Resources

► For more information on the multi-center Phase III Investigational Clinical Amyloid Research in Alzheimer's (ICARA) study of bapineuzumab, call 888-818-MEMORY (6366) or visit the Web site at [icarastudy.com](http://icarastudy.com). Plus, here are two new books about Alzheimer's disease:

► *The Alzheimer's Answer: Reduce Your Risk and Keep Your Brain Healthy*, by Marwan Sabbagh, M.D. (Wiley, 2008). Alzheimer's is growing at a rapidly increasing rate—with 350,000 new cases diagnosed each year—but it is not a normal consequence of aging. This book reviews current research, risk factors, symptoms, diagnosis, and new drugs for the treatment of Alzheimer's, focusing on tips to prevent and slow the progression of the disease. Learn how Alzheimer's is related to dementia, and use the book's tools to assess your own risk.

► *Alzheimer's Disease* by Paul Dash, M.D. and Nicole Villemarette-Pittman, Ph.D. (Demos, 2005). This comprehensive guide for Alzheimer's patients and caregivers was developed by experts at the American Academy of Neurology. Order online at [aan.com/store](http://aan.com/store) or by phone at (800) 879-1960.

National Multiple Sclerosis Society  
[nationalmssociety.org](http://nationalmssociety.org)  
1-800-FIGHT-MS (1-800-344-4867)

## MYASTHENIA GRAVIS

Myasthenia Gravis Foundation of America  
[myasthenia.org](http://myasthenia.org)  
1-800-541-5454

## NEUROMUSCULAR DISEASES

ALS Association  
[alsa.org](http://alsa.org)  
1-800-782-4747

Muscular Dystrophy Association  
[mda.org](http://mda.org)  
1-800-FIGHT-MD (1-800-344-4863)

Neuropathy Association  
[neuropathy.org](http://neuropathy.org)  
212-692-0662

**MSFriends**  
[www.msfriends.org](http://www.msfriends.org)

**24/7**  
*MS Telephone  
Peer Support*  
**1-866-673-7436**

*Staffed by Volunteers  
Living with  
Multiple Sclerosis  
who understand  
and care about  
you!*

Spastic Paraplegia Foundation, Inc.  
[sp-foundation.org](http://sp-foundation.org)  
703-495-9261

#### PAIN

American Pain Foundation  
[painfoundation.org](http://painfoundation.org)  
1-888-615-PAIN (1-888-615-7246)

#### PARKINSON'S DISEASE & MOVEMENT DISORDERS

American Parkinson Disease Association  
[apdaparkinson.org](http://apdaparkinson.org)  
1-800-223-2732

International Essential Tremor Foundation  
[essentialtremor.org](http://essentialtremor.org)  
1-888-387-3667

Michael J. Fox Foundation for Parkinson's Research  
[michaelfox.org](http://michaelfox.org)  
1-800-708-7644

National Ataxia Foundation  
[ataxia.org](http://ataxia.org)  
1-763-553-0020

National Parkinson Foundation  
[parkinson.org](http://parkinson.org)  
1-800-327-4545

Parkinson's Disease Foundation  
[pdf.org](http://pdf.org)  
1-800-457-6676

Society for Progressive Supranuclear Palsy  
[curepsp.org](http://curepsp.org)  
1-800-457-4777

#### STROKE

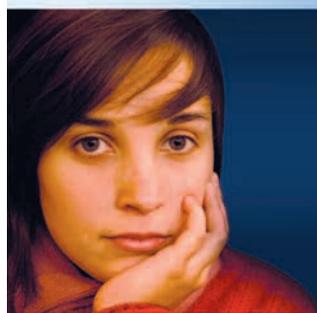
American Stroke Association  
[strokeassociation.org](http://strokeassociation.org)  
1-888-4-STROKE (1-800-478-7653)

National Stroke Association  
[stroke.org](http://stroke.org)  
1-800-STROKES (1-800-787-6563)

#### TRAUMA

Brain Injury Association of America  
[biausa.org](http://biausa.org)  
1-800-444-6443

I take medications for **Epilepsy** every day...



but still have **Seizures.**

What more can I do?

If you experience uncontrolled seizures—those that occur three or more times a month and aren't adequately controlled with medications—you may know the tremendous frustration, anxiety and difficulty they can cause. This could be your chance to take action and explore an investigational therapy that may help reduce your uncontrolled seizures.

You or someone you know may be eligible to participate in a clinical research study to determine the safety and effectiveness of an investigational implanted device for uncontrolled seizures.

**Call 1-866-904-6635** for details about  
*this clinical research study for an investigational  
therapy for uncontrolled seizures.*



[www.seizurestudy.com](http://www.seizurestudy.com)

CAUTION: Investigational device. Limited by Federal law to investigational use. NEUROPACE is a registered trademark of NeuroPace, Inc.



## LONG-TERM CARE INSURANCE

For your FREE informational brochure on Long-Term Care Insurance for Individuals with **Multiple Sclerosis** or **Parkinson's Disease**, and to see if you qualify, please contact American Insurance Planners Today!

**AI**  
AMERICAN  
INSURANCE PLANNERS, INC.  
800.789.5191  
INFO@AIPLANNERS.COM

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