

GUIDE OF EPILEPSY:

YEAR 2018-2019

# ***Guide of Epilepsy***



***Gustavo Leão***



Author of the blog Falando de Epilepsia (Speaking of epilepsy), Gustavo Leão has the disorder and uses the tool to show that it is possible to have an active and normal life / Photo: Dóris Duque

Contrary to popular belief, epilepsy is characterized by a succession of seizures. Anyone can suffer a crisis and not necessarily have the disease. This sporadic manifestation can happen due to several causes, such as excessive alcohol, head trauma, stress ...

- I want people to know what epilepsy is and talk about it in a natural way, like talking to a person who has any other disorder. I want other carriers to look at me and think that they too can stabilize. For many people, those who suffer from the disease are considered incapable. This is not to say that society is prejudiced, I just do not think that one has the correct information.

Gustavo Leão

## CONTRIBUTORS:

- Simone Grenier Graphic Designer
- Neuropediatra Dr Eduardo Feveret
- Dra and Prof.a in neurology Elza Marcia Yacubian
- Master in Neurology Dr Abram topczewski
- Alexandre Meireles, member of the OAB committee and citizenship
- Júlia Almeida, actress and entrepreneur
- designer, Rubens Simões

STAFF



**TITLE:**

**“LET FOOD BE YOUR BEST MEDICINE”**

**HIPÓCRATES DE CÓS**

## INTRODUCTION:

The Talking Epilepsy campaign has the mission of passing relevant and quality information about the topic. The manual was written through reports and research in an objective way, aiming to reach the largest number of lay people, clarifying doubts and curiosities about epilepsy and its importance in society.

Preconceptions, social exclusion and lack of information about the subject will be addressed through a brief historical context. As well as the importance of a good quality of life to live with epilepsy, through this basic guide.

After going through a great period of instability, with the ups and downs of epilepsy, Gustavo Leão, a native of Rio de Janeiro, decided to divulge the theme of epilepsy through studies, and his coexistence with convulsions, through art and sport, aiming at dissemination about the theme and quality of life.

Through the educational system, it is possible to inform the new generations about epilepsy, and to gain more rights and opportunities in society for those who live with this condition of life. The great thinking minds in the history of mankind have lived with epilepsy, so we can contribute more and more to evolution in the world if we have an active voice, representativeness and opportunities for acceptance in the labor market, both in the private and the state sectors.

The more information, the less prejudice and easier the diagnoses, including, making life easier for caregivers.

INDEX:

- About epilepsy and seizures
- Personalities and quality of life
- Freelance report
- Activities of awareness, sport and art

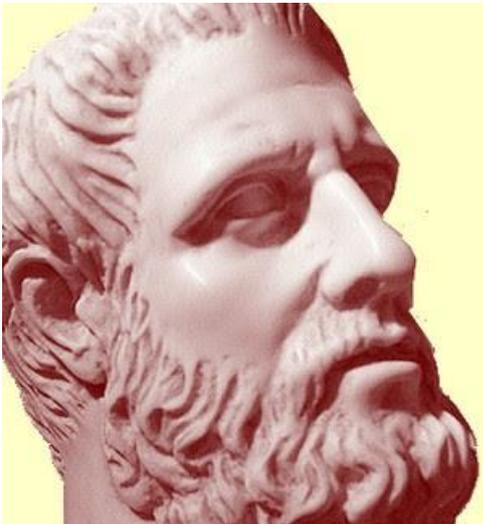
Key words: epilepsy, seizure, awareness, research, sport, lifestyle and quality of life

# Epilepsia



On the world, approximately 2% of the population has epilepsy. In Brazil, affects 3 million people, in the underdeveloped countries, there is more evidence of people with this diagnosis, according to WHO. (World Health Organization)

Epilepsy is a disorder of the electrical activity of the brain that causes epileptic seizures. There are several types of epilepsy. In most cases, they are treated through medications, in some cases it is feasible to do surgery, to improve the quality of life.



The Gaze of Hippocrates Around the sixth century BC and the weakening of mythological beliefs in Greece. That's when the first philosophers came.

Hippocrates of Cos (460-300 BC), considered the father of medicine, affirmed that all diseases have a natural cause, and should not be regarded as divine punishment. Through his scientific studies, he separated medicine from religion and magic, a distinction between the sacred and

the unknown, as is the case of epilepsy, which has always been considered of a supernatural nature.

