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In our rundown of epilepsy news and research: a protein linked with fewer seizures and drugs that could lower children's IQ.

5 Listen and learn

We review products including a relaxation CD and funky epilepsy ID bracelet.

6 Mind games

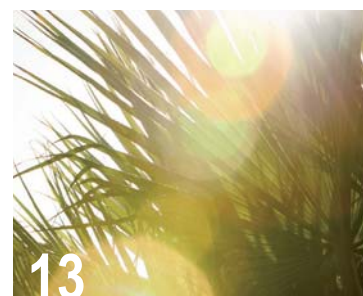
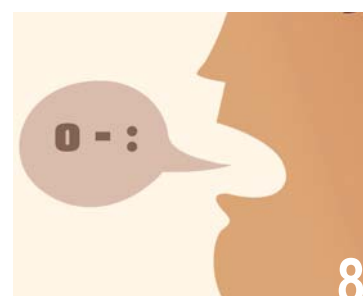
Neuropsychologist Rubina Alpitsis explains epilepsy's affect on memory. Plus tips and a brain-tickling activity to help hone your memory skills.

8 Special report: forum findings

What Epilepsy Action learned from people with epilepsy and their families in recent forums held across Australia.

11 It's not fair

Ever felt discriminated against because of epilepsy? Here's why – and how – you should make a formal complaint.



12 What we're up to

From new services for Western Australians to publications that are hot off the press, don't miss the latest from Epilepsy Action.

13 Ask us!

Should you tell your boss about epilepsy? Can seizures be provoked by menopause, light, or the time of day? We answer these common questions, and more.

14 In the spotlight

Introducing Kim Jones, epilepsy support group co-ordinator.



Epilepsy Action, Australia is a not-for-profit organisation providing services to people with epilepsy or other seizure disorders across Australia.

From the CEO's desk

I hope you'll enjoy the second edition of Epilepsy Action, Australia's quarterly publication for people with epilepsy, their families and healthcare professionals.

You'll find a range of topics in this issue, reflecting our commitment to cover epilepsy from all angles. We look at products that make life easier including a soothing relaxation CD to combat anxiety and a charm bracelet that helps in an emergency. Read a neuropsychologist's view of the effect of epilepsy on memory, plus discover what people are experiencing across Australia as we unveil the findings of our recent consumer discussion groups. Prepare to be inspired by this issue's 'everyday hero' Kim Jones, a Newcastle mum who readily dedicates her free time to help people with epilepsy. We also reveal our exciting initiatives to improve epilepsy services in Western Australia.

We've been delighted to hear so much positive feedback from you about our new magazine. I now invite readers to continue providing comments that will help us design the best possible information resource for you. To make it official, we plan to launch a mailbox page next edition, where you'll have a chance to air your thoughts, questions and tips for living with epilepsy. So look up our contact details on the page at left and send us your letters. I look forward to hearing from you soon.

Carol Ireland
Chief Executive Officer

