

January 2016 Newsletter

MESSAGE FROM **THE CEO**

Dear Friends of the Epilepsy Foundation of Florida,

Happy New Year!

As we look forward to 2016, we hope you're just as inspired as we are to embark on a new year of progress toward finding a cure and leading the fight against epilepsy.

This month, we bid adieu to long-time EFOF family member, Jose Gonzalez-Sandoval. Jose, our Director of Medical Services, is retiring after 28 years with the Foundation, and he will be sorely missed. Jose, from all of us here at the EFOF, thank you so much for your time, talents, and insurmountable passion. Happy trails to you!

I'm excited to announce that registration for our Walk The Talk events

is now open. [Click here](#) to register. I hope you can join us at one of the nine walks taking place across the state. I hope you'll also take the time to read our "Faces of Epilepsy" story below featuring EFOF board member Carlos J. Gimenez, Jr. His personal journey with epilepsy is one that many can relate to. Carlos was recently featured in [Health & Wellness Monthly](#) where he expands upon his story and the challenges he's had to overcome.

We would also like to extend a warm thank you to the Saul and Theresa Esman Foundation, and Executive Director Murray Levin for sponsoring all of the South Florida EFOF office holiday parties!



*Sincerely,
Karen Basha Egozi*

*Chief Executive Officer
Epilepsy Foundation of Florida*

Tribute to Jose Gonzalez-Sandoval



On December 15, 2015, EFOF staff, board members and local physicians gathered at the La Dorada restaurant in Coral Gables to wish Jose Gonzalez-Sandoval, EFOF Director of Medical Services, a heartfelt farewell on his retirement from the Epilepsy Foundation of Florida.

Toasts were made and memories shared as everyone celebrated Jose's 28 years of dedication and passion to the foundation and to individuals with epilepsy. Jose was instrumental in developing EFOF's medical services department with hospitals, neurology groups, and pharmaceutical companies statewide, all of which provided clients with better and more affordable medical care.

Jose has received national recognition for his commitment and dedication to serving those with epilepsy and their families and he will be greatly missed. Thank you for 28 wonderful years!

Faces of Epilepsy: Carlos Gimenez Jr.



Carlos is an accomplished attorney, a father of two young girls with his wife Tania, and he travels the world. But while he can do these things, Carlos cannot take a shower by himself. He also can't drive a car. He limits the time he is alone with his daughters. All because he suffers the adverse effects of epilepsy.

In the summer of 2003, Carlos suffered his first seizure. He was erroneously diagnosed with vasovagal syncope, a very different condition than epilepsy, and for the next three years he continued to have seizures all while taking medication for a disorder he did not have. Following an incident that included a grand mal seizure, six years after he had been diagnosed with vasovagal, he was properly diagnosed with epilepsy. Carlos was then prescribed a series of medications but none of them have been effective in controlling his seizures, which to this day clock in every five to seven months.

Today, Carlos sits on the board of EFOF which he says is probably the first place people should go when they need information on the subject. "It's a great clearinghouse for information about the illness. The information they can provide is priceless." Carlos is also a big proponent of keeping everything in perspective and while having epilepsy leads to life complications, he does what he can to make it manageable. "It's important to keep things in perspective, especially if you have kids," says Carlos. "I have a blessed life."

rTMS for the Treatment of Seizures

A Clinical Research Study of Non-Invasive Repeated Transcranial Magnetic Stimulation (rTMS) for the Treatment of Seizures

by Alberto Pinzon, MD, PhD

Patients between the ages of 18-80 who experience recurrent seizures (partial or generalized) may be eligible to participate in a new clinical research study conducted by Baptist Health Neuroscience Center Epilepsy Program and Florida International University Electrical and Computer Engineering Department, under the direction of Alberto Pinzon, MD, PhD, and Mercedes Cabrerizo, PhD.

