

What is S.E.E.?

Seizures & Epilepsy Education (S.E.E.) is the most honored patient and family seminar about seizures and epilepsy in the world. Winner of five national awards and an international award, S.E.E. is the only epilepsy seminar in North America shown in a class 1 research study to result in long-term improvements in the daily lives and medical self-management of people with epilepsy.

In two days you will learn how to get the best possible seizure control. You will also learn how to cope with epilepsy in your everyday life. S.E.E.'s goals: 1) No Seizures, No Side Effects 2) Get Your Life Back. The time for worrying about seizures is over. Instead gain confidence and get back your peace of mind. There is information and coping strategies that cannot be found anywhere else. While S.E.E. is easy to understand and children 12 or older are invited, don't be fooled. The information presented is so up-to-date and complete, S.E.E. has been approved by leading medical centers like UCLA to educate physicians and nurses.

More than 20,000 people have attended S.E.E. programs. Over 100 have been presented in the U.S., Canada, Australia, and New Zealand. **To learn even more about the S.E.E. program, go to www.theseeprogram.com.**

Awards Given to S.E.E.

The S.E.E. program was given Epilepsy Foundation's first **Program Excellence Award** for its "outstanding contribution to patient and family education...on behalf of local affiliates throughout the U.S."

The International Bureau for Epilepsy and the International League Against Epilepsy jointly awarded the S.E.E. program the **International Ambassador For Epilepsy Award** for its "important contributions to the world-wide struggle against epilepsy."

Dr. Mittan was selected as the **United States Federal Employee of the Year** for the S.E.E. program's "outstanding contributions to the health and welfare of the citizens of the United States."

The Veteran's Administration gave Dr. Mittan the **Hands and Heart Award** for the S.E.E. program's "exceptional contribution to the care of the veteran with epilepsy."

The S.E.E. program received the **United States Congressional Excalibur Award** for its "outstanding contribution to the health of the citizens of the United States and for its important contributions to the scientific understanding of epilepsy and its treatment."

The S.E.E. program received the **Congressman Tony Coelho Award** for "outstanding and dedicated service to persons with epilepsy and their families."

**Friday & Saturday
October 14-15, 2005**

8am Registration, 9am-6pm Program

DAVENPORT UNIVERSITY

415 East Fulton Street

Grand Rapids, MI 49503

TO REGISTER

Call (214) 783-3452, or Email to ecwm03_jean@hotmail.com, or register

Online at www.theseeprogram.com

FEE

	before 10/1	after 10/1
Individual	\$50	\$75
Family*	\$75	\$100
Professional CE	\$150	\$175

*Family up to five related members

Visa, MasterCard accepted, but checks / money orders are preferred

A limited amount of financial aid is available to US veterans, their families, and individuals needing assistance.

Seating is limited

Early registration is encouraged.

Refunds are not available for the Grand Rapids program.

Directions

From I-96 Eastbound, Exit to US-131 South and follow directions below.

From US-131, Exit I-196 East to College Avenue exit.

From I-96 Westbound, Exit I-196 West to College Avenue exit.

Go south on College Ave. to Fulton Str. Go west (r) on Fulton Str. just past Davenport University to Prospect Str. Turn north (r) on Prospect Str. to the first drive on the right, into the Davenport University parking lot. The hosting facility is on the south side of the lot.

Why Should I spend my weekend listening to some doctor talk about EPILEPSY?

- a) Because I or my child with epilepsy could have fewer seizures as a result**
- b) Because I or my child could have fewer side effects from medications**
- c) Because it could free us from worry and make our family life much better**
- d) Because it could finally give me knowledge and confidence to overcome epilepsy and seizures**
- e) Because it could save my life or my child's life.**

Answer: All of the above - and more!

Co-Sponsored By



Epilepsy Council
of West Michigan



SAINT MARY'S
NEUROSCIENCE PROGRAM

Seizures & Epilepsy Education (S.E.E.) is the award-winning seminar of help and hope for persons with seizures or epilepsy, parents of children with epilepsy, and family members. Only a handful of these programs are given each year. S.E.E. is returning to MI for the first time in 15 years! This is your chance to take control of your seizures and your life.

This program is approved for 17.6 contact hours Continuing Education for Nurses. This continuing nursing education activity was approved by NCNA, an accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation.

Participants Answer Why:

“The doctors said that my daughter would have seizures every day for the rest of her life. The S.E.E. program showed us how we could do more. She has now been seizure free for over ten years!” Robin Riveland.

“For years I have been very careful about my treatment, so I was stunned to find out that I was doing things that could cause seizures. Thanks to S.E.E. I haven’t had a seizure in months.” Patrick Mason, adult with epilepsy.

Dr. Mittan gave me the knowledge to make sure my daughter was on the right track with her treatment. I went home and told my husband next time the opportunity came he really needed to go and sit in on this incredible seminar. I myself will go again when he comes around Delaware. It was a small price to pay for the information and confidence to help my child live with epilepsy.