### **Convulsive Seizures x Epilepsy**

Convulsions usually do not take long; however, be aware of how long the seizure lasted and beware of sharp objects around the person during the seizure.

Convulsive seizures may arise from the neonatal period, these are consequences of the central nervous system, being still committed in the uterus, during or after birth. (Source: ed.shop of the psychologist, book seizures in childhood and adolescence, page 16, TOPCZEWSKI, ABRAM)

It is important to note that, due to sudden falls, headaches, very high fever, stress and excessive alcohol, may result in convulsions, but it is characterized by epilepsy, from the moment that the crises arise and the need to control by medication.

#### **TYPES OF CONVULSIVE SEIZURE:**

- Can identify a seizure....

#### **Partial seizure**

The partial epileptic seizure is one that occurs when anomalous electrical impulses are restricted to only one region of the brain

#### **seizure crisis**

In the generalized convulsive crisis, the two hemispheres of the brain are affected. One of the possible manifestations of the generalized epileptic crisis is the crisis of absence. In this case, the patient loses contact with the outside world and stands with his gaze fixed.

There may be some automatisms such as eyebrows repeatedly, as in complex partial crisis. The difference is that the absence crisis is shorter, lasts for about 20 seconds, can occur dozens of times throughout the day and the patient has no aura, nor is it confused at the end of the crisis.

Sometimes the patient resumes the activity he was doing as if nothing had happened. Tonic-clonic seizures last between 1 and 3 minutes. At the end, the patient presents extreme tiredness, drowsiness, confusion and amnesia, not remembering what happened.

Source: blog Speaking of Epilepsy, site of practical medicine and ABE, Brazilian association of epilepsy.

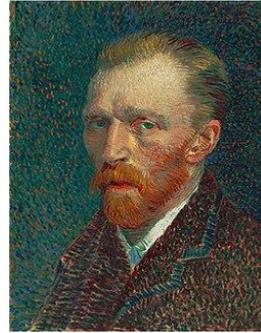
Through the art of Rafael Sanzio, the painter uses light and shadows, due to the association of epilepsy with darkness, social exclusion and prejudice.



The Transfiguration of Christ, by the Renaissance Italian Rafael Sanzio (1483-1520 AD), painted the luminosity of eternity in the face of the epilepsy disorder, emerging from the shadows.  
Source: ABE

Great personalities lived with epilepsy, it is estimated that out of every 100 people, one lives with this condition

the Dutch painter Vang Gogh, (1853-1890)



Emperor of Brasil D Pedro I, ( 1798- 1834)



Brazilian writer Machado de Assis, (1834-1908)



Roman emperor Julio Cesar, (100 a 44 AC)



among several others, But the occult around the subject has always been an obstacle.  
Source: neurocienciasepilepsia site

## CETOGENIC DIET:



To do this diet, it is recommended to: eliminate all high-carbohydrate foods and increase consumption of high-fat foods, so that the body uses fat instead of the carbohydrate that comes from food. , the daily application of the patient, is applied and elaborated by a nutritionist, through examinations, developing a personalized menu.

This treatment model was formerly known as the water diet due to food deprivation and water consumption, and the time required to reduce seizures was maintained, or to the patient's limit for their nutrition.

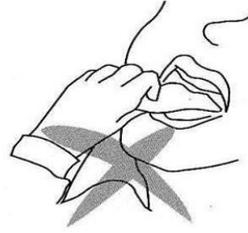
What to do? .... Epilepsy, not another world thing, stay calm.

Observe the chart below and know the basic procedures.



Ponha qualquer coisa macia debaixo da cabeça, ou ampare-a com a sua mão, impedindo-a de bater no chão ou contra objectos

Não meta nada na boca da pessoa (nem colher, nem objectos de madeira, nem lenço, nem dedos). Não puxar a língua



Não a tente acordar, não a force a levantar



Não lhe dê de beber

- 1- put anything soft under your head, or hold it with your hand, preventing it from hitting the ground or objects
- 2- do not put anything in the person's mouth, example :( spoon, general objects, handkerchief .., and never try to pull the tongue
- 3- Do not give her what to drink.