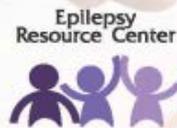
The purpose of the study is to perform non-invasive rTMS at low frequencies to the brain to reduce seizure frequency over time in people for whom anti-epileptic medications have not worked. Participants will be randomly placed into one of three groups with different procedure schedules that combine low-frequency rTMS treatment and sham (no actual stimulation) without the participant knowing which one he/she is receiving. This study will include actual stimulation to potentially epileptogenic regions at frequencies that previous research has shown to reduce the number of seizures over a one year period of time.

Your participation will require approximately 1 hour per session. Depending on the group you are assigned to, you may have 22 or 25 sessions over a 13-month period.

If you are interested in receiving more information, and would like to receive a questionnaire and information packet, please contact The Baptist Health Neuroscience Center Epilepsy Program Coordinator at: (786) 59N-EURO / (786) 596-3876

Walk the Talk for Epilepsy 2016

WALK *the* TALK for Epilepsy 2016



UPCOMING WALKS

HOLLYWOOD

Sunday, March 6
North Beach Park

PALM BEACH

Sunday, March 13
Carlin Park

PENSACOLA

Saturday, April 16
Blue Wahoos Stadium

MIAMI

Saturday, March 12
Tropical Park

DAYTONA

Saturday, April 2
Mary Bethune Park

GAINESVILLE

Sunday, April 17
University of Florida

TREASURE COAST

Saturday, March 12
Tradition City Hall

JACKSONVILLE

Saturday, April 9
Jacksonville University

NAPLES

Sunday, April 17
North Collier Regional Park

Registration is at 8:00am. Walk Begins at 9:00am

To Register go to www.epilepsyfla.org

or call us at

1-877-55-EPILEPSY

1-877-553-7453



<https://www.facebook.com/EpilepsyFLA>



<https://twitter.com/EFOF>



<http://www.efof.org/>

SUPPORT YOUR EPILEPSY FOUNDATION OF FLORIDA

No one can prepare for a seizure as it can happen at the most unexpected time. There are currently more than 400,000 individuals who suffer from epilepsy across Florida with more than 89,000 of those sufferers being children. Prevention and education can better prepare those impacted by the disease. The Epilepsy Foundation of Florida (EFOF) is here to help provide services and resources to those needing it most, and to those seeking more information.

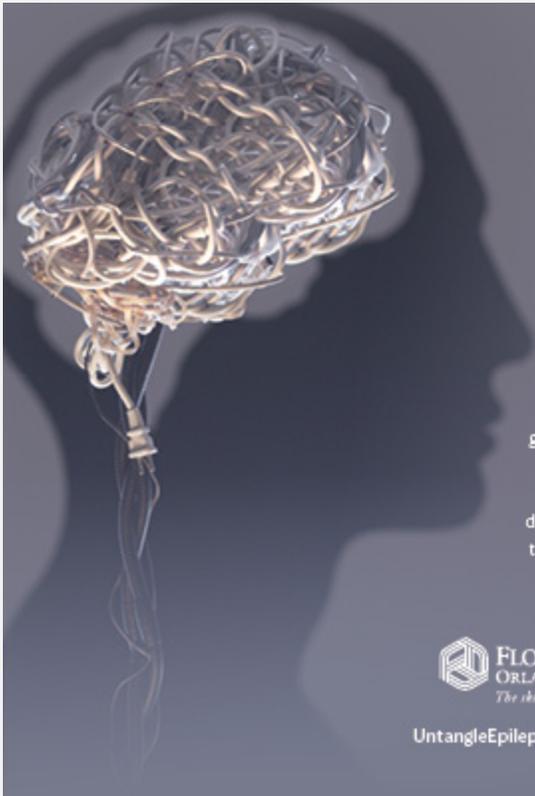
EFOF offers extensive and supportive services and programs to individuals, families, friends and the community at large including:

- Educational presentations
- Current epilepsy resources and information
- Medical services
- Support groups
- Sponsorship & Volunteer Opportunities
- Summer Camp
- So much more!

To become a client and for more information about the organization, the individuals it serves and the resources provided to those in need, visit www.epilepsyfla.org or call 1-877-553-7453.

[Make a Donation](#)

This newsletter is sponsored by [Florida Hospital Orlando](#)



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Central Florida's only Level-4 epilepsy center
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