

WE HELP KIDS AND FAMILIES
BE THEIR HEALTHIEST



EPILEPSY / L'ÉPILEPSIE

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ressources familiales Kaitlin Atkinson*

Resource List / Ressources

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CHILDREN'S HOSPITAL OF EASTERN ONTARIO

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www.cheo.on.ca

100 questions & answers about your child's epilepsy / Singh, Anuradha. -- Sudbury, MA: Jones and Bartlett, 2009.

This book provides answers to questions about epilepsy diagnosis, treatment options, and management. Written by a childhood epilepsy expert, along with contributions from parents and the children and adolescents themselves, this book is a resource for learning and coping with the medical and emotional effects on a child with epilepsy.

FAM RJ 496 .E6 S56 2009

The brainstorms family: epilepsy on our terms; stories by children with seizures and their parents

-- Philadelphia, PA: Lippincott-Raven, 2006.

Presents information about the condition of epilepsy, what it is like to have seizures, the different kinds of seizures, and the effects of epilepsy on the individual and the family. Appropriate for ages 9-17 years.

FAM RJ 496 .E6 B734

Children with seizures: a guide for parents, teachers, and other professionals / Kutsher, Martin L. --

London: Jessica Kingsley Publishers, 2006.

This book takes an overview of epilepsy, looking at the medical concepts and terminology alongside some of the emotional and social issues that can make epilepsy a challenge to live with. Certain chapters in the book are specifically written for children to read with their parents (with guidance notes for parents outlined at the beginning of the chapter) and for teenagers to read themselves.

FAM RJ 496 .E6 K87 2006

Comprendre l'épilepsie: notions élémentaires sur l'épilepsie et les épilepsies / Dravet, Charlotte

-- Montrouge, France: John Libbey Eurotext, 2005.

Cet ouvrage est destiné à toutes les personnes qui veulent mieux comprendre l'épilepsie, en particulier à celles qui en sont atteintes et à leur entourage. Son objectif est de rendre accessibles au grand public les mécanismes complexes, les causes, les différentes formes, les aspects psychologiques, les traitements de cette maladie.

FAM RJ 496 .E6 D7 2005

Dotty the Dalmatian has epilepsy -- Gladstone, NJ: Tim Peters and Co. Inc. 1995.

This delightful story is about Dotty the Dalmatian who discovers she has epilepsy. At first, Dotty feels embarrassed and afraid. Once she accepts and learns how to control her seizures, she helps firefighters save lives.

FAM RJ 496 .E6 D67 1995

Les épilepsies: questions-réponses, 12 témoignages, fiche pratique / Voss, Farah -- Paris: Éditions du Dauphin, 2006.

L'auteur recueilli les témoignages de 12 personnes épileptiques. Ce livre les partage avec tous, les malades et ceux que l'épilepsie épargne, afin de rompre les solitudes et déraciner les idées fausses, afin d'informer pour vaincre les tabous.

FAM RJ 496 .E6 V6 2006

Epilepsy: a guide to balancing your life / Leppik, Ilo E. -- New York: Demos Medical Publishing, 2007.

This guide covers topics such as diagnosis, diet, pregnancy, driving, sports, medications and treatment options.

FAM RJ 496 .E6 L462 2007

Growing up with epilepsy: a practical guide for parents / Blackburn, Lynn Bennett -- New York:

Demos Medical Publishing, 2003.

This book provides the tools you need to raise a child with epilepsy, to support his/her social development, provide effective discipline, and negotiate the educational system. Each stage in your child's life presents unique issues and problems, ranging from finding day care to school programming to driving. This book is organized so that you can go to the information that you need when you need it, returning for updates as your child grows and new issues emerge.
FAM RJ 496 .E6 B534 2003

Keto kid: helping your child succeed on the ketogenic diet / Snyder, Deborah -- New York: Demos Medical Publishing, 2007.

For many children with epilepsy, the only reliable way to control seizures is the ketogenic diet: a mathematically calculated, doctor-supervised plan that strictly limits both calories and liquid intake. This guide enables families to successfully master this nutritional therapy, while making the experience as pleasant as possible for both parent and child.
FAM RJ 496 .E6 S69 2007

The ketogenic diet: a treatment for children and others with epilepsy -- New York: Demos, 2007.

The ketogenic diet has helped doctors treat difficult-to-control epileptic seizures in thousands of children. This fourth edition is extensively updated to reflect current advances in understanding how the diet works, how it should be used, and the future role of the diet as a treatment.
FAM RJ 496 .E6 F69 2007

Plus de gym pour Danny / Young, Helen -- France: Flammarion, 2001.

