



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

Epilepsy Foundation Alabama is a chapter of the national Epilepsy Foundation of America and works closely with the national Epilepsy Foundation to develop and implement programs and services for people with epilepsy in our state.

Epilepsy Foundation Alabama  
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**EPILEPSY IS THE 4TH MOST COMMON NEUROLOGICAL DISEASE AND AFFECTS PEOPLE OF ALL AGES.**

OVER  
**54,000**  
people in Alabama live with epilepsy and seizures

**Epilepsy** often goes undiagnosed or is misdiagnosed.

**1 in 26** PEOPLE  
will develop epilepsy during their lifetime

### **Epilepsy Foundation Alabama**

If you or your family are affected by epilepsy, the Epilepsy Foundation is your unwavering ally in your journey with epilepsy and seizures. Taking action together with you, we are dedicated to improving the lives of people impacted by seizures.

#### **24/7 Helpline**

Our Epilepsy & Seizures Helpline has trained information specialists to answer questions about epilepsy and seizures and provide help, support, guidance, and access to national and local resources. A wealth of information and resources are also available on [epilepsy.com](http://epilepsy.com).

**Epilepsy & Seizures 24/7 Helpline**  
**1-800-332-1000 • [epilepsy.com](http://epilepsy.com)**

#### **Epilepsy and Seizure Training**

We offer a variety of training programs about epilepsy and seizure first aid to help ensure children and adults with seizures are safer in our communities.

**Training for:** School Nurses • School Personnel • First Responders • Law Enforcement • Seniors • General Public

Contact us to arrange a training in your school or community. We can provide the training or provide the training materials:  
**[alabama@efa.org](mailto:alabama@efa.org)**

#### **Advocacy**

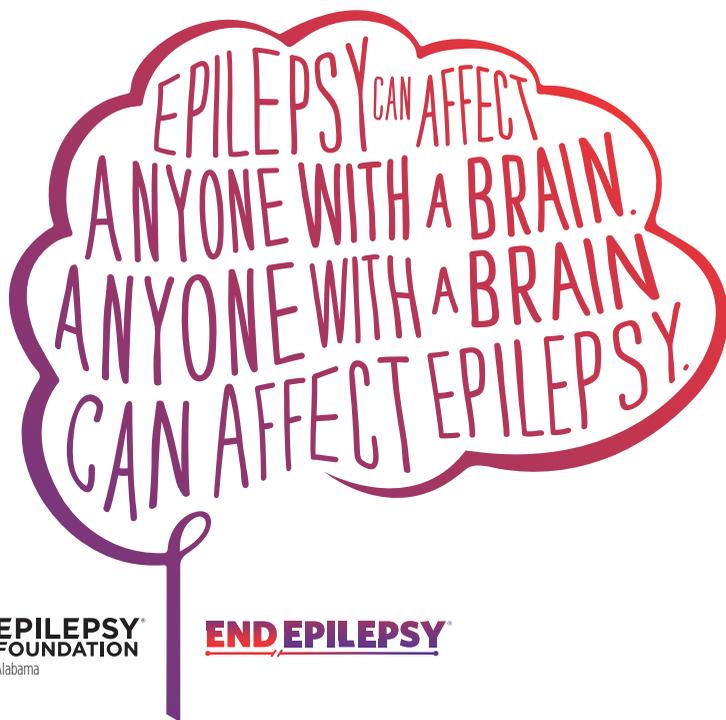
Our Advocacy Department advocates on behalf of individuals and families affected by epilepsy. We work with hundreds of advocates to support policies that are advantageous to the epilepsy community. Together with you, we advocate for these policies on the federal and state level.

Sign up for our Speak Up, Speak Out! Advocacy Network to join the advocacy efforts in our area:  
**[EpilepsyAlabama.org](http://EpilepsyAlabama.org)**

#### **Research**

Our Research Department is developing an epilepsy research ecosystem that covers the entire spectrum of discovery - from the idea to market. We foster the development of new scientists and support research that leads to better treatments and care. We strive for excellence, innovation, and radical thinking to find cures.

Join us to learn about and promote the latest research. Clinical Trials Information: **[Epilepsy.com/clinical\\_trials](http://Epilepsy.com/clinical_trials)**



Join us to learn more, connect with others, find resources, and take action

#### **Kids Crew**

Kids Crew was launched here in Alabama and there are already families in the area participating in Kids Crew – join them today! It's free and you can start making a difference immediately: [Epilepsy.com/kids-crew](https://Epilepsy.com/kids-crew)

#### **Let's Use Our Brains to END EPILEPSY**

Learn about our "Let's Use Our Brains to END EPILEPSY" campaign and get involved and take action: [EndEpilepsy.org](https://EndEpilepsy.org)

#### **Webinars and Facebook Live**

Facebook live updates on a variety of topics important for individuals and families living with epilepsy.

#### **My Seizure Diary**

My Seizure Diary makes managing your epilepsy, or your loved one's epilepsy – fast and easy! The digital Diary can help you remember details, keep records, and remember medications. Find this and other online tools and resources: [Epilepsy.com](https://Epilepsy.com)

#### **Physician and Healthcare Team Education**

Our chapter works closely with our local epilepsy centers to provide up-to-date education and information to the entire epilepsy healthcare team through annual meetings and events.

#### **Other Activities**

A conference, Kids Crew, and awareness events are being planned, watch our website for details: [EpilepsyAlabama.org](https://EpilepsyAlabama.org)

Learn about and benefit from other areas of focus that drive our mission at the Epilepsy Foundation.

#### **SUDEP Institute**

Most people with epilepsy live a full and healthy life. However, you should be aware that people can die from epilepsy. Some people with epilepsy may lose their lives from accidents, suicide, or the underlying cause of their condition, such as brain tumors or infections. The leading cause of epilepsy-related death is believed to be sudden unexpected death in epilepsy, also known as SUDEP. The Epilepsy Foundation provides SUDEP education to families and caregivers, and offers bereavement support for those who have lost a loved one to seizures.

#### **Wellness Institute**

People with epilepsy and associated health issues and their caregivers and families deserve to live full and productive lives to the best of their abilities. By raising awareness about healthy behaviors, promoting evidence-based programs and activities, partnering with local and national organizations, and disseminating research, we share practical and effective strategies to enhance your well-being and overall quality of life.

N A T I O N W I D E

## **Walk to END EPILEPSY<sup>®</sup>**

The nationwide Walk to END EPILEPSY has come to our state. Learn more about this nationwide movement ( [WalktoEndEpilepsy.org](https://WalktoEndEpilepsy.org) ) and join us at our local events: [WalktoEndEpilepsy.org/Alabama](https://WalktoEndEpilepsy.org/Alabama)