A seizure can arise through several factors,  
The main triggers that trigger a seizure are:

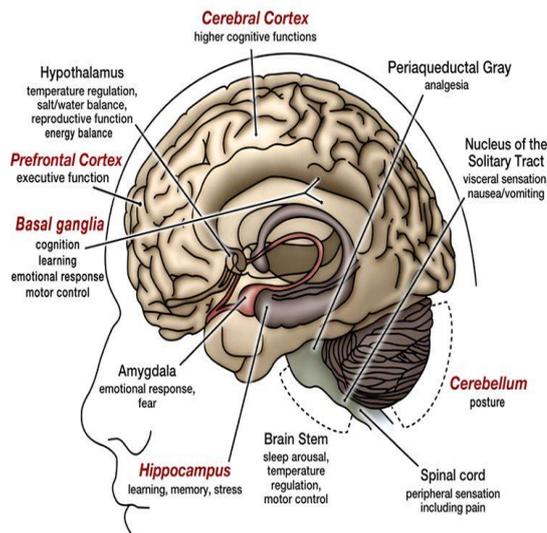
- Tiredness
- Contact with many bright flashes
- Night accumulation badly asleep
- Stress
- Alcohol consumption
- anxiety

Source: Brazilian League of Epilepsy

## The Benefits of Cannabidiol for Health

### Brain regions that express the CB<sub>1</sub> cannabinoid receptor

Red = abundant CB<sub>1</sub> receptor expression    Black = moderately abundant CB<sub>1</sub> receptor expression



Cannabidiol, also known as (CBD) is a chemical that accounts for 40% of the extracts of the cannabis sativa plant (scientific name for marijuana), treatments of neurological disorders are effective with the substance, such as epilepsy and parkson.

Neurologist Dr Devinsky, a professor of neurology at New York University, studies and research on cannabis, adds evidence and effective results in reducing the burden of seizure in a severe form of epilepsy and emphasizes the need for the medical class to learn all about a possible treatment, in order to provide a quality of life to the patient.

Treatment with cannabidiol should not be seen as a cure for epilepsy, but for patients with a particularly severe form that does not respond to other therapies and medications and reduces anxiety. (Source: New England Journal of medicine)

Citation ..... "Cannabidiol should not be seen as a panacea for epilepsy, but for patients with particularly severe forms who have not responded to numerous medications, these results give hope that we may soon have another treatment option "Said lead researcher Orrin Devinsky, a professor of neurology, neurosurgery and psychiatry at Langone Medical Center at New York University.

## **Wellness and Quality of Life:**

Yoga and meditation are recommended activities. The practice stimulates inner awareness and reduces stress, the main trigger for triggering a seizure.

The search for peace and balance unites the mind and body in a state of harmony, generating a quality of life and a control of crises or spasms. Through art, culture, it is possible to add knowledge and contribute to soften this arduous road, raise high esteem and social integration.

## **The Epilepsy in My Life:**

After meeting people defending the cause of epilepsy, we exchanged experiences that added in the understanding and engagement of the cause and an awareness.

Unfortunately, the notorious prejudice and lack of interest were also increasingly visible in this invisible disturbance. And that is the key point I will address, explaining the reason for this lack of information and stigma of epilepsy.

Since I was 8 years old, I live with epilepsy, and since then, a great journey in search of diagnosis and correct medication has started in my life and my family.

I was entering an unknown world and had to relearn to live with certain limitations ever since.

The crises were constant, as was the exchange of neurologists who could not understand my case. From the moment I met a neuropediatrician through a family appointment in São Paulo, the case began to be studied more carefully, I was hospitalized for the exchange of medications and the seizures were diminishing.

Over time, everything was settling, as well as social integration.

The family was a determining factor in the support and affection, moral values and family, always been preserved in my life, my parents always did everything for my quality of life, suffered, cried, laughed and vibrated with every achievement, always! Sport, swimming and soccer were very important for quality of life.

In 2017, I participated in the walk on Copacabana beach in Rio de Janeiro, on the

international day of epilepsy, I met neurological professionals and activists, I listened to many life stories of people living with epilepsy and autism. I kept up to date with polls, interacted with people from the awareness movement, and had the honor of attending other events on epilepsy.

Since then, I have started to disseminate, mainly in the academies, public education regions and health posts, the importance of awareness and reeducation of the population, on this very relevant issue. Friends were instrumental in this campaign, musicians, artists and athletes. I received support from several segments, which drew attention to the campaign and its importance.