L'histoire de Danny est celle d'un jeune sportif anglais qui souffre d'épilepsie et plus encore, des préjugés et des comportements entretenus par les adultes au sujet de sa maladie. Un récit bien mené, captivant, susceptible de faire disparaître les préjugés liés à l'épilepsie.
FAM RJ 496 .E6 Y6 2001

Sébastien le dalmatien est épileptique -- Gladstone, NJ: Tim Peters and Company Inc. 1995.

Cette charmante histoire est Sébastien le dalmatien qui découvre qu'elle est atteinte d'épilepsie. Dans un premier temps, se sent gêné et Sébastien peur. Une fois, elle accepte et apprend à contrôler ses crises, elle aide les pompiers sauvent des vies.
FAM RJ 496 .E6 D6714 1995

Seizures and epilepsy in childhood [3rd ed.]: a guide / Freeman, John Mark. -- Baltimore, MD: Johns Hopkins University Press, 2002.

This book has been thoroughly revised and updated to reflect the latest approaches to the diagnosis and treatment of epilepsy in childhood, including the use of the ketogenic diet as a treatment for children who either do not respond to traditional drug therapy or who suffer intolerable side effects from medications. The authors have also included a chapter addressing routine health care for children with epilepsy and a new chapter on complementary and alternative therapies.
FAM RJ 496 .E6 F74 2002

Taking seizure disorders to school: a story about epilepsy / Gosselin, Kim -- Valley Park, MO: Jayjo Books, 1996.

This book is for children with epilepsy or children with friends or classmates who have epilepsy. Appropriate for ages 5-10 years.
FAM RJ 496 .E6 G67

Web Sites / Sites internet



Epilepsy Ontario
<http://epilepsyontario.org>

Épilepsie Outaouais
<http://www.epilepsieoutaouais.org/>

Epilepsy Canada / Épilepsie Canada
<http://www.epilepsy.ca>

Epilepsy Foundation
<http://www.efa.org/>

Epilepsy Ottawa-Carleton
<http://www.epilepsyottawa.ca/>

Epilepsy – MedlinePlus from the US National Library of Medicine
<http://www.nlm.nih.gov/medlineplus/epilepsy.html>

Epilepsy Resource Centre - About Kids Health / Épilepsie – About Kids Health
<http://www.aboutkidshealth.ca/en/resourcecentres/epilepsy/Pages/default.aspx>

Canadian Epilepsy Alliance / Alliance canadienne de l'épilepsie
<http://epilepsymatters.com/>

What do you want to know about epilepsy? – Healthline
<http://www.healthline.com/health/epilepsy>

Apps

Epilepsy Health Storylines

- From Self Care Catalysts
- English
- Free
- Last updated Jan 2016
- From Google Play: Now it's easy to record your symptoms, seizure activity, moods, medication, and more. Choose what you want to track to build your own health story. This enables you to learn more about your health, and share more with your doctor, so you both see the full story.
- Available from [Google Play](#) and [iTunes](#)

Simple Seizure Diary

- From Luke Berry
- English
- Free
- Last updated Oct 2017
- From Google Play: This app is the perfect way to keep a diary and read it back in a number of different ways at the click of a button. You can share this information with your doctors and family as well. You can look at your seizures on a month by month calendar, or scroll up and down through your seizure activity easily in the 'scrolling calendar' view. You can share a month's worth of seizure data via e-mail in files that anyone can download and view on their web browser.
- Available from [Google Play](#)



Local Contacts / Liaisons régionales

Neurology Clinic - CHEO
Clinic B
401 Smyth Road
Ottawa, ON K1H 8L1
613-737-7600
Physician's referral required

Epilepsy Ottawa-Carleton
211 Bronson Ave, Suite 207
Ottawa, ON K1R 6H5
613-594-9255
info@epilepsyottawa.ca
<http://www.epilepsyottawa.ca/>

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This guide provides medical material for information purposes only and is not intended to replace the advice of your physician. The information may not always apply to your individual situation.

The guide represents material available in the Family Resource Library collection at CHEO. It is not intended to be an exhaustive list. Your local public library may also be able to provide you with information.

If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at library@cheo.on.ca.

Ce guide fournit du matériel médical pour informations seulement et ne vise pas à remplacer les conseils du médecin. Ces informations pourraient ne pas toujours s'appliquer aux situations individuelles.

Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.

Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à library@cheo.on.ca.

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