

WE HELP KIDS AND FAMILIES  
BE THEIR HEALTHIEST



## EPILEPSY

*Kaitlin Atkinson Family Resource Library*

*Resource List*



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**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

**Captain bio: encounters a brainstorm** -- Gladstone, NJ: Tim Peters and Company Inc., 1994.

*A young man learns that with medical help he can live a normal life even with epilepsy.*

FAM RJ 496 .E6 C36 1994

**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

**Coping with epilepsy: from seizures to success** [DVD] / Mittan, Robert J. -- Washington, DC:

Children's National Medical Center, 2005.

*This DVD teaches children, parents, teachers, professionals, and caregivers how to successfully manage seizure disorders.*

FAM RJ 496 .E6 M5 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

**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

**L'épilepsie** / Jallon, Pierre -- Paris: Presses Universitaires de France, 2002.

*Maladie singulière et spectaculaire, expression clinique d'un dysfonctionnement neuronal, l'épilepsie demeure un mal dont on parle difficilement. Cet ouvrage souhaite donner les informations sur la maladie elle-même et les risques encourus par le malade à différents âges de sa vie.*

FAM RJ 496 .E6 J3 2002

**L'épilepsies en questions: guide pratique** / Baldy-Moulinier, Michel -- Paris: John Libbey

Eurotext, 1997.

*Extrêmement utile, ce guide pratique destiné aux médecins généralistes aborde, à travers 150 questions-réponses, tout ce qu'il faut savoir sur les crises épileptiques, les différentes formes d'épilepsies, la prise en charge des malades et leurs problèmes dans la vie quotidienne.*

FAM RJ 496 .E6 B3 1997

**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

**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

**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

**Your child and epilepsy: a guide to living well** / Gumnit, Robert J. -- New York: Demos Vermande, 1995.

*This book provides information to help parents understand their children's' epilepsy, suggestions on how to evaluate health care, to find better care if necessary, and advice on how to help children with epilepsy to develop self-confidence and self-motivation.*

FAM RJ 496 .E6 G85

### Web Sites

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

<http://www.aboutkidshealth.ca/en/resourcecentres/epilepsy/Pages/default.aspx>

Canadian Epilepsy Alliance / Alliance canadienne de l'épilepsie

<http://www.epilepsymatters.com/english/index.html>

Epilepsy - Webicina

<http://www.webicina.com/epilepsy/>

### Apps

#### My Epilepsy Diary

- From Irody, Inc.
- English, Italian, Spanish
- Free

- Last updated Feb 2015
- From Google Play: My Epilepsy Diary lets you use the same technology to manage your epilepsy as you use to simplify the rest of your everyday life! It lets you record real-time details about seizures, medications, side effects, moods, triggers, and you can even include detailed notes. When your entry is completed, it is synched to your online diary where you can generate personalized reports to bring to medical visits, providing your doctors and nurses with not only snapshots of recent events, but also long-term trend data, both key to assessing treatment effectiveness. Features: Record Seizures (Single or clusters); Record Medicines, when to take them and when to refill them; Record Triggers (10 standard or customize your personal trigger); Record Side Effects including the severity of the reaction; Get reminders for your medications and refills; Get reminders on your phone and take your medications on time
- Available from [Google Play](#) and [iTunes](#)

### **Epilepsia App**

- From Soda Virtual
- English, Portuguese
- Free
- Last updated March 2013
- From iTunes: The best treatment for epilepsy is the precise monitoring of the epileptic crisis. With this app it's possible to register day and time of the seizures, the symptoms that follow, remedies that you are taking and even alarm to remember the time to do it. Functionality: seizures video record; registry of medicine used; alarm to remember the medicine time; registry of seizures; synchronized data of cloud (except videos); seizure list; share information with your doctor.
- Available from [iTunes](#)

### **Local Contacts**

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  
Phone: 613-594-9255  
[info@epilepsyottawa.ca](mailto:info@epilepsyottawa.ca)  
<http://www.epilepsyottawa.ca/>

Épilepsie Outaouais  
115, boul. Sacré-Coeur, bureau 111  
Gatineau, QC  
J8X 1C5  
Téléphone: 819-595-3331  
Télécopieur – 819-771-3286  
[info@EpilepsieOutaouais.org](mailto:info@EpilepsieOutaouais.org)  
<http://www.epilepsieoutaouais.org/>



*This guide provides medical material for informational 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 only 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 valuable information.*

*If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at [library@cheo.on.ca](mailto:library@cheo.on.ca).*

Last Updated: June 2014

Links Tested: June 2014