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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

When we meet someone new, almost the first thing they ask is 'what do you do?' This is an age when our identity is closely enmeshed in our daily occupations - for most of us, that's going to school, university or work.

We start the year with a look at some challenges of having epilepsy in these key settings by neuropsychologist Dr Robyn Boyle, who also gives great suggestions to help if you're struggling. We explore Tuberous Sclerosis, a genetic condition which causes epilepsy in 80% of people who are affected, and turn our Spotlight on the ketogenic diet.

It's been terrific to hear from the readers who sent in their tips for our new Mailbag section. We'd love to hear from you, too, and find out what helps you to manage with epilepsy. It's easy to send in your letter and tell us your solutions. Simply email us now at epilepsy@epilepsy.org.au.

I hope you enjoy this edition and I look forward to hearing from you soon.

Carol Ireland
Chief Executive Officer

