



eneralized seizures involve the entire brain, while partial seizures occur in just one part of the brain. Some people with epilepsy may experience different kinds of seizures, while others may only have one type. According to the University of Tennessee Medical Center, there are four common types:

- ▶ TONIC-CLONIC SEIZURES Previously known as grand mal seizures, tonic-clonic seizures are generalized. Sometimes a person with this type of epilepsy will experience an "aura," or warning, before the seizure begins. During the tonic phase, a person typically stiffens and falls to the ground unconscious. The clonic phase begins with strong, rhythmic shaking movements. Drooling and loss of bladder or bowel control may occur. The seizure normally stops after a minute or two.
- ➤ ABSENCE SEIZURES These seizures, also called petit mal, are more common in children and are sometimes mistaken for daydreaming. Like tonic-clonic seizures, they are generalized but are milder. People experiencing this type of seizure lose awareness of what is happening around them, but they rarely fall to the ground. Their eyes may roll back, they may stare, or their eyelids may flutter. Absence seizures typically start suddenly, last a few seconds, and then stop suddenly.
- ▶ SIMPLE PARTIAL SEIZURES These seizures involve only one part of the brain. Symptoms will vary depending on which part of the brain is involved. Unlike tonic-clonic and absence seizures, people experiencing simple partial seizures remain fully conscious. Common symptoms include stiffness or shaking in one part of the body or an abnormal feeling such as numbness or an unpleasant smell or taste. Simple partial seizures usually last for less than a minute.
- ▶ **COMPLEX PARTIAL SEIZURES** These are the most common seizure type. They involve only one part of the brain, but the person's conscious state is altered. He or she may appear confused and do unusual things like make sounds, fiddle with clothing, or make chewing movements. Complex partial seizures only last for one to two minutes.

Assistance Directory

HELP FOR ALL NEUROLOGICAL DISORDERS

American Academy of Neurology Foundation neurofoundation.org 1-800-879-1960

The Brain Matters
AAN patient website
thebrainmatters.org

National Institute of Neurological Disorders and Stroke ninds.nih.gov

ALZHEIMER'S DISEASE

Alzheimer's Association alz.org 1-800-272-3900

Alzheimer's Disease Education and Referral Center alzheimers.org 1-800-438-4380

Alzheimer's Foundation of America alzfdn.org 1-866-232-8484

AUTISM

Autism Society of America autism-society.org 1-800-3AUTISM (1-800-328-8476)

Autism Speaks, Inc. autismspeaks.org 212-252-8584

BRAIN TUMOR

American Brain Tumor Association **abta.org** 800-886-2282

CEREBRAL PALSY

United Cerebral Palsy ucp.org 1-800-872-5827

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RESOURCE CENTRAL

DYSTONIA

Dystonia Foundation dystonia-foundation.org 1-800-377-DYST (1-800-377-3978)

Spasmodic Torticollis spasmodictorticollis.org 1-888-445-4588

EPILEPSY AND SEIZURES

Citizens United for Research in Epilepsy (CURE) CUREepilepsy.org 312-255-1801

Epilepsy Foundation epilepsyfoundation.org 1-800-332-1000

HEADACHE / MIGRAINE

National Headache Foundation headaches.org 1-888-NHF-5552 (1-888-643-5552)

American Council for Headache Education achenet.org 1-856-423-0258

Migraine Research Foundation migraineresearchfoundation.org 212-249-5402

HUNTINGTON'S DISEASE

Huntington's Disease Society of America hdsa.org

1-800-345-HDSA (1-800-345-4372)

MULTIPLE SCLEROSIS

MSFriends msfriends.org 1-877-MSFRIENDS

MSWorld **msworld.org** 1-877-MSSUPPORT (1-877-677-8776)

Multiple Sclerosis Association of America

msassociation.org 1-800-532-7667

Multiple Sclerosis Foundation msfocus.org 1-800-225-6495

National Multiple Sclerosis Society nationalmssociety.org 1-800-FIGHT-MS (1-800-344-4867)

MYASTHENIA GRAVIS

Myasthenia Gravis Foundation of America myasthenia.org 1-800-541-5454

NEUROMUSCULAR DISEASES

ALS Association alsa.org 1-800-782-4747

Moebius Syndrome Foundation moebiussyndrome.com 1-660-834-3406

Muscular Dystrophy Association mda.org 1-800-FIGHT-MD (1-800-344-4863)

AAN Patient Education Series

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Alzheimer's Disease, by Paul Dash and Nicole Villemarette-Pittman, Ph.D.

