



Mailbag

Share your letters and ideas, questions and views

Submit your tips and strategies for living with epilepsy, or respond to other people's Mailbag comments. Send letters with your name, address and telephone number to epilepsy@epilepsy.org.au or post to *Epilepsy360°*, GPO Box 9878, IN YOUR CAPITAL CITY.

Writers may be contacted and contributions may be edited for clarity or space.

ALARMS HELP

I use an alarm clock to make sure my son's medication is taken at the same time each day. It's on my mobile phone. Having his dose at the same time keeps an even distribution of the medication in his body. If it's even half an hour later, it plays havoc. He's just not as controlled. It's a good reminder for me as I have two teenagers, a stepdaughter, and I'm working, so it does get hectic at times.

Helen, Townsville, Qld



MEDICATION REMINDERS

One of the common things that come up at our support group meetings is remembering to take medication. When a person feels well the last thing on their mind is their medication. These tips may help even if you're in a good routine already:

- Mark a calendar or notebook each time you take your medication.
- Set your alarm on your mobile phone.
- Ask your chemist to put medication in a blister pack for you or buy a dosage box which has daily doses for a week and do it yourself.

With a dosage box you know at a glance whether you have taken medication or not, and so will your family or ambulance officers.

With our busy lifestyles, most of us can forget the little but important things sometimes, and taking epilepsy medication regularly is important.

Kim, Newcastle, NSW

Married with epilepsy

We're a married couple who both have epilepsy. We've had a number of experiences dealing with the issues that go hand-in-hand with seizures. We both try to maintain good relations with our support people so that they are aware if one of us is having a bad-hair day. Always give yourself small treats or rewards so that things don't get you down. Also present yourself to those around you in a positive manner so that others don't fear the concept of epilepsy. Talk about what you go through with them to give them a better understanding of the condition. It can be an intrusive condition but if you use humour as much as possible it can help both yourself and those who care about you to make your journey less bumpy.

Jeff and Bronwyn, Eastlakes, NSW

Noticeboard

Children's playgroup

'Little Jems' is a playgroup for children who have disabilities. Ages range from newborn to eight years old and siblings are welcome. This playgroup is a safe place for the children to play, learn and explore. It's also a positive place for parents to share and gain information, support and friendship. Activities are wide ranging and include regular guest-speakers talking about topics of interest to families. The cost is an annual \$20 fee and a plate of food to share at each playgroup. Meetings are held in Toowoomba, Qld, from 9.30am till lunchtime. Dates for 2008 are: 14 April, 12 May, 9 June, 14 July, 11 August, 8 September, 13 October and 10 November. For information, contact Epilepsy Action on 1300 37 45 37.

