

## 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

## Transportation Options

If you have epilepsy, Parkinson's, Alzheimer's, or another neurological disorder that limits your driving, you'll need to discuss the situation with your doctor. Then check out these alternatives to ensure you have a ride to your next medical appointment. Your local Parkinson's or Alzheimer's advocacy organization may have transportation resources, and other alternatives to driving include buses, car pools, subways, taxis, trains, special transportation for people with disabilities, friends, and volunteers from local church groups.

### Also take a look at these resources:

- ▶ Transportation options for people who cannot drive safely may be available from the Easter Seals Project ACTION (Accessible Community Transportation in Our Nation): [projectaction.org](http://projectaction.org); 1-800-659-6428.
- ▶ Older people with neurological disorders such as epilepsy, Parkinson's disease, and Alzheimer's may wish to take advantage of transportation offered by ElderCare Locator: [eldercare.gov](http://eldercare.gov); 1-800-677-1116.

## Treating Amnesia

Could any treatment have helped Denise Reagor regain more of her memories? Reagor's form of amnesia is very rare, so there is no standard treatment. "You can't send someone over for 'retrograde amnesia therapy' and they get better," says neurologist John Hart, M.D., a professor and memory researcher at the University of Texas in Dallas.

It's possible the amnesia will resolve on its own as the brain heals itself. But there are methods for assessing the brain damage from an injury and techniques that can encourage healing.

The first steps would typically be an MRI to determine how an injured brain is working, and an electroencephalogram, or EEG, to record electrical activity and detect possible seizures. Let's say you're in a six-car pile-up and you get rear-ended at 55 mph. The force of the blow might cause your brain to rotate inside your skull, shearing the nerve fibers that connect the frontal and temporal lobes, where you make memories.

Cognitive rehabilitation, in which people learn to develop the memory skills they have and perhaps regain some

skills they lost, can help in such cases, says Russell Packard, M.D., a neurologist in Palestine, TX. The key is to find which therapies help the brain retrieve memories or create new paths for retrieval.

Another option is neuropsychological testing. These tests check brain function in the frontal, temporal, and parietal lobes. They also assess a patient's emotional state. What looks like amnesia in some cases might actually be severe depression.

Some neurologists recommend medications typically prescribed for Alzheimer's disease to help a patient retrieve memories and ward off memory deficits immediately after a head injury. However, Dr. Hart emphasizes, these medications are prescribed off-label—meaning the FDA hasn't approved the drugs for this use.

Remember, no one has to go through this unusual experience alone. The Brain Injury Association of America ([biausa.org](http://biausa.org); 703-761-0750) provides information on brain injury support groups, current research, and public policy efforts.



## ALZHEIMER'S DISEASE

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)

Autism Speaks, Inc.  
[autismspeaks.org](http://autismspeaks.org)  
212-252-8584

## CEREBRAL PALSY

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

## DYSTONIA

Care4Dystonia  
[care4dystonia.org](http://care4dystonia.org)  
[infoc4d@aol.com](mailto:infoc4d@aol.com)

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)  
1-800-795-6732

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

## EPILEPSY AND SEIZURES

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

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

MSWorld  
[msworld.org](http://msworld.org)  
1-877-MSSUPPORT (1-877-677-8776)

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

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

Moebius Syndrome Foundation  
[moebiusyndrome.com](http://moebiusyndrome.com)  
1-660-834-3406

## Handy Technological Assistance

Many technological options now exist for people who have debilitating movement and coordination problems associated with neurological disorders like ALS, helping them function in a world increasingly bent on fast-paced communication. Below are some Web sites offering information and devices to help:

Catalogue of assistive technology:  
[enablemart.com](http://enablemart.com)

ERICA: [eyerresponse.com](http://eyerresponse.com)

Eyegaze tracking system: [eyegaze.com](http://eyegaze.com)

Guide to technology solutions:  
[mysmyway.com](http://mysmyway.com)

iBot 4000: [ibotnow.com](http://ibotnow.com)

Kurzweil-National Federation of  
the Blind Reader: [knfbreader.com](http://knfbreader.com)

LOMAK: [lomakkeyboard.com](http://lomakkeyboard.com)

National Federation of the Blind: [nfb.org](http://nfb.org)

The Audeo: [theaudeo.com](http://theaudeo.com)

Windows: [microsoft.com/enable/  
training/default.aspx](http://microsoft.com/enable/training/default.aspx)

Windows database of assistive  
technology: [microsoft.com/enable/at](http://microsoft.com/enable/at)

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

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)

National Foundation for the  
Treatment of Pain  
[paincare.org](http://paincare.org)  
713-862-9332

## 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  
[michaeljfox.org](http://michaeljfox.org)  
1-800-708-7644

National Ataxia Foundation  
[ataxia.org](http://ataxia.org)  
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)

Brain Attack Coalition  
[stroke-site.org](http://stroke-site.org)  
301-496-5751

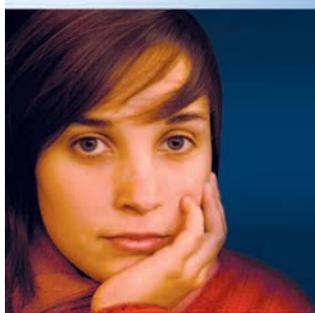
National Stroke Association  
[stroke.org](http://stroke.org)  
1-800-STROKES (1-800-787-6563)

## TRAUMA

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

Brain Trauma Foundation  
[braintrauma.org](http://braintrauma.org)  
212-772-0608

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!

**AP**  
AMERICAN  
INSURANCE PLANNERS, INC.  
800.789.5191  
[INFO@AIPLANNERS.COM](mailto:INFO@AIPLANNERS.COM)

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