“I attended your conference one year ago in Charlotte. I have a 4 year old multi-handicapped boy with Lennox-Gastaut. Since your seminar, we have obtained the best seizure control since birth! He used to have 20 per day, now we are down to 5 that are unrecognizable to the public they are so small. Thank you, thank you, thank you.” Kelly West

“I wish I could have seen this program twenty years ago. It would have saved us a lot of heartache.” Tricia Bergeron, adult with epilepsy.

“Dr. Mittan did all he could to answer questions and review concerns. He didn’t have much rest at breaks. He was so generous with his time.” Joanne Beckland, RN

“I learned more in this one program than in any part of my nursing education, any part of my 30 years experience as a nurse, and any part of working with the doctors or patients.” Penny Olson, RN

Sponsors Answer Why:

“The S.E.E. program should be required for every patient with epilepsy and his or her family.” Winslow Borkowski, M.D., Chief of Neurology, A.I. duPont Hospital for Children (5 time sponsor.)

“We view the S.E.E. program as the finest patient education program available in the U.S.” David Blackwell, Executive Director, Epilepsy Foundation of Idaho (5 time sponsor.)

“The S.E.E. program changes people's lives for the better. Because of the S.E.E. program, my wife discovered I had been misdiagnosed and put on the wrong medication. Now I am seizure free.” Dr. Michael Hills (New Zealand), Secretary General, International Bureau for Epilepsy (7 time sponsor.)

“After every program I receive calls from people who have become seizure free because of what they learned.” Barbara Blair, RN, Executive Director, Epilepsy Foundation of Delaware (5 time sponsor.)

The **S.E.E.** Program

SEIZURES & EPILEPSY EDUCATION

presented by Robert J. Mittan, Ph.D.

Part I Medical Aspects of Epilepsy

What you don’t know can be more dangerous than seizures.

An explanation of what epilepsy is

A videotape of important seizure types. Which is yours?

What happens in the brain during seizures?

Different types of seizures. How will mine affect me?

Why does diagnosis depend on me? What must I know?

Why is my memory affected? What can I do about it?

Do seizures get worse? How can I protect myself?

What does it mean if I have more than one kind of seizure?

What causes epilepsy? Why are some seizures not epilepsy?

Know your Diagnosis: Many think they know - few really do!

The right diagnosis - key to everything. Observing seizures.

The electroencephalogram (EEG), Intensive monitoring.

Why doctors often don't find anything with medical tests.

MRI, CAT, PET & SPECT scans. Exciting new scans.

Getting the best seizure control possible: Meds and More

The medication treatment of epilepsy. A medication guide.

How to get good control without side effects.

Common mistakes patients make that cause seizures.

Common mistakes in treating epilepsy & how to avoid.

Side effects of anti-seizure medications - what to watch for.

Recognizing toxicity - know when you have too much.

Blood Levels - when, why, and what the numbers mean.

New medications, new issues, new management strategies.

Other treatments & Exciting new developments

Surgery, Vagus Nerve Stimulator, Diastat, Ketogenic Diet,

Biofeedback, Brain Stimulation, New Genetics, the Future.

Preventing things that trigger seizures - as good as drugs?

Treatment is a partnership - get the most from your doctor.

First-Aid for epilepsy & How to handle Emergencies

Procedures for each type of seizure. First aid for status.

Prognosis: What happens in the future. Can I get control?

Chances for complete seizure control. The time for surgery.

Does epilepsy go away? What can I do to make it happen?

Part II Social and Emotional Aspects of Epilepsy

Key principles of successful everyday coping

Psychological and emotional problems of epilepsy

The unspoken fears: Death and brain damage.

Are they realistic? The scientific evidence.

Things you can do to avoid threat, harm, and accidents.

Do seizures hurt the brain or lower IQ? What you can do.

Depression: Beating the most common emotional problem.

Can medications cause mood or behavioral problems? Yes.

How to get back a normal life and true peace of mind.

Effective ways of coping with psychological problems.

Taking control of fears, anxiety, worry, and self-esteem

Powerful keys to success that you must know:

The **ONE THING** you must watch out for.

How to overcome the barriers inside of you.

Taking control: Putting epilepsy in its place

Family aspects of epilepsy

The hidden ways epilepsy affects family life - it’s sneaky!

Avoiding family pitfalls: Successful coping for everyone.

Overprotection & overcontrol. The famous family battle cry.

Childbearing. Is epilepsy inherited?

Birth defects from medications. What to do about it.

Raising a well adjusted child with epilepsy.

Social aspects of epilepsy

Where does stigma come from: You may be surprised!

Coping with stigma - taking control of the source.

Techniques for reducing stigma - some clever tricks.

How you can create personal and community acceptance.

Epilepsy on the job

How epilepsy affects employability. Your legal rights.

How to find employment. Job interview skills that work.

The problems of attitude, medications, and that coworker.

Safety on the job. Educating co-workers and your boss.

Keeping employment is the real problem. How you can fix it.

Resources: Finding help in your community & on the Internet.

**“The S.E.E. program changed me from
a victim to a volunteer.”**

Linda Warner, Former President of the Board of
Directors, Epilepsy Foundation of America