Amytrophic Lateral Sclerosis, by Robert G. Miller, M.D.; Deborah Gelinas, M.D.; and Patricia O'Connor, R.N.

Epilepsy: A Guide to Balancing Your Life, by Ilo E. Leppik, M.D.

Guillain-Barre Syndrome: From Diagnosis to Recovery, by Gareth
J. Parry, M.B., Ch.B., FRACP, and
Joel S. Steinberg, M.D., Ph.D.

Migraine and Other Headaches, by William B. Young, M.D., and Stephen D. Silberstein, M.D.

Peripheral Neuropathy: When the Numbness Weakness & Pain Won't Stop, by Norman Latov, M.D., Ph.D.

Restless Legs Syndrome: Coping with Your Sleepless Nights, by Mark J. Buchfuher, M.D.; Wayne A. Hening, M.D.; and Clete A. Kushida, M.D.

Spinal Cord Injury: A Guide for Patients and Families, by Michael E. Selzer, M.D., Ph.D., and Bruce H. Dobkin, M.D.

Stroke, by Louis R. Caplan, M.D.

Understanding Pain: What It Is, Why It Happens and How It's Managed, by Harry J. Gould, III, M.D., Ph.D.

Genetic Testing and Disease Resources

Genetic Alliance (geneticalliance.org; 202-966-8553): This organization is devoted to promoting optimum health care for people suffering from genetic disorders.

Hereditary Disease Foundation (hdfoundation.org/home; 212-928-2121): The HDF offers resources and testing information for families.

Genetics Home Reference (ghr.nlm.nih.gov/): A guide to understanding genetic conditions, from the National Institutes of Health.

Genetic and Rare Diseases Information Center (genome.gov/10000409; 301-402-0911): The Center provides immediate, virtually round-the-clock access to experienced information specialists who can furnish current and accurate information—in both English and Spanish—about genetic and rare diseases.

Online Genetic Support Group Directory (mostgene.org):

Alphabetic index of genetic disorders with links to associations, support groups, and disease-related resources.

Neuropathy Association neuropathy.org 212-692-0662

Spastic Paraplegia Foundation, Inc. **sp-foundation.org** 1-877-773-4483

PAIN

American Pain Foundation painfoundation.org 1-888-615-PAIN (1-888-615-7246)

National Foundation for the Treatment of Pain paincare.org 713-862-9332

PARKINSON'S DISEASE & MOVEMENT DISORDERS

American Parkinson Disease Association **apdaparkinson.org** 1-800-223-2732 International Essential Tremor Foundation essentialtremor.org

1-888-387-3667

Michael J. Fox Foundation for Parkinson's Research

michaeljfox.org 1-800-708-7644

National Ataxia Foundation ataxia.org

763-553-0020

National Parkinson Foundation parkinson.org 1-800-327-4545

Parkinson's Disease Foundation pdf.org 1-800-457-6676

Society for Progressive Supranuclear Palsy curepsp.org

1-800-457-4777

STROKE

American Stroke Association **strokeassociation.org** 1-888-4-STROKE (1-800-478-7653)

Brain Attack Coalition **stroke-site.org** 301-496-5751

National Stroke Association **stroke.org** 1-800-STROKES (1-800-787-6563)

TRAUMA

Brain Injury Association of America biausa.org 1-800-444-6443

Brain Trauma Foundation braintrauma.org 212-772-0608



EPILEPSY PHENOME/GENOME PROJECT

The Epilepsy Phenome/Genome Project (EPGP) is a collaborative effort to understand the causes of epilepsy, why people respond differently to medications, and why some families have several people with seizures.

The study is enrolling:

People with epilepsy who also have a brother or sister with epilepsy -or-

People with seizures due to Infantile Spasms, Lennox-Gastaut Syndrome, polymicrogyria, or periventricular heterotopias.

Please join us to unlock the mysteries of epilepsy!

To learn more about epilepsy and EPGP, please go to:

Finding A Cure for Epilepsy and Seizures: www.med.nyu.edu/faces/

Epilepsy Therapy Project:

EPGP

www.epilepsy.com/articles/epgp

www.epgp.org info@epgp.org Toll-free 1-888-279 - EPGP





