

## Media Release

### Seminar to educate about epilepsy in Caroline Springs

People with epilepsy or those caring for someone with epilepsy are invited to attend a free seminar at Caroline Springs later this month on understanding and managing epilepsy.

Topics covered during the session will include safety and lifestyle factors, triggers and causes, diagnosis and treatment, seizure types and living with epilepsy.

Chief executive officer of the Epilepsy Foundation of Victoria, Graeme Shears, encouraged people to attend the event.

"Epilepsy is a common medical condition that will affect around 3 percent of the population at some stage in their life, and we are seeing an increasing need for information and services in the Caroline Springs area," Mr Shears said.

"The growing population in the western suburbs, particularly in the number of families with young children moving into the area, mean an increasing demand for services. Young children often present with uncontrolled and difficult to manage epilepsy, such as conditions like Dravet Syndrome, a particularly severe form of childhood epilepsy."

"We believe it is important that people have the opportunity to learn more about this condition, the treatment options and how to manage epilepsy," Mr Shears said, "so we have specifically targeted this area for one of our seminars."

The workshop will be presented by the Epilepsy Foundation in partnership with the Melton Shire Council.

The free session will be held on Wednesday 17 March 2010 at Caroline Springs Civic Centre/Library between 10.00am and 12 noon. Caroline Springs Civic Centre/Library is located at 193-201 Caroline Springs Boulevard, Caroline Springs (on the corner of Lake Street).

To attend this free workshop, please register your interest by contacting the Epilepsy Foundation on 9805 9111.

*Epilepsy Foundation of Victoria provides support for people living with epilepsy and their families to help them live better lives. Services include information, advice and support, epilepsy counselling and practical assistance, as well as education and training, research and advocacy on behalf of people with epilepsy. The Foundation also works to raise awareness of epilepsy in the community to reduce the stigma and create a more welcoming and inclusive society.*

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