

TAKE CONTROL



SEE A SPECIALIST

If your seizures are not controlled.



TAKE YOUR MEDICINE

On time, every day, exactly as prescribed by your doctor.



KEEP A HEALTH DIARY

Of seizure activity, test results, and questions for your doctor.



CREATE AND SHARE YOUR OWN SEIZURE ACTION PLAN

Get your doctor's input and share it with your family, friends, co-workers, and teachers.



KNOW YOUR SEIZURE TRIGGERS

For many people, not getting enough sleep, missing medications, or feeling stressed can cause seizures

ABOUT EPILEPSY



More than 160,000 people in Central & South Texas live with epilepsy, and one in 26 people will develop epilepsy in their lifetime.

What is epilepsy?

- A chronic brain disorder with unpredictable seizures
- Seizure types vary as does age of onset
- Epilepsy can affect anyone
- The fourth most common neurological condition

Main Office

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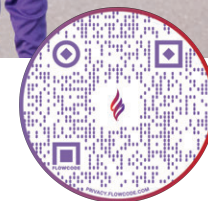
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RGV

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**EPILEPSY
FOUNDATION**
Central & South Texas



WE'RE HERE TO HELP!

OUR MISSION

Leading the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures, and save lives.

OUR VISION

A world without epilepsy.
Lives free from seizures.

OUR SERVICES

OUR PROGRAMS

Community & School Training



Community Events



Volunteering



**Make
an Impact**

Get Healthy

- Medical Clinics for the Uninsured
- Emergency Medication
- Diagnostic Tests
- Mental Health Counseling

Get Educated and Prepared

- Transition to Independence
- Scholarships
- Self-Management Programs
- Health Fairs
- Seizure first aid training for schools and the community

Get Social and Enriched



- Support Groups
- Epilepsy Art From The Heart
- Camp Brainstorm

A camp for youth with epilepsy. Build social skills, self-esteem, independence, and lifelong friendships. A variety of exciting recreational activities and informal learning environment.

- Walk to END EPILEPSY

A family friendly event to help those living with epilepsy fight against the struggles that come with their diagnosis.



Advocate

- Teens Speak Up!
- Patient Safety and Health
Regular Communication with
Policy Makers
- Legislative Activism
- Ongoing efforts to protect the rights
of people with epilepsy and promote
public policies that benefit them

Public Awareness

- Helping People Cope
- Community Initiatives
- Collaborative Partnership
- Empowering Families & Providing
Resources
- Increasing Understanding and
Acceptance