### **Awareness:**

As I got to know more people who are engaged in epilepsy awareness, I started to support research on the subject, and I heard several reports of social exclusion, prejudice and understood why a part of society, avoid talking about having epilepsy. Unfortunately, this exclusion is strong at school, we do not have teachers prepared to deal with children who present this condition, and in adulthood, the lack of job opportunities.

The best way to speak naturally on the subject is with lectures in schools, properly educating society.

Educating society is everyone's role, starting with your neighborhood, talking to friends, inserting this theme into daily life, is fundamental for awareness.

Living with epilepsy is a task for the strong, because to withstand the crises that take our energies and still have to fight the stigma of epilepsy is tiring, exhausting, frustrating, challenging. We are true soldiers of the cause generating information and hoping to live with rights and quality of life, as far as possible.

### **Overcoming Through Sport:**

Through sport and ½ marathons, meditation and training with race groups, I began to spread and explain the importance of this theme and learn what to do in the face of a seizure. Especially the benefits that sport has caused me through discipline, overcoming, mental control and inner balance. I believe we can all have a healthy, balanced and controlled life, no matter how difficult the patient's picture.

From the moment I started to train with a sports advisory, I came across a new training that aimed at mental health more than aesthetics, in balance, reflex, focus, agility and breathing exercises, with this set of training, improved my physical and mental health, especially in relation to anxiety and safety.

The message is that anything is possible, within your own limitations, so explore your world and its limit to the maximum.

Re-educating society, we will make the world a better place to live, to break this paradigm of stigma, prejudice and lack of correct information, forming more just and egalitarian.

Giving up was never an option for us!

### **Lifestyle:**

I've been practicing sport since I was a kid, but because of the cause, I chose the street racing races. The dedication and discipline very hard, mainly due to the strong medications of the day to day, to control the epilepsy.

All tests have in common the overcoming factor. The preparation and the physical and mental state are necessary during the race, because always has some unexpected variable. Each medal represents proof of overcoming and rewards the inexhaustible effort I make to spread the sport's well-being and awareness of the cause of epilepsy in the world.

The sense of running the cause is indescribable, spreading the importance of epilepsy is a legacy to mankind., And consequently, my health improves with sports activities and eases seizures. The key is to not let epilepsy dominate you, simply learn to live with it.

My goal is for more people to know about it!

In 2017, I began to divulge with friends, athletes, artists and musicians the cause of epilepsy, which helped me to attract attention and curiosities about the subject. I observed that people had no knowledge about epilepsy, I had to update myself and research increasingly to answer the various questions they asked me and the goal of social re-education and awareness.

Since then I have started to create some memories related to the cause and added the art to represent concepts of epilepsy.

Art representing the neurons of the human body, place where the electric discharges pass in a seizure, work From the plastic artist Gabi Iut, photography, Karolyne Resende, model Gustavo Leão.

Painting done with the aim of alerting the population about the importance of the theme and expressing what happens to the human body during a seizure.



LETS TALK ABOUT EPILEPSY!

#### DEMANDS CASE:

- To inform all persons to be aware of the epilepsy disorder,
- Include in the educational system the importance of epilepsy awareness and actions, research, lectures and workshops.
- Disclose through sport tool, art and in cause events and other disorders
- Claim our rights to access public tenders (without quotas) and jobs in private companies
- Dissemination in all segments of society and the media, on the international month of epilepsy, March 26
- Teaching how to act and deal with a seizure

- Education is the basis for the awareness of a society

- It is necessary that preventive actions be implemented in academic spaces, creating humanitarian values for the new generations so that there are more disseminators on the world.

Through the studies in this Epilepsy Guide, we can conclude and understand the importance of the dissemination and demystification of epilepsy, and that the main tool to break the paradigm is with quality information, raising awareness and re-educating society.

With the insertion of the epilepsy theme and other neurological disorders, through art, culture, sport and especially in school education, awareness will be a reality.

**bibliographic references:**

ed.casa do psicólogo. livro convulsões na infância e adolescência, pg 16,Topczewiski,ABRAM

- New England Journal of medicine, 25/03/2017
- Uol noticias Ciencia e Saúde,25/05/2017
- site da Associação Brasileira de Epilepsia
- site da liga brasileira de epilepsia
- Jornal da Puc-rio, 05/04/2017- Altos e baixos da Epilepsia
- Tratamento das epilepsias, Elza Marcia Targas yacubian, março de 2014
- Epilepsy in children, Devinsky,Orrin. Dec. 02/2015